



The Clover Leaf

September-October 2023

311 N. Main Street | Cloverdale, CA. 95425
(707) 894-4826 | info@cloverdaleseniorcenter.org
www.CloverdaleSeniorCenter.org



Follow Us!
facebook.com/CloverdaleSeniorCenter
instagramm.com/cloverdaleseniorcenter
@95425Seniors

Melanie's Message



September is National Senior Center Month. According to the National Council on Aging, "Today, nearly 11,000 senior centers serve one million older adults, connecting

them to vital services every day. Older adults participating in senior center programs experience better psychological well-being than non-participants." Why are Senior Centers so important for older adults? A community senior center can provide classes and programs that help older adults stay healthy and socially active and create greater independence.

Your local senior center can be instrumental in getting information about resources that are available to our elders, which can assist with a better quality of life through supportive services. One of the resources that we refer adults to who are over the age of 60 and/or disabled is the Sonoma County Aging and Disability Resource Hub, 707-565-4636. This is just one of the many resources that are available to help seniors live as independently as possible at home.

At the Cloverdale Senior Multipurpose Center, our team works diligently to provide social events, classes, and programs that will inspire our older adults to stay active, engaged, empowered, educated, and creative. One of the best parts of my job is to witness friendships blooming here, volunteers joyfully helping out, as well as laughter from members enjoying a good activity and each other; this is truly a wondrous place to be a part of!

Join us for some fun activities coming up in September and October. Our Pancake Breakfast in coordination with the Cloverdale Chamber's Car and Motorcycle Show is happening September 9, Belly Dancing is back on Thursday afternoons, a new two-week series called Empowered Perspectives on Living is September 14 and 21, and our local library is partnering with us to do a watercolor class September 19.

Cristina Rosas, Certified Enrollment Counselor with Alexander Valley Healthcare, will be here on the third Thursday of the month to assist members with signing up for CalFresh, Medicare, and Covered California. September 27, there will be a very special presentation by krcb/npr called One Small Step, powered by StoryCorps. We are excited to start a pilot plant-based cooking class on September 28 and October 19. Betty Durso, a long-time hospice volunteer, will be facilitating our Grief Support Group from September 20-November 8. Be sure to save the date of our Holiday Craft Fair, which will be November 4 this year. Check out this newsletter or call us at the Center if you want more information. I hope to see you around the Senior Center soon.



Saturday, September 9, 8-11:30 AM

Bring the whole family!

Pancakes, Sausage, Scrambled Eggs
\$10 Age 10+, \$7 Age 4-9, and Free for 3 and Under

Wellness
Workshop Series -
Plant-Based
Cooking Class



More Cooking classes
to come in September
and October.
See page 4

Connect with Us**Senior Center Reception**

(707) 894-4826

reception@cloverdalesenior
center.org

311 N. Main Street, Cloverdale

M-F 8:30 AM - 4:00 PM

Creative Notions Store

(707) 894-4110

119 W. 1st Street, Cloverdale

Tue. - Fri. 10 AM - 4 PM

Board of Directors

Frank McAtee - President

Linda Chaffin - Vice President

Shawna Masur - Treasurer

Bert Bernstein

Pamela Powers

Evelyn Spire

Email the Board of Directors at:

BOD@CloverdaleSeniorCenter.org

Staff

Melanie Hall

Program Manager

Melanie@CloverdaleSeniorCenter.org

Suzi Croft

Operations Coordinator

Suzi@CloverdaleSeniorCenter.org

Trish Chappell

Office Assistant

Trish@CloverdaleSeniorCenter.org

Sandra Hoevertsz

Senior Project Director

Hoevertsz@CloverdaleSeniorCenter.org

Board of Directors & Committee Updates

Board Seat Open - calling for interested community members! We have an opening for a senior center supporter to join our team. Call or email Melanie for more information and an application.

New Board Officers will be seated at the Annual Membership Meeting on October 18, 2023, at 4 PM.

2022-2023 Annual Report is Out! This simplified report highlights our centers' achievements and challenges over the past fiscal year. **See the insert in the centerfold**

Transitioning Roles

Sandra Hoevertsz has transitioned into a part-time role as the Senior Project Director, focusing her efforts on the ARPA Grant Funded Cloverdale Mental Health Collaborative. Meanwhile, Melanie Hall will continue as the Program Manager and serve as the primary contact for the Senior Center.

