



Cloverdale Celebrating **35** Years
Senior Multipurpose Center

The Clover Leaf

March & April 2022



Melanie's Message

Many of us are busy people, working, taking care of our family commitments, and other responsibilities. Yet, it is essential to make time for play, as adult playtime has many benefits.

Many activities fall under the category of "adult play." Maybe you like to draw, paint, or create in your leisure time. Perhaps being physically active, throwing a ball for your dog to catch, going on a hike, or riding your bike is more your cup of tea when you want to play.

No matter what activity you choose to do during your free time, the important part is that you are enjoying it and having fun. Playing can relieve stress and kick in those endorphins, making us feel good all over. Playing chess, completing puzzles, or doing other activities that challenge your brain can improve brain function. Being playful can boost your energy; playing with others can bring joy and improve relationships.

We are going to play, laugh, and have some fun on July 9, when we celebrate our 35th anniversary of serving the Cloverdale community. Senator Mike McGuire will be the auctioneer for the live auction; there will be a silent auction, sit-down BBQ chicken dinner, a full bar, and a comedy show. We hope you will join us for this entertaining event; bring a friend and get ready to laugh!

Thank you Volunteers

THE MONTH OF APRIL IS NATIONAL VOLUNTEER MONTH

Thank you to all of the volunteers who give their time, energy, experience, and passion to make the Cloverdale Senior Multipurpose Center the special place that it is.

In celebration of you please join us for a

Volunteer Appreciation Luncheon

Friday, April 1, 11:30-1:30 PM

Must RSVP by March 25 707-894-4826

melanie@cloverdaleseniorcenter.org

No regular Lunch or Friday Games will take place

Hello From Al



Hello all.

I am reminded of my first job at 15 years old, washing dishes and serving food to seniors in a senior living and care facility. Thus began my deep respect and care for our senior citizens.

The goal of the Cloverdale Senior Multi-Purpose Center is sustainability. Providing a place for our seniors and us all to come together, interact and be part of something that offers knowledge, respect, and honor far into the future.

Our mission as a Board is to make sure that this Center is here well into the future. We appreciate any support, both with your time and finances, to help our ongoing efforts to provide the sustainability that will support our Seniors far beyond our years. Your donations and legacy gifts could make the difference between the Center being here for us, our children, grandchildren, and great-grandchildren.

I learned about the value of knowledge and experience through various life situations in my relationships and interactions with the seniors on my first job. I learned to listen, value life skills, and the right attitude to live by. Having a place where we can go to socialize, be heard, and care for those persons who built our families and our community is one reason that Centers like ours are so important. It is essential for our seniors to feel connected, influential, honored, and respected. Being part of a community that they value is especially important to staying connected as a senior.

I've grown to realize what is most valuable to most of us—relationships with our children, our grandchildren, and our community. Our seniors have been and are still meaningful members of our community. They were once where we are in our combined stages of life, and realistically, we will be right where they are someday if we are lucky.

How do you suppose we are here, and our community is sustainable to the extent that it is? It is by the efforts, grace, and giving of the time and resources of those that preceded us—our Seniors.

Please join our efforts to create a self-sustainable Cloverdale Senior Multipurpose Center so that we can support you!



Board of Directors

- Al Myers, President
- Frank McAtee, Vice President
- Shawna Masur, Treasure
- Bert Bernstein
- Duffy Conneely
- Linda Chaffin

You can contact the Board of Directors at:
BOD@cloverdaleseniorcenter.org

Staff

- Melanie Hall, Program Manager
melanie@cloverdaleseniorcenter.org
- Suzi Croft, Administrative Assistant
suzi@cloverdaleseniorcenter.org

Creative Notions

(707) 894-4110



Facebook.com/creativenotionscloverdale

NOW OPEN: Wednesdays 10-4,
Thursdays 10-4, Fridays 10-4

Contact Us

(707) 894-4826

info@cloverdaleseniorcenter.org

CloverdaleSeniorCenter.org

Facebook.com/CloverdaleSeniorCenter

instagram.com/cloverdaleseniorcenter/

twitter.com/CsmcCloverdale

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.

