



Melanie's Message

November is National Family Caregivers Month, a time to recognize and honor family caregivers across our country. Celebrating family caregivers is a way to raise awareness about

family caregiver issues and celebrate their efforts. It is also a way to educate family caregivers about self-identification and increase support for family caregivers.

"Caring for a loved one can put a strain on your health, mentally and physically; add the well-being of someone else to the mix, and it's a recipe for stress,"

Linda Conlin, Psychosocial Program Manager at Edward Hospital in Naperville, Illinois.

She has several suggestions for managing the challenges of caregiving. First, make a list, prioritize what needs to be done, and then celebrate accomplishments, no matter how small. Second, stick to a consistent routine, which helps with feeling more in control. Third, take care of yourself; self-care is essential for caregivers to avoid burnout. Ask for help from friends and family members to help ease the burden. Hire outside healthcare aides who can help with daily tasks and more complex healthcare if needed. Finally, reduce stress by staying active, eating healthy foods, and getting plenty of rest. It is common and normal to feel guilty, resentful, angry, and worried, be sure to express your feelings by talking to someone, journaling, or joining a support group.

Remember to have fun with your loved one by doing things you both enjoy; it can strengthen your relationship and bring you closer together. Although being a caregiver can be challenging, it can also be rewarding.

Speaking of fun things to do, our Holiday Craft Fair is November 19, 10:00 am-3:00 pm. We invite you to see all the creations made by local crafters. In addition, there will be hot-spiced cider, soup, chili, and cornbread available for purchase to add to your experience.

On December 10, we will have our annual Holiday Tea, a drive-through distribution, from 11:30-1:00. The deadline to purchase tickets is Friday, December 2. The to-go package includes scones, lemon curd, clotted cream, tea sandwiches, and delicious desserts, ready for you to take home to enjoy with friends and family.

I hope you spend quality time with loved ones and reflect on what you are grateful for during this time of the year. An attitude of gratitude is not only healthy for us, but it is also contagious, spread it around.



Mark Your Calendars

Matter of Balance Mondays 10/24-12/19 1-3 PM, free, fall prevention

Coffee with the Mayor & Friends
Thursday Nov. 10, Celebrating Local Veterans; Dec. 15, topic TBD

Holiday Craft Fair Sat. Nov. 19, Hot food and craters creations, see pg. 4

#GivivingTuesday (every Tuesday, Nov. 29), see pg. 3

Holiday Tea Sat. Dec. 10, purchase tickets by Dec. 2, see pg. 4

Save the Date: Grief Support Group
Wednesdays in January see pg. 11





Board of Directors

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

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

Staff

- Sandra Hoevertsz, Executive Director
Hoevertsz@cloverdaleseniorcenter.org
- Melanie Hall, Program Manager
melanie@cloverdaleseniorcenter.org
- Suzi Croft, Operations Coordinator
suzi@cloverdaleseniorcenter.org



Creative Notions

(707) 894-4110

Facebook.com/creativenotionscloverdale

NOW OPEN: Tuesdays 10-1,
Wednesdays 10-4, Thursdays 10-4,
Fridays 10-4, and
Saturdays 1-4 PM

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.

Our Membership meeting was quite a hit. For those in attendance we reviewed the last year of work done for our local senior community. We shared what the future of aging looks like in California and the "Silver Tsunami" created by the "Baby Boomers" entering retirement age. We expect to see a approximately a 35% increase in the senior population by 2030. We are strategizing on how we will meet the increasing population of retired persons and with life expectancies and quality of life improvements it will not be in the same way past "Senior Centers" have functioned.

Our goal is to REIMAGINE AGING, aging is not what it used to be and we can and will do better. Seniors are not aging the same as our parents and grandparents did, so our Center shouldn't be either.

Our center will continue to work towards financial sustainability through a capital endowment fundraising project over the next few years. We want to be here to serve the community of Cloverdale for a long time to come.

