

## Melanie's Message

Spring is in the air, flowers are blooming, the weather is perfect, and the days are longer. Soon spring will turn into summer with the passing of May to June. **May is Older Americans Month; it is also Mental Health Awareness**

**Month. June is Elder Abuse Awareness Month.** All three of these topics go hand in hand and are intertwined.

I like to think that as we age, we are a treasure chest filled with wisdom and life experience. Yet things can go awry when dealing with mental health issues, leading to self-neglect or even being taken advantage of by others we trust and care about.

According to the Older Americans Month website, "Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation before or during May, asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities."

Not enough is known about mental health and aging, so it is essential to spread awareness about how important our mental health is to our overall well-being.

We know that, although mental illness is never a normal part of aging, about one in every five seniors aged 60+ battles a mental health concern. Unfortunately, many adults suffer undetected by loved ones, caregivers, and doctors. About 5% of seniors have dementia, and 7% suffer from depression. Depression usually shows up as a loss of interest in daily activities and persistent sadness. Dementia is a progressive brain disorder that affects a person cognitively, showing up as memory loss.

Cambridge University published survey findings that half of the senior respondents did not seek medical help for mental health issues because they believed "anxiety and depressive episodes are a normal part of aging." This is an unacceptable assumption and is simply untrue. Other obstacles to seeking help include the cost of treatment, transportation, and fear of medication.

The key to early treatment and intervention is early diagnosis; older adults have the same chance of success rate as younger adults. Some preventative

measures are the healthy promotion of housing, medical services, support from loved ones and staying connected with them, and of course, social activities.

June is Elder Abuse Awareness Month. Although according to the National Institute on Aging, "abuse can happen to anyone," hundreds of thousands of adults 60+ are abused, neglected, or financially exploited each year.

Different types of abuse are physical abuse, emotional abuse, neglect, abandonment, sexual abuse, and financial abuse.

Most victims of abuse are women, though men also experience abuse. Older adults who have no family or friends nearby are the most likely targets.

I have a loved one who lives in another state; she is 60+, and before Covid, was working part-time to supplement her social security income. During Covid, she was laid off, and she self-isolated as many had. During this time, she "met" a "person" on Facebook who proceeded to "flirt" with her. She fell for this scam, as many commonly have.

Recently, she posted two money orders on Facebook totaling \$1500 to this "person" addressed to a rundown shack in Florida. Many friends and family have tried to convince her that this is a scam (Elder Abuse), but she continues to send money. Today, she is behind on her mortgage and has no money for food, gas, or groceries. It is now my job to call Adult Protective Services so she can be evaluated and receive much-needed services to get her back on her feet before she becomes homeless or, worse, gives up on life.

This example is just one of many scenarios that play out with our elderly loved ones. Be watchful, look for signs of abuse or neglect and either report it or let someone know what you suspect; it could save a lot of heartaches. We can all do our part to acknowledge, assist and treasure our older Americans.

**NOTICE**



Cloverdale Senior Multipurpose Center  
 Celebrating 35 Years  
 707-894-4826

**Closed** for building improvements on **Monday, May 16**, no Classes or Meetings. Staff available by phone and email 9-2 PM

**ALSO CLOSED**

Memorial Day, Monday, **May 30**

and Independence Day, Monday, **July 4**



## Board of Directors

**Al Myers**, President  
**Frank McAtee**, Vice President  
**Shawna Masur**, Treasurer  
**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 Croff**, 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](https://www.facebook.com/CloverdaleSeniorCenter)  
[instagram.com/cloverdaleseniorcenter/](https://www.instagram.com/cloverdaleseniorcenter/)  
[twitter.com/CsmcCloverdale](https://twitter.com/CsmcCloverdale)

## 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. Comments can be submitted in writing to [suzi@cloverdaleseniorcenter.org](mailto:suzi@cloverdaleseniorcenter.org), mailed to P.O. Box 663, or dropped off at the front desk by the day before a meeting. Our Meetings are back in-person.

**Are you interested in the future of our Senior Center?** Would you like to help more? We are looking for some interested members who would like to join committees and help to keep our goals strong and moving forward.