**NOTICE
OF
BOARD
MEETING**

**Friday
Mar. 11
& Apr. 8
1:00 PM**

Meeting via **Zoom:**
Meeting Id: **707 894 4826**
Passcode: **311311**
Open to all members
(707) 894-4826

Board Meeting Information

All members are welcome to attend the board meetings and share their thoughts and concerns for our Center. We are here to serve our members and community.

General Board Meeting, Friday March 11 & April 8 at 1PM, via Zoom
Meeting via Zoom: Meeting Id: 707 894 4826 Passcode: 95425

Comments can be submitted in writing to suzi@cloverdaleseniorcenter.org, mailed to P.O. Box 663, or dropped off at the front desk by the Thursday before a meeting.

Committee Updates & Planning

Building & Grounds

- Arranged with the city to come and trim our trees
- The city is arranging to get a budget item to paint the exterior of our building in the next year.
- Our garden beds are being planted for some veggies in the late spring and summer. If you have some gardening desires or plants to donate, we would like to hear from you.

Finance & Endowments

- Mid-year budget analysis
- Monthly profit & loss and balance reviews

Sponsorship & Fundraising

- Anniversary event on July 9
- Working for auction donations
- Seeking event business sponsors

Membership Retention & Expansion

- Not planning any extra outreach at this time
- Quarterly membership renewal reminder letters go out

Personnel & Nominating

- Regular staff meetings
- Oversight of staff needs
- Assess and review director applications

Other Big Projects

- Door-to-door Transportation Project for the northern Sonoma County
- Coordinating new and fun workshops to take place at our Center
- 35th Anniversary Event
- Newsletters and other communications including social media
- Volunteer training & management
- Senior Lunch Program
- Additional access to Mental Health services in Cloverdale
- COVID Testing & Vaccination awareness for seniors and keeping up with safety requirements

Tim & Linda Clougherty

Helen Chau-Cook

Julie Dille

Cassy Gard

Paul & Celia Westlund

Don & Ann Hill

Richard Musante

Jenny Hass

Sylvia Prime

Teri Molinaro

Welcome

New

Members

NEWS AT OUR CENTER

FOOD SMARTS For Adults

Join an interesting and informative nutrition series to learn and share with others. Call Cloverdale Senior Center to sign up at 707-894-4826

FREE CLASSES 1-2 PM

April 6 - Learn how to create healthy balanced meals with limited space & budget

April 13 - Gain skills in reading nutrition labels to support choosing healthy foods

April 20 - Learn about energy, sleep & chronic disease prevention.

RSVP by Wed. Mar 30 For the Series

Must pick-up info packet prior to the beginning of the series



Get Ready Together Senior Preparedness Workshops



— N. SONOMA COUNTY —

Citizens Organized to Prepare for Emergencies

Wed. March 16 1:30-3PM

Smoke Readiness and Your Health

You will learn about smoke, its effects on health, how to look up air quality info.

*Free air purifier and N95 mask.

Wed. March 23 1:30-3 PM

Go Bag's and Customization

Customize your supplies to work for you

*Free Go Bag for attendees

Wed. March 30 1:30-3 PM

Emergency Plan Development

Planning ahead can help maintain safety and readiness, lower anxiety, and have any assistance required in place.

MUST RSVP by Mon. 3/14
707-894-4826

FREE

Getting Your Life Story on Paper

Writing Your Autobiography

Tuesdays 10:30- 11:30 AM

Must sign-up by Mondays at 3 PM, there is a minimum of 3 participants to hold this class.

Do your children or grandchildren know who you REALLY are? Do they know the circumstances in which you grew up? What were the good times? Were there hard times, full of challenges or obstacles which helped shape the "you" (they think) they know?