**Annual Membership Meeting****Wednesday, October 18, 2023****4:00-5:30 PM**

- Refreshments provided
- New Officers Seated for the 23-24 Year
- Please join us for updates on our center and upcoming highlights for the year.

**CLOVER
Lunch CLUB****RSVP Required 11:30-12:30 PM****TUESDAYS** RSVP by Monday at 3 PMServing Mexican Food
from El Milagro**\$8****WEDNESDAYS** RSVP by Tuesday at 3 PMServing Pizza or Hot Subs
from Papa's Pizza Café**\$5****FRIDAYS** RSVP by Wednesday at 3 PMServing Homemade Hot
Soup & Salad**\$5**Vegetarian Options available on Tues & Weds
To-go available; just ask.

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

Welcome New Members!Rumalda Alvear
Im Arellano
Akira Browski
Debbi DavisFrank Davis
Marcus Himle
Barbara Lewis
Denise LewisRon Lewis
Pearl Lopez
Susan Nurse
William O'NeillCynthia Podesta
Suzannah Ricchetti
Angel Rodriquez
Wendy Skinner



Empowered Perspectives on Living

SELF-CARE IS EMPOWERMENT

Starting in September our meditation teacher, William, will be offering a special

new series which will focus on ways we can live better, happier, more fulfilling lives.

The series and teachings are the product of William's personal 50-year quest to understand why we face the challenges we do and how we can enjoy happier, richer, more satisfying experiences.

Each month, starting in September, we will be offering two 60-90 minute interactive sessions on Thursday afternoons at 3 PM. Each session will focus on a different, life-altering subject. And every session will offer simple, effective tools you can use to improve and enhance your life.



Thursday, September 14
3-4:30 PM

Topic - Fear/Stress

Thursday, September 21
3-4:30 PM

Topic - More Joy



Thursday, October 12
3-4:30 PM

Topic - End self-judgment

Thursday, October 19
3-4:30 PM

Topic - Change your beliefs, change your life

Ready to make your life better? Bring your questions, paper, and pen. Change can happen with new thoughts and new tools.

Reserve your spot today!
Fee: Members \$7, Guests \$10



Watercolor Painting

Tuesday, September 19

8:45-9:45

Free to Adults of all ages

Cloverdale Library will be leading a watercolor painting hour at our Center! Supplies provided, no fee! Come enjoy some creative fun.

Gentle Yoga

Every Friday in September
8:45-9:45

Eileen is in the house FRIDAYS!

Our long-time and very beloved Yoga teacher is bringing in a **new class on Friday mornings for a limited time. What a great way to start the day!**

This will be a gentle yoga class; you can use a chair if needed. Current and past students of any yoga class and all levels are welcome to join. Due to the Friday Produce Market at 10 AM, we will meet in the smaller craft room space.

Fee: Members \$5, Guests \$8



Drawing Crowds! Free

Beanbag Baseball

Wednesdays 10-11 AM

Join the group and have a ball... or bean bag in this case. This is not a physically demanding game, and the other players are wonderful to be around. Don't worry if you don't know how to play, we'll show you how. Grab a sun hat we play outside weather permitting.



Volunteers Needed



Drivers & Errands

We seek individuals willing to provide rides to seniors locally and/or out of town or willing to run errands, shopping, deliveries, etc., for our seniors.

Please contact our Reception Desk at (707) 894-4826 or email melanie@cloverdaleseniorcenter.org

Instructors Needed

Class Instructors

We are seeking instructors for a line dancing class and Yoga. If you are or know of someone who may be interested, please contact Melanie at

melanie@cloverdaleseniorcenter.org (707) 894-4826 for more information.



Wellness Workshops

Mental Agility Series

Mondays, October 16, 23, & 20
1-2 PM



Cognitive decline on your mind?

Join us for mental exercises in proven gameplay methods, including social puzzles and wordplay. These types of games have been proven to keep your brain healthy and strong and improve cognition as we age.

Alphabet soup, Quizzes, Number phrases, What's that Image, Timeline Twist, Words in Words, Letter Puzzles, Picture Word Search, and more.