Email: [info@cloverdaleseniorcenter.org](mailto:info@cloverdaleseniorcenter.org) or drop off a letter for our Board Members. Each of our Board Members heads a committee and will be given the names and information of members interested in helping in various ways.

## Building & Grounds Committee

Spring has sprung! We are seeking some gardening enthusiast... or just willing persons to assist with weeding and some pruning as we are headed for summer. Mornings before 8-10 AM are best, ask for Bert or Melanie.

## 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.



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

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

## VOLUNTEERS WANTED

If you are interested in volunteering to support our Center and community work please contact Melanie Hall

707-894-4826 or email  
[melanie@cloverdaleseniorcenter.org](mailto:melanie@cloverdaleseniorcenter.org)



## GROCERIES and More DELIVERED here in Cloverdale!

We are not advertising for Instacart, but rather we are sharing a tool that some of our isolated or less mobile friends may need. You can order online and have items delivered to your door. Most of the time on the same day. It might cost a little more but sometimes it's worth paying a little more to get what you need when you need it.

[instacart.com](https://www.instacart.com)

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.

## General Board Meeting



Our general board meetings are open for members to attend. This is your opportunity to discuss center business with our board.

4:00 PM **Second Wednesday of The Month**



707-894-4826  
311 North Main Street



# MAY 2022 OLDER AMERICANS MONTH

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

Getting older should come with privileges. It should not be so challenging to age at home, utilize the community assets you love, and feel

like you are a cherished member of our community and society.

All of us at the Cloverdale Senior Multipurpose Center are here advocating for the rights of seniors and our aging population.

In May 2021, our Cloverdale City Council entered a proclamation to make May Older Americans month in Cloverdale. Getting our elder population more recognition was just a start to our plans for improving senior resiliency.

Now we are working to reach out to our Chamber and local businesses to encourage them to consider senior discounts and benefits locally. If there is anything our Senior Center can do to help our community be more age-friendly, please let us know.

We are working with numerous leaders of the City, County, and larger transportation entities to help bring what is referred to as a "last mile" "door-to-door" transportation program to our more remote area.

**What other projects and programs do you feel are needed to improve our community?** We are constantly working to improve and evolve to meet the needs of our older population, and your input is valuable to that process. You can drop a note in our mail slot, email a letter, or even call us. Your concerns are valuable, and so is your praise. We like hearing that we are making a difference and how our work affects you and your friends. **Please let us know what you think.**



Now it is a lot easier to hear, dial, and make calls.



California Phones  
Keeping you connected.

**Tired of saying what...? Free Specialized Phones Presentation Tuesday, June 7, 10-11 am**

An expert will show the phones and explain this state-funded program. There is no cost, obligation, age, or income requirement.

**Come join us!**

CaliforniaPhones.org

Find out if you qualify for free phone assistance

Elizabeth Wong  
510-220-4150, ewong@ddtp.org



AMPLIFIED

CAPTIONED

SPEECH ASSIST

PICTURE DIAL

PORTABLE

## Advocating For Additional Cloverdale Transportation Options

The Metropolitan Transportation Commission (MTC) - oversees and directs funding for transportation. Please help us to show the need for a door-to-door transportation option in our northern county area. We're especially interested in hearing from older residents, residents with disabilities, and residents with low income. Your input will help the region prioritize funds and align services to better meet the needs of our community.

Take the Coordinated Plan Survey now for a chance to win one of three \$100 gift cards: <https://survey.alchemer.com/s3/6759337/2be7cb7f26da> If you don't use the internet and want your voice heard, please call Suzi at the Senior Center between 10-2 PM M-F. We can do the survey over the phone.

**Why is this important?** This survey is used to direct funding for the next decade and we need to see those funds come to our Cloverdale area if we want more/better access here!

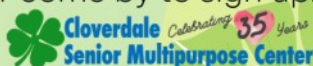
## TRAVEL HOUR: VISIT BRAZIL LIVE

Join us Wednesday, June 29, 10-30-12:00 for a virtual "Live from the Street" tour of Brazil.

The topic is exploring the Ipanema District. This is a one-hour, completely live experience, where we, the audience, can ask questions from our guide in Brazil through the computer system.