We introduced our new Executive Director in our last newsletter and we are so glad to have Sandra Hoevertsz as part of our Center team. She is bringing a rejuvenating energy to our efforts.

Reminder: Our Center Will Be Closed

Veterans Day
Friday 11/11

Thanksgiving
Thurs. & Fri. 11/24-25

Christmas Eve & Day
(Observed)
Fri. 12/23-Mon. 12/26

New Years Eve & Day
(Observed)
Fri. 12/30-Mon. 1/2

Seeking **BOARD MEMBERS**

Seeking Advocates for Cloverdale area Seniors willing to commit a few hours each month



Contact Suzi at suzi@cloverdaleseniorcenter.org or stop by for a board member information packet

WELCOME NEW FRIEND

Supporting others through giving leaves you with a special feeling. No matter how small your help, it means a lot to others.



Giving Tuesday 2022



BE SOMEONE'S CHAMPION

November 29, 2022



#GivingTuesday

#95425Seniors #ReimagineAging

Giving Tuesday is an online giving campaign held worldwide. When you do something for someone else, you post a picture on your social media account; Facebook, Instagram, or Twitter and tag us!

#GivingTuesday #CloverdaleSeniorCenter @cloverdaleseniorcenter

All profiles tagging us will be entered into a drawing for some cool Cloverdale goodies.

If you wish to support our center through a financial donation please visit our Facebook page to donate or our website at CloverdaleSeniorCenter.org/donate

Shopping to Support Our Mission

With no additional fees, your Amazon purchases can result in money for our programs and services. Log in to smile.amazon.com every time you shop on Amazon and designate **Cloverdale Senior Multi-purpose Center** as your charity of choice. Ask your friends and family to do the same.



Support us when you shop at Rays Market gorays.com

Visit the Customer Service Desk to get an "All Access Card" from Rays, ask them to connect your account with Cloverdale Senior Multipurpose Center as your preferred community partner.

Then, at no cost to you, Rays will donate 1% of all qualifying purchases to the Cloverdale Senior Multipurpose Center.

Driving Change A Little At A Time

Join the #unselfie movement



Don't forget to Tag and Follow us on Social Media

Welcome New Members

- Leah Maxwell Styles
- Elizabeth Maxwell Styles
- Jerry Bradford
- Mary Katches
- Michael Peterson
- Wendy Laino
- "Walker" Rugino
- Anthony Fiore
- Ken Bruce
- Lawrence Lossing
- Bonnie Fisher
- Judy Carroll
- Al Chestovich
- Brinda Morales
- Jillene Barr
- Patty Mitchell
- Ruby Davis
- Cheri Jimerson
- Joseph Johnson
- Sheri Donham
- Margaret Gillesepie
- Nancy Attrndt-Kelleher
- Jane Farkas

SPECIAL ACTIVITIES

Keep Exploring

Travel Hour: No **Passport** Required



Singapore's City Center

Thursday, November 17

3-4 PM Live Walking Tour, ask the tour guide questions while viewing the beautiful city

live on our 75" Flat Screen TV

Bring a potluck dish and we'll share the culture of Singapore together!

311 N. Main Street, Cloverdale



Keep Exploring

Travel Hour: No **Passport** Required

Holidays in Japan

Live Presentation

Wednesday, December 14
3-4 PM



We will share Christmas and New Years' in Japan from a local's perspective. You will get to hear about the history and culture, stories, fun facts, and trivia, and even make your own Japanese-style holiday decoration together online.

live on our 75" Flat Screen TV

Please RSVP

311 N. Main Street, Cloverdale



Community Minded

COFFEE WITH THE MAYOR & FRIENDS Dec. 15
-Topic TBD

Thursday, November 10
10 - 11 AM

Join us as we celebrate our local veterans.