Plus, it's fun!

*Based on the MindFit(R) program.

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

Wellness Workshops 2023 are funded by our friends at the Community Foundation of Sonoma County

Plant Based Cooking Class

Thursday, September 28
& October 19
11:30 AM-1:00 PM



Food Demonstration!

Been thinking about how you could improve your diet?

This is a class you will want to take. With **AMAZING tasting foods** that are plant-based, no preservatives, and are excellent sources of nutrition! **THIS IS IT!** We expect this class to fill up quickly, so RSVP soon!

Fee: Members \$15, Non-Members \$18,
Ingredients fee \$4

*No one will be turned away

Chair Massages

by Eleanor Gomez

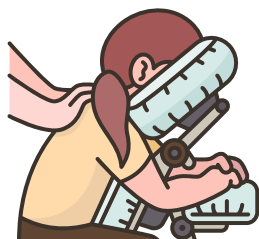
By Appointment
Fridays from 9 AM - 1 PM

Members \$20

Guests \$ 25

With many years of experience, 20 minutes it is a delight to sit in Eleanor's chair!

Call 707-894-4826 or stop by the front desk for an appointment



Grief Support Group

We are happy to announce that the Cloverdale Senior Center will be offering an **8-week grief support group**. This group will meet once per week.

Sept. 20-Nov. 8

Wednesdays, 10:30-11:30 AM

The purpose of this support group is to provide a safe, non-judgmental environment for people to share their thoughts, emotions, and challenges related to loss and grief. A support group is not a therapy group. While it might be therapeutic by nature, it is distinct from therapy groups in that the goal is not to provide individual or group therapy. Rather, this group will provide participants with a supportive environment to work with and help normalize the grief process. The group will have a structured weekly format with topics related to loss and grief.

Betty Durso, a local resident of Geyserville, will facilitate the group. Betty has worked with Sutter Care at Home Hospice as a volunteer caregiver since 1988, visiting patients in their homes and/or assisted living facilities. Betty's professional background is in education, having served as a school administrator, teacher, and educational trainer in various capacities. Betty has planned, designed, and facilitated educational group seminars and workshops. She has also taught courses in higher education at Sonoma State University, Dominican University, and Humboldt State University.

Prior sign-up is required as this group is limited to 10 people. Call 707-894-4826 or stop by the front desk. A short intake form will be given when you sign up.

Coffee with the Mayor & Friends



Thursday, September 14
10-11 AM

Amanda Conkright, Librarian I
Cloverdale Reginal Library

Speaking on various programs
offered at the library.

Thursday, October 12
10-11 AM

Lizett Camacho

Community Engagement Manager, IOLERO
She is speaking about the **I**ndependent **O**ffice of **L**aw **E**nforcement **R**eview and **O**utreach and what she does there.