Those who wish to bring a food item or dish to share from this country are welcome to stay afterward for more discussion and fellowship.

Maximum attendance for this class is 12 people, \$5 members, \$8 non-members. Please call or come by to sign up.



## Medical Cannabis Workshop

THURSDAY, MAY 19, 11-12:15 PM

Cloverdale Wellness will present a workshop where you can learn more about the medicinal value of Cannabis. Speakers will include Arya Campbell of Liquid Flower, sharing her vast knowledge about Cannabis-infused sleep aids.

Susanna Frohman of Sweet Releaf will speak about the benefits of Cannabis-infused topicals. Cloverdale Wellness General Manager, Eleanor Gomez will moderate the meeting and teach simple seated upper body stretches.

**Space is limited, so be sure to sign-up today!**

# June is Elder Abuse Awareness Month

Have you ever said or heard someone say...

"Elder Abuse only happens to old people" "It's NOT abuse, they're family, I need them to help me" "I don't want to get anyone into trouble" "I'm fine, I don't need help."

## Misconceptions

#1 - Someone will get into trouble.

*Reality:* Not true.

#2 - Self neglect (not going to appointments, poor hygiene, not shopping, not eating regularly, not socializing...) is not a form of abuse.

*Reality:* Oh yes it is! It is evidence that additional support is needed to maintain independent living and a good quality of life.

## Types of Abuse

Elder abuse is a growing problem. While we don't know all of the details about why abuse occurs or how to stop its spread, we do know that help is available for affected people. Concerned people, like you, can spot the warning signs of a possible problem, and make a call for help if an elder is in need of assistance.

- **Physical:** Direct beatings, lack of medical care or over-medication, sexual exploitation
- **Abandonment:** Desertion or willful forsaking by anyone having responsibility for care
- **Isolation:** Preventing a dependent adult from receiving mail, telephone calls, visitors
- **Financial:** Theft, misuse of funds or property, extortion, duress, fraud
- **Neglect:** Denial of food, clothing, shelter, health care. Or unable to provide basic needs
- **Self-neglect:** Malnutrition, being unkempt, unmet medical needs, unpaid bills
- **Mental suffering:** Verbal assaults, threats, fear

If any type of abuse is suspected and reported, **APS social workers can provide short-term counseling, case management and referrals to helpful services to stop the abuse and ensure the ongoing safety of the person.** Legal help is sought when needed *if the older adult agrees.*

## What is Self-neglect

Self-neglect is characterized as the behavior of an older person that threatens his/her own health or safety. Self-neglect generally manifests itself in an older person as a refusal or failure to provide himself/herself with adequate food, water, clothing, shelter, personal hygiene, medication (when indicated), and safety precautions.

It is our mission to "provide Cloverdale residents with activities, support, resources, and services that encourage participation in community life, promote well-being and independence, and enhance dignity."

We **want** to support our senior community to maintain their independence while enhancing their dignity. Getting older should not leave you feeling defeated. It should be a rewarding part of life. If you or someone you know needs some help or support please come see us. We work with numerous county entities and nonprofits that locally offer support on a case by case basis.

707-894-4826, info@cloverdaleseniorcenter.org

Our staff have many resources and are always willing to help. We are all aging together. If we haven't been through it, then we have a friend who has.



## Case Management & Care Navigation

Home visits assess safety, individual needs, and assistance with referrals for local services/programs. For adults age 60+. Jessica Carranza, Case Manager, 707-525-0143 ext.109, jcarranza@councilonaging.com



## 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.

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



# MARK YOUR CALENDARS

## May

### Sunday, May 1

Earthquake & Fire EXPO at Citrus Fairgrounds

### Monday, May 2

9am Hair Cuts by appointment (members only)

### Tuesday, May 3

1-2:30pm **ART WITH FRIENDS** –New Class

### Thursday, May 5

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

### Sunday, May 8—**HAPPY MOTHERS DAY!**

### Wednesday, May 11

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

**4pm Board Meeting**

### Thursday, May 12

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

(in-person at CSMC)

### Friday, May 13

RSVP deadline for Ann Gillis Celebration of Life on 5/21 at the Veterans Building (see page 6)

### Monday, May 16

**CLOSED FOR BUILDING IMPROVEMENTS**

Staff will be available by phone and email, 9-2 PM  
No classes or meetings.