Coffee Provided

Mayor Todd Lands will also give a briefing on the council meeting

311 N. Main Street, Cloverdale



Keep Moving

A Matter of Balance
Managing Concerns About Falls

Mondays, Oct. 24-Dec. 19
1-3 PM

(No Class Nov. 21)

You will learn to practice and adopt proven strategies to reduce fall risks and set goals for increasing activity, strength, balance, and flexibility through simple and safe chair exercises appropriate for all ability levels.

For more info & to register: **CB Wohl**,
Sonoma County Area Agency on Aging,
707-565-5930 cwohl@schsd.org

311 N. Main Street,
Cloverdale



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS



"We don't stop playing because we grow old; we grow old because we stop playing." -George Bernard Shaw.

Cloverdale Senior Multipurpose Center 35 Years

Holiday Craft Fair

Saturday, November 19
10 AM - 3 PM

LOCAL CRAFTS & PRODUCTS FOR SALE

Join us for a hot cup of soup or chili, and meet some local crafters and their beautiful creations.
Find unique gifts!

melanie@cloverdaleseniorcenter.org
311 N. Main Street, Cloverdale, CA.

Holiday Tea

Get Your Tickets!

SATURDAY, DECEMBER 10
11:30 AM-1:00 PM
DRIVE THROUGH PICK-UP

Finger Sandwiches, a Scone with Lemon Curd, and Cookies boxed up for your tea-sipping delight.
Grab a friend and pour a cup of tea!

\$25 MEMBERS
\$30 NON-MEMBERS

311 N. Main Street
Cloverdale CA



GREAT OPORTUNITIES



front porch Market Day
CREATING COMMUNITY

Produce Market **Mercado de Productos Frescos**
EVERY FRIDAY **TODOS LOS VIERNES**
10-11 AM **10-11 AM**

Wholesale prices on great seasonal produce.
Precios al por mayor en excelentes productos de temporada.
Cash & EBT Accepted Se acepta efectivo y EBT

(707) 894-4826
311 N Main Street, Cloverdale
Not available on Federal Holidays
No disponible en días festivos

VOLUNTEERS NEEDED

Seeking **Advocates for Cloverdale area Seniors** willing to commit a few hours each month.

Would you enjoy a fun-loving group of seniors and **helping them play a game?**

Are you a **crafty person who enjoys independent volunteer opportunities?**

Do you like to **cook or have experience (or no experience) as a server?** Would you find volunteering your skills fulfilling?

Do you have a **particular skill or interest you would like to share with others?**

Please contact
melanie@cloverdaleseniorcenter.org or stop by and ask for Melanie

Keep Moving

YOGA
With Eileen

Mondays & Wednesdays
8:45-9:45 AM



All levels welcome!

Keep Moving

STRENGTH TRAINING

Tuesdays & Thursdays
1:30-2:30 PM



Strength and Bone Health!
with Marie

Keep Creating

NIMBLE FINGERS

Tuesdays
10-11 AM



Grab some yarn and create!
Knitting & Crocheting

These Activities are on hiatus until Early Spring 2023

ART with FRIENDS



Keep Moving

Enjoy the Stretch!

CHAIR YOGA
With Eileen

Wednesdays
10-11 AM



Keep Moving

QI-GONG
with Bram

Mondays
10:15-10:45 AM



Better Balance
Muscle Control
Low-Impact

Keep Sharing

WRITING YOUR AUTOBIOGRAPHY

First Tuesday of the Month at 10:30 AM

Guided thought-provoking discussion, writing, and peer support. Getting your story on paper can be challenging. Here is a way to make that more fulfilling.

Must be signed up by the business day before class

SOU L COLLAGE GROUP



BEAN BAG BASEBALL

Donate or Volunteer

Help make our community a little better



Join the #unselfie movement

Every Tuesday in November

Do something for someone else or support a local non-profit. Then take a photo of yourself helping or with a message that shares why you support a cause. Your example gives others the courage to be generous too.

29 NOVEMBER 2022 #Giving Tuesday

www.CloverdalesSeniorCenter.org



Keep Moving

Want to try a class but not sure where to start...