\$5 Members, \$8 Non-Members



Produce Market Day

Dia De Mercado

10-11 AM

FRIDAY'S
VIERNES

Every Friday, except federal holidays
Todos los viernes excepto feriados federales

Affordable fresh vegetables for everyone!
Verduras frescas asequibles !Para Todo el mundo!

COVID precautions - masks required
Requiere mascarilla de precauciones COVID

311 N Main Street
Cloverdale

(707) 894-4826



CalFresh Accepted

WASTE KEEPS BUILDING! What is "ZERO WASTE"?

How can we sort our waste and divert recyclables and compostables away from landfills? How can we get as close to zero waste as possible?

Come learn what we all can do to help our homes, our communities, and the world. Learn what Recology accepts for both recycling and compost and why. Learn some ideas for reuse and have your questions answered!

TUESDAY, MARCH 15, 10-11 AM

Presented by Recology

Call or see our front desk to **sign-up** by
Monday, March 14 at 3 PM

Must show proof of being fully vaccinated to enter the building.

SAVE THE DATE

DINNER, COMEDY, & AUCTION BENEFIT

Special Guest Senator Mike McGuire

Saturday, July 9, 5-10 PM

at the Cloverdale Citrus Fairgrounds



Cloverdale Celebrating **35** Years
Senior Multipurpose Center

More at: CloverdaleSeniorCenter.org/35YearEvent

**COOKING DEMONSTRATION
FRESH SUMMER
SPRING ROLLS
WITH SAUCES**

Demonstration and hands on class to learn to make spring rolls with seasonal veggies and lean proteins

**Wednesday
April 27,
1-2 PM**

Members \$7
Non-Member \$10
Plus Take Home 2
Spring Rolls

**Reserve your seat
by April 22**



Cloverdale Rocks & Fairies
Presents

**BEGINNING ROCK
PAINTING CLASS**



Sat. April 9, 10-12:30

\$10 Members & \$13 Non-Members

Call 707-894-4826

MUST RSVP by Wed. April 6

All materials and supplies are provided for the duration of class. You take home your creations! Repeat students welcome, bring a friend.

Saturday class is open to age 13+ (minors must be accompanied by a guardian) Proof of vaccination and masks are required.

Visit [Facebook.com/cloverdalefairdoors](https://www.facebook.com/cloverdalefairdoors)

**LOCAL CARE FOR
LOCAL ELDERS**



Reemerging from COVID isolation with meetings for caregivers and providers held on the **fourth Wednesday of the month at the Cloverdale Senior Center from 2-4 pm.**

Caregivers WANTED! Local Care welcomes anyone interested in a caregiving job. We are hired by the seniors of our community and work in teams and as independent contractors. Jobs can be on any level including shopping, cleaning, meal preparation, personal care, companionship, or transportation. Caregivers can design their own hours and wages in agreement with their clients and team leaders. Our independent support group makes teams and meets monthly to ensure compassionate and quality care. (Applications and background checks are required for membership.)

Come and see what we offer!

Wednesday, Mar. 23 & Apr. 27 at 2 pm



Longtime Senior Center member and supporter, Ann Gillis, passed peacefully away at her home surrounded by her loving family on February 18. Ann was loved by all who knew her and she will be very missed by her family and friends. Although we will miss seeing her, she is reunited with her beloved husband sharing dances and hugs with him.

FOOD DISTRIBUTIONS

At the Senior Center

"Groceries to Go" & Senior Boxes
10 - 11 AM Open to all Ages

**Thursday March 3, 17
and April 7, 21**

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



**At the St. Peter's Catholic Church
Parking Lot**

MONDAYS 4-5:30 PM

Drive Through Pick-up

All ages welcome *No distributions on
Federal Holidays

491 S Franklin St Cloverdale
(behind El Milagro restaurant)

Mark Your Calendars

EVERY FRIDAY!