### Tuesday, May 17

1-2:30pm **ART WITH FRIENDS** –New Class

### Thursday, May 19

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

### Monday, May 23

10-12:30pm **Beginning Rock Painting Class**

### Wednesday, May 25

2-4pm **Caregivers Group Meeting**

### Thursday, May 26

10–11am **Breathing for Better Health** (pre-sign up required, minimum of 5 to hold class)

### Monday, May 30

>>**CLOSED FOR MEMORIAL DAY**<<

## June

### Thursday, June 2

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

### Monday, June 6

9am Hair Cuts by appointment (members only)

### Tuesday, June 7

10-11am California Phones Presentation

1-2:30pm **ART WITH FRIENDS** –New Class

### Wednesday, June 8

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

**4pm Board Meeting**

### Thursday, June 9

10-11am **Coffee with the Mayor & Friends**  
(in-person)

### Thursday, June 16

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

### Sunday, June 19—**Happy Fathers Day!**

### Tuesday, June 21

1-2:30pm **ART WITH FRIENDS** –New Class

### Wednesday, June 22

1-2pm **Asian Rainbow Salad**– Cooking Demo

2-4pm **Caregivers Group Meeting**

### Thursday, June 28

10–11am **Breathing for Better Health** (pre-sign up required, minimum of 5 to hold class)

### Wednesday, June 29

10:30-12pm **Travel Hour: Visit Brazil, Live Virtual Tour & Potluck**, see p.3

### Saturday, July 9

**35th Anniversary Fundraising Event** at Citrus Fairgrounds

## 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)

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



**ASIAN RAINBOW SALAD**  
**COOKING DEMONSTRATION**


**Wednesday, June 22, 1-2 PM**  
RSVP by June 15

Members \$7  
Non-Member \$10

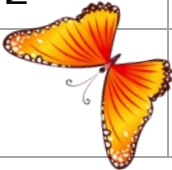

Join Helen Chau-Cook for a healthy Asian salad. Green and red cabbage, colorful bell papers, radish, cilantro, Japanese seasoning, sweet & sour sauce with lean proteins.  
*Take home your creation.*

# May 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Earth-quake & Fire EXPO at Citrus Fairgrounds	2 8:45-9:45am Yoga 9am Hair Cuts (by appointment) 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	3 8:45-9:45am Yoga 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS 1:30-2:30pm Strength Training	4 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!	5 9-12:00 A Portrait of You (by appt.) 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	6 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	7 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!
8 HAPPY MOTHERS DAY	9 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	10 8:45-9:45am Yoga 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	11 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 4pm Board Meeting	12 10-11am Coffee with the Mayor & Friends 1:30-2:30pm Strength Training	13 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! Last Day to RSVP for Ann Gillis Celebration of Life	14 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!
15 	16 CLOSED Due to Building & Maintenance & Construction NO ACTIVITIES	17 8:45-9:45am Yoga 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS 1:30-2:30pm Strength Training	18 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	19 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) 11-12:15 Cannabis Presentation 1:30-2:30pm Strength Training	20 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	21 Ann Gillis Celebration of Life Vet's Hall 12:00-3:00
22	23 8:45-9:45am Yoga 10-12:30 Beginning Rock Painting Class (RSVP by 5/20) 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	24 8:45-9:45am Yoga 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	25 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 2:00-4:00 Caregivers Group	26 8:45-9:45 Breathing for Better Health 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	27 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!	28 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!