Awareness Through Movement®

1st & 3rd Thursday's
Thurs., Nov. 3, 17,
Dec. 1, 15, Jan. 5 **10-11 AM**

Aches, Pains, Limited Flexibility...

Do you avoid doing things you need or want to do?

Join us for meditative awareness of your body and how you move, led by an experienced instructor, Eleanor Gomez.

MARK YOUR CALENDARS

	MONDAY	TUESDAY	WEDNESDAY
Weekly Activities	<p>Yoga 8:45-9:45 AM \$5 Members/\$8 Guests</p> <p>Qi Gong Practice 10:15-10:45 AM \$5 Members/\$8 Guests</p> <p>Bingo!* 1:15-3:15 PM</p>	<p>Nimble Fingers* 10-11 AM</p> <p>Lunch \$8 El Milgaro Mexican Food 11:30-12:30 PM RSVP 12 PM Monday</p> <p>Strength Training 1:30-2:30 PM \$5 Members/\$8 Guests</p>	<p>Yoga 8:45-9:45 AM \$5 Members/\$8 Guests</p> <p>Chair Yoga 10-11 AM \$5 Members/\$8 Guests</p> <p>Lunch \$5 Papa's Pizza Cafe Pizza or Subs with Salad & Fruit 11:30-12:30 PM RSVP 12 PM Tuesday</p>
More Services and Activities	<p>Haircuts by Anna By Appointment Monday, Nov. 7 & Dec. 5 9-4 PM Members Only \$15</p> <p>A Matter of Balance Free 8-week Series 1-3 PM Mondays, Oct. 24-Dec. 19 No Class 11/21 Must pre-register to attend</p> <p>FREE FOOD AVAILABLE TO ALL AGES</p> <p>Citrus Fairgrounds Drive Through Pick-up Mondays 4-5:30</p>	<p>Writing Your Autobiography 1st Tuesday, Nov. 1 & Dec. 6 10:30-11:30 (Must RSVP by Friday before meeting) Free to Members</p> <p>Art With Friends On hiatus until Spring 2023</p> <p>Soul Collage On hiatus until Spring 2023</p>	<p>Board Meeting 1st Wednesday, Nov. 2 & Dec. 7, 4PM Open to Members</p> <p>Podiatrist Dr. Elizabeth Kunda By appointment (415) 921-1922 2nd Wednesdays, Nov. 9 & Dec. 14</p> <p>Caregivers Support Group Meeting Weds., Nov. 9 & Dec. 28 2-3:30 PM Free to Members</p> <p>Travel Hour <i>Holidays in Japan</i> Weds., Dec. 14, 2-3 PM (Live Presentation) \$5 Members/\$8 Guests</p>

\$5 Members \$8 Guests *Free to Members **Lunch—Must RSVP 24hr in advance**, to-go option available

WHAT WILL YOU BE DOING?