9-1pm Chair Massages by appointment - \$20 (for members)

10-11am Produce Market (wholesale prices)

11:30-12:30pm LUNCH— \$5 Homemade Soup and Salad (call by Wednesday for a reservation)

March

Tuesday, March 1

10:30-11:30 am Writing Your Autobiography (must sign up by Mondays)

Thursday, March 3

10-11am **Food Distribution—Groceries to go**

Monday, March 7

9am Hair Cuts by appointment (members only)

Wednesday, March 9

9-2pm Podiatrist by appointment (Dr. Kunda)

Thursday, March 10

9-12 pm **A Portrait of You** by appointment

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

(on ZOOM)

Friday, March 11

1pm Board Meeting

Tuesday, March 15

10-11am **Recology Zero Waste Presentation** p.3

Wednesday, March 16

1:30-3 **COPE Senior Readiness Workshop 1** p3

Thursday, March 17

10-11am **Food Distribution—Groceries to go**

Wednesday, March 23

1:30-3 **COPE Senior Readiness Workshop 2** p3

Thursday, March 24

9-12 pm **A Portrait of You** by appointment

Friday, March 25 Volunteer Luncheon

RSVP Deadline!!!

Wednesday, March 30

1:30-3 **COPE Senior Readiness Workshop 3** p3

Thursday, March 31

8:45-9:45am **Restorative Yoga** (pre-sign up required, minimum of 5 to hold class)

If you wish to attend one of either COPE Senior Workshops, or Food Smart for Adults please plan to attend all of the series. These are free classes paid for by alternative funding to bring resources and support to Cloverdale Seniors.

April

Friday, April 1

11:30-1:30 **Volunteer Appreciation Luncheon**

No Regular Lunch Program or Friday Games

Monday, April 4

9am Hair Cuts by appointment (members only)

Wednesday, April 6

1-2pm **Food Smarts for Adults #1**

RSVP by Wed. March 30 for your workbook

Thursday, April 7

10-11am **Food Distribution—Groceries to go**

Friday, April 8

1pm Board Meeting

Saturday, April 9

10-12:30 pm **Rock Painting for Beginners**

(age 13+) RSVP by Friday, April 1. see p. 8

Wednesday, April 13

9-2pm Podiatrist by appointment (Dr. Kunda)

1-2pm **Food Smarts for Adults #2**

RSVP by Wed. March 30 for your workbook

Thursday, April 14

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

Wednesday, April 20

1-2pm **Food Smarts for Adults #3**

RSVP by Wed. March 30 for your workbook

Thursday, April 21

10-11am **Food Distribution—Groceries to go**

Wednesday, April 27

1-2pm Cooking Demonstration: Spring Rolls see p 8

Thursday, April 28

8:45-9:45am **Restorative Yoga** (pre-sign up required, minimum of 5 to hold class)



Call 707-894-4826 or see the front desk for lunch reservations

Served 11:30-12:30 PM

Tuesday, El Milagro Lunch \$7

(reserve by Mon. @ 3 PM)

Wednesday, Pizza & Salad by Papas Pizza \$5

(reserve by Tues. @ 3 PM)

Fridays, Homemade Soup & Salad \$5

(reserve Wed. @3 PM)



For Seniors & their Caregivers
Sponsored lunches available see management for reservation