# June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 MAY	30 MAY	31 MAY	1 JUNE	2	3	4
	<b>CLOSED</b> MEMORIAL DAY 	8:45-9:45am Yoga 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	8:45-9:45am Yoga 10-11am Beanbag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizzeria Cafe 1:30-4:00 Bunco!	9-12:00 A Portrait of You (by appt.) 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt)	9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad	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	9	10	11
8:45-9:45am Yoga 9am Hair Cuts (by appointment) 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo 	8:45-9:45am Yoga 10-11:00 California Phones Presentation 10:30-11:30 Writing your Autobiography, must RSVP Friday, May 27 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS 1:30-2:30pm Strength Training	8:45-9:45am Yoga 9-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Beanbag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizzeria Cafe 4pm Board Meeting	10-11am Coffee with the Mayor & Friends 1:30-2:30pm Strength Training 	9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
Happy Fathers Day!	8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	8:45-9:45am Yoga 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS 1:30-2:30pm Strength Training	8:45-9:45am Yoga 10-11am Beanbag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizzeria Cafe 1-2 Cooking Demo: Asian Rainbow Salad p. 5 2:00-4:00 Caregivers Group	10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!
26	27	28	29	30	July 1	2
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# NEWS AT OUR CENTER

## NEW CLASS!

# Art WITH FRIENDS

5/3 Water Color Basics \$6  
 5/17 The Zen of Coloring \$2  
 6/7 Card Making \$6  
 6/21 To be Determined

1st & 3rd  
**Tuesdays,**  
**May 3 & 17,**  
**June 7 & 21**  
**1-2:30 PM**

All kinds of crafting and creation, no experience or special skills required. If you do have a special skill or project, come and share it with others. Come enjoy creating with like-minded friends.  
**Fees for materials when you join a class project**

## Cloverdale Rocks & Fairies Presents

# BEGINNING ROCK PAINTING CLASS

Monday, May 23, 10-12:30  
 \$10 Members & \$13 Non-Members  
**Call 707-894-4826**  
**MUST RSVP by Friday, May 20**

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

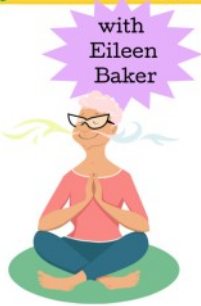
Masking is optional for vaccinated, unvaccinated are still asked to mask in our building.  
 Visit <https://www.facebook.com/groups/cloverdalefairydoors>

## Breathing For Better Health

*New Class*

The benefits of meditative breathing are innumerable, but here are a few to motivate you.

- Natural painkilling
- Improved blood flow
- Reduces inflammation
- Helps lower blood pressure



We will explore a variety of EASY breathing practices taught while seated or reclined  
 Space is limited, must pre-register by April 27 @3PM

**April 28 10-11 AM** Class \$5 Members, \$8 non-members

**Cloverdale Celebrating 35 Years Senior Multipurpose Center** 311 North Main Street

## A Portrait of You

Let's capture your style, smile & the essence of you in a photo

By appointment  
 9-12 PM

**Free** 30 min. sessions for Center Members

Photography by Jennifer Sullivan

*Something to Remember*

## Senior Lunch Program

For Seniors & their Caregivers

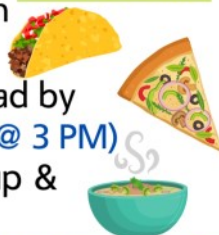
**Served 11:30-12:30 PM**

Updated Tuesday Lunch Price

**Tuesday, \$8** - El Milagro Lunch (reserve by Mon. @ 3 PM)

**Wednesday, \$5** - Pizza & Salad by Papas Pizza (reserve by Tues. @ 3 PM)

**Fridays, \$5** - Homemade Soup & Salad (reserve Wed. @3 PM)



### RESERVATIONS REQUIRED!

Call 707-894-4826 or see the front desk for lunch reservations  
 Sponsored lunches are available see management for reservation



## 35TH ANNIVERSARY EVENT

**We are seeking auction items**

Please contact Melanie at **707-894-4826** or [melanie@cloverdaleseniorcenter.org](mailto:melanie@cloverdaleseniorcenter.org)

**Saturday, July 9, 2022**  
**5-10 PM**

at the Cloverdale Citrus Fairgrounds - Outdoor Event

Seated dinner, silent & live auction, senior art show, full bar, and professional comedy show to top off the night with laughter.