THURSDAY	FRIDAY	CENTER CLOSED
<p>Strength Training 1:30-2:30pm \$5 Members/\$8 Guests</p>	<p>Chair Massage by Eleanor 20-Minutes By Appointment 9-1 PM \$20 Members/\$25 Guests</p> <p>Produce Market Open to Community (Wholesale Prices) 10-11 AM</p> <p>Lunch \$5 Homemade Soup and Salad 11:30-12:30 PM RSVP 3 PM Wednesday's</p> <p>Games!* 1-4 PM</p>	<p>Weekly Activities</p> <p>Veterans Day Friday 11/11</p> <p>Thanksgiving Thurs. & Fri. 11/24-25</p> <p>Christmas Eve & Day (Observed) Fri. 12/23-Mon. 12/26</p> <p>New Years Eve & Day (Observed) Fri. 12/30-Mon. 1/2</p>
<p>Awareness Through Movement 1st & 3rd Thursdays Thurs., Nov. 3, Nov. 17, Dec. 1, Dec. 15, Jan. 5 10-11 AM \$5 Members/\$8 Guests</p> <p>Coffee With The Mayor & Friends (Open to Community) Thurs., Nov. 10 & Dec. 15 10-11 AM</p> <p>Travel Hour Singapore's City Center (Live Tour) Thurs., Nov. 17, 3-4 PM \$5 Members/\$8 Guests</p> <p>FREE FOOD AVAILABLE TO ALL AGES</p> <p>Senior Center Drive Through Pick-up (None in November) Thursday, Dec. 22, 10-11 AM</p>	<p>More Services and Activities</p> <p>FREE FOOD AVAILABLE TO ALL AGES</p> <p>Cloverdale Food Pantry 202 Commercial St. 11-1 PM</p>	<p>SPECIAL EVENTS</p> <p>Holiday Craft Fair Saturday, Nov. 19 10-3 Senior Center Parking Lot Over 20 Vendors Serving Hot Cider, Chili & Cornbread, and Soup See page 4 for details</p> <p>Holiday Tea Saturday, Dec. 10 11:30-1:00 Drive-through Box packed with tea sandwiches, cookies, scone and lemon curd. Get your tickets now! See page 4 for more.</p>


Page 6 & 7 has all our activities in a new layout, which is less difficult to read than our traditional **calendar of activities** which you can find on page 8 & 9. Let us know which is your preference. 707-894-4826

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	October 31 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1-3pm A Matter of Balance 1:15-3:15pm Bingo	1 10-11 Nimble Fingers 10:30-11:30 Writing your Autobiography, must RSVP Friday, Oct.28 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	2 8:45-9:45am Yoga 10-11am Chair Yoga 11:30-12:30 Lunch Papa's Pizza Cafe 1:30-4:00 Bunco! 4pm Board Meeting	3 9-12pmA Portrait of You (by appt.) 10-11am Awareness Through Movement 1:30-2:30pm Strength Training	4 9-1pm 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 9:00 Haircuts (by appt.) 10:15-10:45am Qi Gong Practice 1-3pm A Matter of Balance 1:15-3:15pm Bingo	8 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	9 8:45-9:45am Yoga 9-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 2-3:30 pm Caregivers Group	10 10-11am Coffee with the Mayor & Friends 1:30-2:30pm Strength Training	11 Veterans Day CLOSED	12
13	14 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1-3pm A Matter of Balance 1:15-3:15pm Bingo	15 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	16 8:45-9:45am Yoga 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	17 10-11am Awareness Through Movement 1:30-2:30pm Strength Training 3-4pm Travel Hour: Singapore's City Center	18 9-1pm Chair Massage* (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	19 HOLIDAY CRAFT FAIR 10-3
20	21 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice **No Matter of Balance Class** 1:15-3:15pm Bingo	22 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	23 8:45-9:45am Yoga 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	24 CLOSED FOR THE THANKSGIVING HOLIDAY	25 CLOSED FOR THE THANKSGIVING HOLIDAY	26
27	28 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1-3pm A Matter of Balance 1:15-3:15pm Bingo	29 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	30 8:45-9:45am Yoga 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe			