See the **Activity Calendars** for
March & April **Page 6 & 7**

March 2022

All activities are taking place at the Center unless otherwise indicated. COVID Safety protocols are in place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Feb 28	1 8:45-9:45am Yoga 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	2 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4:00 Bunco	3 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	4 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	5	
6	7 8:45-9:45am Yoga 9am Hair Cuts (by appointment) 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	8 8:45-9:45am Yoga 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	9 8:45-9:45am Yoga 9-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	10 9:00-12:00 A Portrait of You (by appt) 10-11am Coffee with the Mayor & Friends 1:30-2:30pm Strength Training	11 9-1 Chair Massage (by appt.) with Eleanor 9-2 Job Link (by appt) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games! 1pm Board Meeting	12
13	14 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	15 8:45-9:45am Yoga 10:00-11:00 Recology Zero Waste presentation 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	16 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-3 COPE Workshop #1	17 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	18 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	19
20	21 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	22 8:45-9:45am Yoga 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	23 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-3 COPE Workshop #2 2:00-4:00 Caregivers Group	24 9:00-12:00 A Portrait of You (by appt) 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	25 9-1 Chair Massage (by appt.) with Eleanor 9-2 Job Link (by appt) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	26
27	28 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	29 8:45-9:45am Yoga 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	30 8:45-9:45am Yoga 10-11am Beanbag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-3 COPE Workshop #3	31 8:45-9:45 Restorative Yoga 9:00-12:00 A Portrait of You (by appt) 1:30-2:30pm Strength Training	**RSVP for VOLUNTEER LUNCH APRIL 1 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-1:30 Volunteer Appreciation Luncheon (No regular lunch or Friday Games)	2

April 2022

All activities are taking place at the Center unless otherwise indicated. COVID Safety protocols are in place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 8:45-9:45am Yoga 9am Hair Cuts (by appointment) 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	5 8:45-9:45am Yoga 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	6 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:00-2:00 Food Smarts Class #1 1:30-4:00 Bunco	7 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	8 9-1 Chair Massage (by appt.) with Eleanor 9-2 Job Link (by appt) 10-11am Produce Market 1-4pm Games! 1pm Board Meeting	9 Rock Painting 10-12:30 (age 13+) See p.8
10	11 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	12 8:45-9:45am Yoga 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	13 8:45-9:45am Yoga 9-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:00-2:00 Food Smarts Class #2	14 10-11am Coffee with the Mayor & Friends 1:30-2:30pm Strength Training	15 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	16
17	18 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	19 8:45-9:45am Yoga 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	20 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:00-2:00 Food Smarts Class #3	21 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) 1:30-2:30pm	22 9-1 Chair Massage (by appt.) with Eleanor 9-2 Job Link (by appt) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	23
24	25 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	26 8:45-9:45am Yoga 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	27 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1-2pm Cooking Demonstration: Summer Spring Rolls p8 2:00-4:00 Caregivers Group	28 8:45-9:45 Restorative Yoga 1:30-2:30pm Strength Training	29 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	30

Be in the KNOW!

Vaccinations & Boosters

The County of Sonoma has a calendar of vaccination sites. If you want a vaccine or a booster shot you can find information at

<https://socoemergency.org/emergency/novel-coronavirus/vaccine-information/clinics/>

If you need assistance with navigating this information please contact our center we would be happy to get you the information you need. 707-894-4826

ELDER FINANCIAL ABUSE WARNING

Elder Financial Abuse most often happens with someone you are familiar with.

Protect yourself and family members by
1. Communicating about financial matters;
2. Be respectful of elders' choices & ask questions about when and how often they give money to people;
3. Report suspected abuse to adult protective services, police, or to your local senior center advocates.

For more info visit AARP.org

Outreach Specialists for the state agency CA Department of Financial Protection & Innovation (DFPI), which is California's financial services regulator. www.dfpi.ca.gov to learn more.



COFFEE WITH THE MAYOR & FRIENDS
Thursday at 10 AM
following first City Council Meeting of the Month



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

March 10 & April 14 @ 10 AM

The March meeting will be on Zoom and April's meeting may be on Zoom but if we have good weather we will try for in person. Zoom.com

Meeting ID: 707 894 4826

Passcode: 95425

Hosted by Mayor Todd Lands

AVAILABLE IN CLOVERDALE

County of Sonoma
COVID-19 Testing



Free, convenient, confidential COVID-19 testing is available to all Sonoma County resident, regardless of document status

Tuesdays & Wednesdays 7 AM-2 PM

Cloverdale High School 509 N. Cloverdale Blvd.