Senator Mike McGuire as Auctioneer

**Cloverdale Celebrating 35 Years Senior Multipurpose Center**

Comedians: Bob Zany, "Chicago" Steve Barkely, and Marc Yaffee





# BE IN THE KNOW!

## 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

## Green Thumb Garden Club ANNUAL PLANT SALE

Beginning April 20

10-4 PM EVERY DAY

1162 Mountain Pine Rd.,  
Cloverdale, CA. 95425

Vegetable Starts, Flowers, and assorted landscape plants

For varieties visit:

[www.saleslogistix.com/plants.htm](http://www.saleslogistix.com/plants.htm)

For Questions Contact Sue at 707-843-9561

Funds raised support our scholarship program for local students



## COFFEE WITH THE MAYOR & FRIENDS

Thursdays  
May 12 & June 9  
10-11 AM



Join our Mayor, Todd Lands, and local guests for informative conversations about Cloverdale and our surrounding area in an open forum.

Held in-person at the Senior Center.

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



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](mailto:info@soscounseling.org)

Citas en español disponibles también



311 N. Main Street,  
Cloverdale

## Green Thumb Garden Club ARTS AND CRAFTS FAIR

Saturday, May 7  
10-4 PM  
Cloverdale History Center  
215 N. Cloverdale Blvd.  
Cloverdale, CA. 95425

Funds raised support our scholarship program for local students

We will feature arts and crafts created by our members, a bake sale, a "second life" table with gently used garden items, and succulent planters. Plus a Special Gift Raffle.

A Wonderful Opportunity to Find MOM A One-of-a-kind Gift for the Garden



## Seniors with Cellphones

Attention Cell Phone Users!  
3G Networks are going away  
Older phones may not be able to call  
9-1-1 or 2-1-1

Check all your devices, phone, medical devices, etc. to determine if they are 3G. Contact your provider for assistance, or call 211 for more information.





# VOLUNTEER SPOTLIGHT



## Marie Gronewold



It was a beautiful Tuesday afternoon, right after the Strength Training class at the Cloverdale Senior Center, when I got a chance to interview Marie. Marie moved to Cloverdale from Lagunitas in Marin County on the Fourth of July weekend in 1975. She wanted to move to the

Marie has volunteered to serve food during various Literary Luncheons and modeled for the fashion show during the Holiday Tea.

When she is not busy volunteering, she likes to exercise and stay active, garden, crochet, read, and spend time with her husband, two daughters, four grandchildren, and friends.

What does she like most about the Senior Center? "How happy everybody is and friendly." What would she like to see in the future at the Senior Center? "A larger parking lot and language classes like Spanish, French, and Italian."

Recently Marie and her husband moved from the country to town. When asked what she likes most about the move, she answered, "I no longer have to take care of two and a half acres; I can walk across the street and go on a hiking trail." Marie and her husband Jim have been married since May 22, 1976; I asked her if she had any words of wisdom. Marie broke out in a big smile and said, "Always be happy because it is your choice."

*Thank you, Marie, for twenty years of being an essential part of the Cloverdale Senior Multipurpose Center; we appreciate you!*

sunshine and live in the country.

Marie joined the Senior Center when it was still at the Grange Hall; she liked that they offered Spanish classes there. When the new Senior Center was built and opened in 2003, she taught yoga for about a year. She started teaching strength training when past director Maggie Rosenberg was here and continues to do so.

**HICAP** Health Insurance Counseling & Advocacy Program  
Free Service to Medicare Beneficiaries

Senior Advocacy Services  
Ombudsman Program  
HICAP-Medicare  
Elder Justice Initiative



**MEDICARE**  
It isn't complicated with our help

Free & Unbiased Source For Individual Help

Visit the website today! [senioradvocacyservices.org](http://senioradvocacyservices.org)  
Under the "Calendar" Tab there are several educational opportunities. Call for more information.  
[info@SASNB.org](mailto:info@SASNB.org) (707) 526-4108

## FOOD DISTRIBUTIONS

At the Senior Center

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

Thursday, May 5, 19 & June 2, 16

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)

## Produce Market Day

Dia De Mercado

**10-11 AM**

**FRIDAYS**

VIERNES

Every Friday, except federal holidays

Todos los viernes excepto feriados federales

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

311 N Main Street  
Cloverdale

(707) 894-4826



CalFresh Accepted



# MEMBER SPOTLIGHT



**Anne Marie Perry**  
&  
**Graciela Nañez**



*When did you move to Cloverdale, where did you move from?*

We moved from San Francisco to Cloverdale in April of 2003.