December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
4	5 9:00 Haircuts (by appt.) 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1-3pm A Matter of Balance 1:15-3:15pm Bingo	6 10-11 Nimble Fingers 10:30-11:30 Writing your Autobiography, must RSVP by Dec. 2 11:30-12:30 Lunch , El Milagro 1:30-2:30 Strength Training	7 8:45-9:45am Yoga 10-11am Chair Yoga 11:30-12:30 Lunch , Papa's Pizza Cafe 1:30-4:00 Bunco! 4pm Board Meeting	8 1:30-2:30pm Strength Training	9 9-1pm Chair Massage (by appt.) with Eleanor* 10-11am Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4pm Games!*	10 HOLIDAY TEA 11:30-1:00 Drive-Through
11	12 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1-3pm A Matter of Balance 1:15-3:15pm Bingo	13 10-11 Nimble Fingers 11:30-12:30 Lunch , El Milagro 1:30-2:30pm Strength Training	14 8:45-9:45am Yoga 9-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Chair Yoga 11:30-12:30 Lunch 2-3pm Travel Hour: Holidays in Japan (Live presentation)	15 10-11am Coffee with the Mayor & Friends 10-11am Awareness Through Movement 1:30-2:30pm Strength Training	16 9-1pm Chair Massage (by appt.) with Eleanor* 10-11am Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4pm Games!*	17
18	19 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1-3pm A Matter of Balance 1:15-3:15pm Bingo	20 10-11 Nimble Fingers 11:30-12:30 Lunch , El Milagro 1:30-2:30pm Strength Training	21 8:45-9:45am Yoga 10-11am Chair Yoga 11:30-12:30 Lunch , Papa's Pizza Cafe	22 10-11am Food Distribution & Groceries to Go 1:30-2:30pm Strength Training	23 CLOSED	24 CHRISTMAS EVE
25 X-MAS DAY	26 CLOSED	27 10-11 Nimble Fingers 11:30-12:30 Lunch , El Milagro 1:30-2:30pm Strength Training	28 8:45-9:45am Yoga 10-11am Chair Yoga 11:30-12:30 Lunch , Papa's Pizza Cafe 2-3:30 Caregivers Group	29 1:30-2:30pm Strength Training	30 CLOSED	31 NEW YEAR'S EVE

Janet Seaforth, founder Local Care for Local Elders

Melanie got a chance to sit down with Janet and chat about her passion, caregiving, something she has been doing since 1983. Janet is the founder of a local caregiving group in Cloverdale, Local Care for Local Elders, which she formed in 2011.

Since November is National Family Caregivers Month, Melanie wanted to find out more about Janet's experience with caregiving. Janet explained that the cost of paying caregivers can impede the family from getting help. So, therefore, much of the caregiving falls on the family. Janet's group stays here locally in Cloverdale and works as a team to help those who reach out with caregiving needs. Janet explained how their process works; the caregiver fills out an intake form with the client and family so that needs and expectations are clearly



outlined. This way, the caregivers, family, and client can work together as a team.

All caregivers that are part of the Local Care for Local Elders team do regular check-ins using a mass texting system. There are about 20 caregivers in her group, and they hold regular meetings at the Senior Center. All the caregivers are Senior Center

members.

Janet feels that professional caregivers like the Local Care for Local Elders group are the "bridge" between the client and family. They may share time with the client, sitting/talking to encourage participation and help resolve conflicts as needed. There are many connection points with those the group serves.

Janet shared that more than half of those with

caregiving needs qualify for In-Home Support Services (IHSS), a state program that Medicare recipients can utilize to pay for their caregiving needs. Through this program, family members can qualify to be paid for helping with caregiving needs. IHSS sends a social worker and nurse who come to the home to evaluate the needs of each individual needing assistance, and they assess the number of hours necessary to support the client.

Another service for those who are age 60+ is (707) 565-4636 (INFO). This program is funded through the Sonoma County Human Services Department and Area Agency on Aging. Available Monday-Friday, 9 am- 4 pm, by phone, callers can talk with a social worker in English or Spanish. The workers are trained and understand aging-specific issues and can offer guidance and connect callers to a variety of services.

Janet offered a few additional programs, such as; the Multipurpose Senior Services Program (MSSP) <https://sonomacounty.ca.gov/health-and-human-services/human-services/divisions-and-services/adult-and-aging/care-management/multipurpose-senior-services-program>

In addition, Redwood Caregiver Resource Center <http://www.redwoodcrc.org/>. Both provide services to family caregivers throughout Sonoma County; their mission is to support caregivers through education, research, services, and advocacy.

A huge thank you to Janet and her Local Care for Local Elders team for doing so much for seniors and others in need in our Cloverdale community.