Thursdays, 9:15-3:15 PM

Cloverdale Grange Hall 201 Commercial Street (at the corner of 1st Street) Antigen Testing Only (RAPID)

Curative: Walk-ins welcome. Make an appointment at curative.com or call (888) 702-9042

Molecular Matrix: Walk-ins welcome, appointments recommended; molecularmatrix.com/covidtesting

LHI: Appointment recommended: lhi.care/covidtesting or call (888) 634-1123

FIRE AND EARTHQUAKE SAFETY EXPO 2022

10 AM - 4PM Sunday, MAY 1
Cloverdale Citrus Fairgrounds

A fun day of free family FUN! Enjoy free food and win prizes! Activities for kids and the whole family
-Preparedness workshops in English and Spanish
-Learn how to protect your home and pets during emergencies

-Meet preparedness experts and more

Facebook.com/FireEarthquakeSafetyExpo2022
nosocover.org/expo

Sponsored by: Cloverdale Citrus Fairgrounds, CERT, COPE, Sonoma County COAD

Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. Orders will usually ship in 7-12 days.

www.covidtests.gov

If you are a senior that needs assistance with ordering your test kits online please contact the senior center.



Volunteer Spotlight



Julie Buickerood

Julie is one of our amazing volunteer team members. We asked her to share what brought her to Cloverdale and our center. This is her story.

I moved to Clover Springs with my husband Don about a year ago after living in Redwood Valley up in Mendocino County for 25 years. We lived about a half an hour's drive away from town, making it hard to be active in the community. After having lived so far out of town, it was wonderful to once again live in a neighborhood and be more connected with other people. I knew that I wanted to do some volunteering when we moved here and was looking for possibilities. I initially learned about the Senior Center from reading Cloverdale Connect and immediately checked out the Center website. I could tell it was a vibrant place that was an important hub for the community, and I knew that I wanted to get involved there. My first volunteer event was the pancake breakfast in September. I met many new people there and witnessed how valuable the Senior Center was for so many. When Melanie heard that I liked to sew, she asked me if I would like to work at Creative Notions. It seemed like the



perfect fit, and I've been working there on Thursdays ever since. I love to talk to people about their projects and help them to find just the right materials to put them together. It's amazing what fabulous gems are hiding in that little store!

When I'm not volunteering, I have many things that I love to do: sewing, gardening, cooking, reading, bicycling, and just staying active. Don and I have four children in Sonoma and Mendocino Counties and four grandchildren. We adore babysitting the two 3-year-old boys one day each week. Covid has been a challenge in so many ways, and I think

the single, most important thing that has kept me grounded and focused on the positive through it all is my daily meditation practice. It has also been very healing to stay connected to friends and family in whatever way possible.

I feel so blessed to have moved to this welcoming community of Cloverdale and to be able to be a part of this incredible resource. I am continually surprised at all of the ways in which the Senior Center helps people in Cloverdale, from classes, to meals, to podiatrist appointments, to the crafting thrift store where I work. I hope that the Senior Center can continue to grow and evolve to meet the needs of the community for many years to come.

Thank you, Julie for being a part of the volunteer base for the Senior Center. You and the many other volunteers are how places like the Senior Center can continue to serve this community.



perfect fit, and I've been working there on Thursdays ever since. I love to talk



A proud partner of America's Job Center of CaliforniaSM network.

All ages and stages served

If this new year means a change of pace or a job search, consider reaching out to make an appointment with Job Link. You can meet with them right here at our Cloverdale Senior Center.

Call **707-565-5550** for an appointment

Resume assistance, Interview help, Skill refining, Interview clothes, Job search

Member Spotlight

John and Emily Dirksen

By Melanie Hall



I met with John and Emily Dirksen in the front yard of the Senior Center on a sunny afternoon. Both of them are regular participants in our morning yoga classes.