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

We joined the Cloverdale Senior Center December 2021, just after we retired from our jobs of over 30 years. Our goal is to stay active and engaged and the Senior Center has been the perfect place to do so.

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

The events we participate in are Chair Yoga with Eileen and Strength Training with Marie. Both instructors are very good teachers. We highly recommend everyone to try these classes at least once, you'll keep coming back for more!



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

Gracie volunteers a couple of days a month at the center helping at the front desk, and both of us are volunteering for the "big event in July." Be sure to join us its going to be a blast!

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

When we are not at the Center, we love working in our garden. One of the most important things we had to learn was which plants do well in Cloverdale versus what we had in San Francisco. Trough trial and error we have created a beautiful drought resistant yard, both front and back. We also love reading, bike riding, walking and getting together with friends.

*Tell me about your family, do you have children and if so, how many children, grandchildren?*

As far as children, ours have four paws. We have two female cats, one is 17 years old named BootaRae, and is deaf, and Luly is 5 years old.

Both were fostered by friends when we adopted them. It is their job to be on gopher patrol!

We also have many nieces and nephews and great nieces and great nephews, whom we love and adore.

We are always amazed by their many talented accomplishments.

*What do you do to keep your mind, body and spirit healthy?*

Keeping mind, body, and spirit healthy for us requires eating well, daily exercise, reading, doing Jigsaw puzzles, but most important is keeping in touch with family and friends.

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



Our feelings about CSMC are that it is a wonderful, friendly, warm and inviting atmosphere. The staff and volunteers are genuinely a great group of people who are always able and willing to help. We love attending the Friday morning produce market.

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

Keeping it viable in the increase of its membership.

**Anne and Graciela, we are glad to have you as part of our Center, and look forward to getting to know you both better.**



SONOMA COUNTY  
**JOB LINK**

A proud partner of America's Job Center of California<sup>SM</sup> network.

**All ages and stages served**

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

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



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



[facebook.com/CloverdaleSeniorCenter](https://facebook.com/CloverdaleSeniorCenter)  
[facebook.com/CreativeNotionsCloverdale](https://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

# FAMILY BIKE WORKSHOP

**FREE**

**Family Bike Workshops** are for families with kids learning to ride on the road. Families will learn to safely navigate the streets in a variety of situations through fun, skill-building activities and an instructional neighborhood ride.

**Saturday, June 4th, 10-12:30 PM**

Cloverdale Citrus Fair  
1 Citrus Fair Drive, Cloverdale

**Registration Required SPACE IS LIMITED!**  
[www.bikesonoma.org/family-bike-workshops](http://www.bikesonoma.org/family-bike-workshops)

- Bikes must be in working order
- All cyclists must have a helmet to participate
- Kids must be able to ride a two-wheel bicycle  
younger children can participate like seats, trailers, or trail-a-bikes

**Need a helmet or bike adjustment?**

Low cost and/or loaner helmets and/or free minor adjustments are available, by request, to registered participants.

Questions?  
[safeoutlets@bikesonoma.org](mailto:safeoutlets@bikesonoma.org)  
707-545-0153



## CALIFORNIA KEY PRIMARY VOTING DATES

**Voter registration** deadline Monday, May 23

**Early voting options;** Drop boxes: Tuesday, May 10, to Tuesday, June 7

**Vote centers:** Saturday, May 28, to Tuesday, June 7

**Deadline to request replacement vote-by-mail ballot;** Tuesday, May 31

**Primary Day;** Tuesday, June 7

**Vote-by-mail ballot deadlines;** postmarked by Tuesday, June 7, Received by Tuesday, June 14

# Cloverdale Connect

Connecting Our Readers with Local Resources • Events • People

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

"Bringing our community together"



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

12 [info@cloverdaleconnect.com](mailto:info@cloverdaleconnect.com)