If you are seeking a caregiver you can visit the Senior Center for the Caregiver File Box. Members of the Local Care for Local Elders Group put their contact and background information about their abilities in the box, this information is also available on our website, CloverdaleSeniorCenter.org under the Resources tab click on the "Local Independent Caregiver Resource" link.

*The Cloverdale Senior Multipurpose Center does not endorse or recommend any caregivers. We only house a location for this resource. Be sure to do your own due diligence by requesting references and background checks from caregivers before you hire them. Always have needs and expectations documented and a compensation plan in writing before hiring independent contractors such as caregivers.

VOLUNTEER SPOTLIGHT



Carolyn Talvitie

By Melanie Hall

Carolyn Talvitie is a woman with a big heart; being of service is highly important to her. Although she is not always a person of many words, she is a person of action. Carolyn moved to Cloverdale in 2012 from Florence, California, where she lived for twenty years and spent her time fishing and camping. She joined the Senior Center because she wanted to volunteer to help in the kitchen; she is here helping on Fridays and recently volunteered during our Pancake Breakfast fundraiser. Before the pandemic, she volunteered at our craft store, Creative Notions. Some of the activities that she has participated in are cooking classes and chair massage. She finds working with staff one of the rewards of volunteering at the Center.

When she is not volunteering at the Senior Center, she spends her time volunteering at the Cloverdale Food Pantry on behalf of Kiwanis. She is very involved with the Cloverdale Kiwanis Club; she leads the Kiwanis diaper program and helps with fundraisers, events, and many other activities to benefit children in our community. Carolyn has a daughter, four granddaughters, and four great-granddaughters.

What Carolyn likes most about the Senior Center is that it is very comfortable and welcoming. Her hope for our Center is to keep doing what we are already doing.

Carolyn, thank you so much for being such a valuable volunteer; you are making a difference at the Senior Center and in our community!



USEFUL INFORMATION



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



Support

SAVE THE DATE

Starting in January

Grief Support Group

Jan. 11 - March 1
Wednesdays
10-11 AM

Are you needing to express grief, or do you need to work through a loss? This group can help.

Facilitated by **Betty Durso**, an experienced hospice volunteer

Must RSVP

(707) 894-4826 - 311 N. Main St. Cloverdale



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 60+ only)

707-340-5610

Housing Hotline **707-843-4432**

General Inquires **707-542-1290**

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

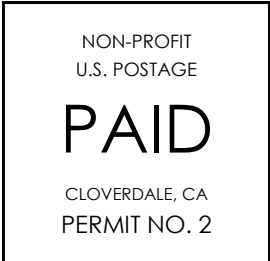
Cloverdale Connect

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



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

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
Under the "Calendar" Tab there are several educational opportunities. Call for more information.
info@SASNB.org (707) 526-4108

Cloverdale Senior Multipurpose Center is a membership-based nonprofit organization. Member dues are critical to our support and help to fund programs, operations, and scholarships for low-income seniors.

MEMBERSHIP OPTIONS

- New Members** \$20 for your first year
- Renewing Member's Annual Dues**
 - Individuals \$25
 - Households (2 people) \$45
- Honorary Members 90+years** Free
- Lifetime Members \$1,000** Never Pay Dues Again

MEMBERSHIP MAKES A GREAT GIFT
Not sure what to get your friend/neighbor/relative? Visit our CloverdaleSeniorCenter.org/membership Fill out a gifted membership form, and we will mail them a card with their 1-year membership. You can send it anonymously or with your name attached.

While our mission is focused on serving Cloverdale area older adults, membership is open to everyone over the age of 21.

FELLOWSHIP CLUB & FUND

NO SENIOR IS EVER TURNED AWAY

This fund is for the support of lower-income seniors who cannot pay for a membership, classes, or our lunch program.

Donations to support this program can be made on our website or by mailing a check to P.O. Box 663, Cloverdale, CA. 95425, Please indicate it is for the "Fellowship Fund."

See staff at the center or visit our website under membership to apply as a Fellowship Club Member.