John and Emily met in Squaw Valley in November of 1967 when they were skiing; they eloped just a few months later, in June of 1968.

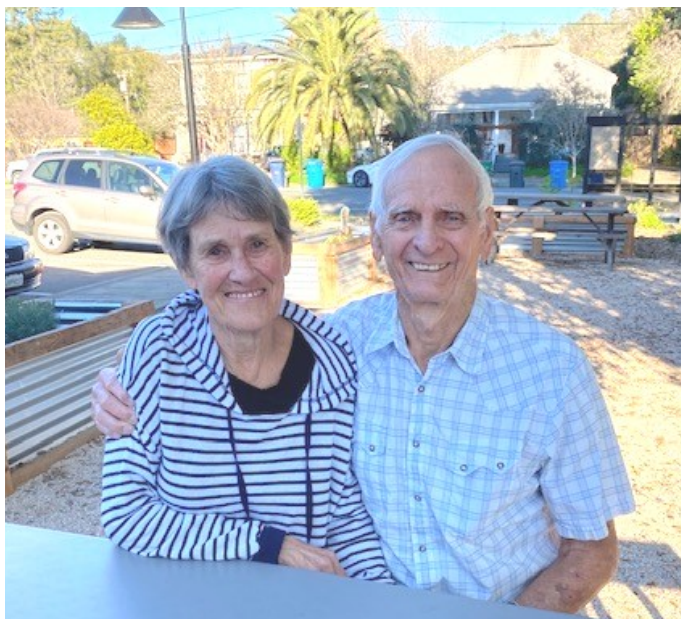
John thought she seemed like a nice person and a good skier. As soon as John sharpened her skis, Emily's first thought was that he was so thoughtful, kindness is what she fell in love with, and that he never gets angry.

Emily and John have been married for 53 years and have shared many adventures. In the late 1960s and early 1970s, John worked in Germany as a Defense Contractor for Lockheed, leading him to work in surveillance during the Cold War. While in Germany, they had three children. The family traveled together around Europe, trying out several ski areas. They traveled to the Greek Islands, Athens, Italy, Austria, Norway, Sweden, and Denmark.

When asked what one of their favorite memories was, Emily answered, "It was in the 1980s when John wanted to build a home in Los Altos Hills. He built it, and six months later, we decided to move to Sun Valley. We pulled a U-Haul trailer with our station wagon, lived in Sun Valley for one year, and then moved back again to Los Altos."

While living in California, they had three more children; they have four girls and two boys. Now their children have produced 17 grandchildren. Their children live in Australia, Paris, Seattle, Canada, and North Carolina.

John is proud of his children and family and feels that he influenced them the most by his



kindness and helping others. Emily is most proud of their children and how they all take good care of the environment. They both are very proud of the success that their children have accomplished.

What do they like about the Cloverdale Senior Multipurpose Center? Emily's answer was, "It's like a second home, and everybody is so helpful. It's all about us (seniors)." Emily wants to "Be more involved with classes as it was a bright spot during these last two years."

My last question for this loving couple is, "What is your advice for a happy marriage?" Without hesitation, Emily answered, "Appreciation, respect, and thankfulness. Breathe in joy and breathe out gratitude." John looked at her with his bright blue eyes and just smiled.

John & Emily, you are a joy to see at our center and inspirational people to know. Thank you for sharing your love story with us and being part of our senior community.



Do you have a problem and need to consult a legal professional?

Legal Aid of Sonoma County will meet you at our Cloverdale Senior Center and go through options you may have. Cost is based on income.

Elders Hotline (for seniors only) **707-340-5610** Housing Hotline **707-843-4432**
General Inquires **707-542-1290**

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info@cloverdaleconnect.com

Special Story

The Hands of Generosity Keep Moving and Motivating



pattern and yarn for a crocheted toy cow. Lillian decided to make the cow to see if that would sell, as the kit was not selling. She took the kit and tried it out to see if she would be successful. She was, and subsequently made about six cows, using the pattern. These also sold quickly. When she realized they were successful, Lillian experimented with other animals. She didn't like the patterns she found (mostly amigurumi), so she created her own patterns. The second animal she tried was a hippopotamus. When she realized she could create her own animals, this became her new hobby.

Lillian Wohlfarth used to go to Creative Notions, shopping for small balls of yarn in order to make afghans. She started organizing people from Fort Bragg to Petaluma; the ladies made afghans for the veterans. Lillian collected the afghans, hats and scarves, and delivered them to the Veteran centers in San Francisco, Ukiah, Napa and Santa Rosa. Over several years, she delivered over 100 blankets and a similar number of caps and scarves for the vets annually. Lillian obtained financial backing from the Cloverdale Council of the Knights of Columbus in order to buy more yarn.

Lillian then was recruited to volunteer at Creative Notions. She volunteered and was able to recruit more crocheters from the women who came into the store. By working in the store, Lillian realized that the donated balls of yarn were not selling, because they were too small for a finished project. She decided to take the donated yarn and replace them with skeins of yarn that would sell, using the money from the Knights of Columbus. Lillian was able to use the small balls to make colorfully patterned afghans, caps, and scarves.

Several years ago, someone donated a kit with a

The COVID pandemic put a halt to the afghan project because the hospitals could no longer accept material donations. This past fall, Lillian



took 33 animals to the Cloverdale Senior Multipurpose Center Craft Fair and sold 18 of them. She then did a presentation for the Cloverdale chapter of Kiwanis, and sold several more. Kiwanis was generous in helping with both financial donations and donated yarn. The rest of the animals sold during the span between the Fair and Christmas. The Board President, Mr. Myers, even ordered a family of panda bears for his grandkids.

Lillian is now working on more animals through Creative Notions for Easter. There are bunnies (called "Big Foot"), elephants, dinosaurs, and puppies of various shapes and sizes. All proceeds go to support the Cloverdale Senior Multipurpose Center. This year, Lillian's creations have brought in almost \$700 for the Center. Her animals will be displayed at Creative Notions.



Thank you, Lillian. Your creativity and generosity have impacted our center and we are happy to have you as a volunteer and friend.

If you are interested in purchasing a hand crafted animal you can contact Lillian at Creative Notions on Fridays 10-1pm.

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

Return Service Requested

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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

WE ARE OPEN!

Wednesdays 10-4 PM
Sidewalk Sale Table (Up to 50% OFF)

Thursdays 10-4 PM
Fridays 10-4 PM

Please contact the Senior Center to make arrangements before you bring items to donate.

All proceeds support our Senior Center.
We are grateful to our volunteers and customers for their continued support!

Creative Notions

CRAFT SUPPLIES

(707) 894-4110
119 1st St. Cloverdale
Senior Center
(707) 894-4826

SOS COMMUNITY COUNSELING

Citas en español disponibles también

Make an Appointment Today

SOS Community Counseling is housing a community clinic within the Cloverdale Senior Center.

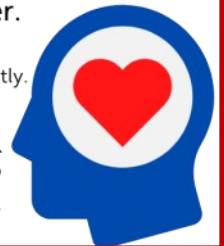
For more information about discreet counseling appointments close to home call SOS Counseling Directly.

Phone: (707) 284-3444

e-mail: info@soscounseling.org

 **Cloverdale Senior Multipurpose Center**

311 N. Main Street,
Cloverdale



CONGRATULATIONS

Phillip Brooks & Robert Cox

Received the President's Volunteer Service Award

These men have given hundreds of hours to the safety of our community



CLOVERDALE CITRUS FAIR

UNDER THE

BIG TOP

Celebrating 130 Years

April 21-23, 2022



Senior Day Thursday, April 21
Our Senior Center is sponsoring BINGO!
On Thursday, 5-7 PM Bring a friend!
Citrus Fair **Parade Saturday, April 23**