September

Monday, September 4

CLOSED - Labor Day

Tuesday, September 5

9 AM-4 PM Haircuts

by appointment only

Wednesday, September 6

10-11 AM Bean Bag Baseball

1:30-4 PM Bunco! #1

Thursday, September 7

9 AM-12 PM A Portrait of You

by appointment only

3-4 PM Belly Dancing

Saturday, September 9

**8-11:30 AM Pancake Breakfast
at The Senior Center**

Wednesday, September 13

8:30 AM-2 PM Visiting Podiatrist, Dr. Kunda

by appointment only

10-11 AM Bean Bag Baseball

Thursday, September 14

10-11 AM Coffee with the Mayor & Friends

NO Belly Dancing, Teacher off

3-4:30 PM Empowered Perspectives on Living

Tuesday, September 19

3-4 PM Watercolor Class with Amanda

Wednesday, September 20

10:30-11:30 AM Grief Support Group

10-11 AM Bean Bag Baseball

1:30-4 PM Bunco! #2

4:00 PM Board Meeting

Thursday, September 21

**9 AM-12 PM AVH-Outreach-CalFresh/
Medicare (by appt)**

3-4 PM Belly Dancing

3-4:30 PM Empowered Perspectives on Living

Wednesday, September 27

10-11 AM Bean Bag Baseball

10:30-11:30 AM Grief Support Group

2-3:30 PM Caregivers Group

4-5 PM KRCB Presentation-One Small Step

Thursday, September 28

11:30 AM-1 PM Plant-Based Cooking Class

3-4 PM Belly Dancing

Friday, September 29

12:30 PM Ice Cream Social

October

Tuesday, October 3

9 AM-4 PM Haircuts

by appointment only

Wednesday, October 4

10:30-11:30 AM Grief Support Group

1:30-4 PM Bunco! #1

Thursday, October 5

9 AM-12 PM A Portrait of You

by appointment only

3-4 PM Belly Dancing

Wednesday, October 11

8:30 AM-2 PM Visiting Podiatrist, Dr. Kunda

by appointment only

10:30-11:30 AM Grief Support Group

Thursday, October 12

10-11 AM Coffee with the Mayor & Friends

3-4 PM Belly Dancing

3-4:30 PM Empowered Perspectives on Living

Saturday, October 14

11:30-2:30 PM Card Party, Potluck, and Raffle

Monday, October 16

1-2 PM Wellness Workshop

- Mental Agility Series #1

Wednesday, October 18

10:30-11:30 AM Grief Support Group

1:30-4 PM Bunco! #2

4:00 PM Board Meeting

Thursday, October 19

9 AM-12 PM AVH-Outreach (by appt)

11:30 AM-1 PM Plant-Based Cooking Class

3-4 PM Belly Dancing

3-4:30 PM Empowered Perspectives on Living

Monday, October 23

1-2 PM Wellness Workshop

- Mental Agility Series #2

Wednesday, October 25

10:30-11:30 AM Grief Support Group

2-3:30 PM Caregivers Group

Thursday, October 26

3-4 PM Belly Dancing

Friday, October 27

12:30 PM Ice Cream Social

Monday, October 30

1-2 PM Wellness Workshop

- Mental Agility Series #3

Save the Dates



Saturday, November 4

10:00 AM - 3:00 PM

Holiday Craft Fair



Saturday, December 9

1:00-3:00 PM

Holiday Tea Party

Tickets on sale soon; more on page 10

SEPTEMBER 2023

Activities and Events Calendar

Cloverdale Senior Multipurpose Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
3 National Grandparents Day	4 Labor Day Closed	5 8:45-9:45 Meditation 9:00 Haircuts by appt 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	6 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4:00 Bunco! #1	7 8:45-9:45 Meditation 9-12 A Portrait of You (by appt.) 1:30-2:30 Strength Training 3-4 Belly Dancing	8 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 Games!	9 8-11:30 AM PANCAKE BREAKFAST AT THE SENIOR CENTER Cloverdale Car & Motor Cycle Show
10 National Grandparents Day	11 8:45-9:45 Yoga 1:15-3:15 Bingo	12 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	13 8:45-9:45 Yoga 8:30-2 Dr. Kunda, Podiatrist (by appt.) 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch, Papa's Pizza Cafe	14 8:45-9:45 Meditation 10-11 Coffee with the Mayor & Friends 1:30-2:30 Strength Training 3-4 NO Belly Dancing, Teacher off 3-4:30-Empowered Perspectives on Living	15 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 Games!	16 
17	18 8:45-9:45 Yoga 1:15-3:15 Bingo	19 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 12-3 LegalAid by (appt) 1:30-2:30pm Strength Training 3-4 Watercolor Class with Amanda	20 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 10:30-11:30 Grief Support Group 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4 Bunco #2 4:00 Board Meeting	21 8:45-9:45 Meditation 9-12 AVH-Outreach-CalFresh/Medicare(by appt) 1:30-2:30 Strength Training 3-4 Belly Dancing 3-4:30-Empowered Perspectives on Living	22 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 Games!	23 
24	25 8:45-9:45 Yoga 1:15-3:15 Bingo	26 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	27 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 10:30-11:30 Grief Support Group 11:30-12:30 Lunch, Papa's Pizza Cafe 2-3:30 Caregivers Group 4-5 KRCB Presentation-One Small Step	28 8:45-9:45 Meditation 11:30-1 Plant Based Cooking Class 1:30-2:30 Strength Training 3-4 Belly Dancing	29 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch, Soup and Salad 12:30 Ice Cream Social 1-4 Games!	30 



ANNUAL REPORT 2022-2023

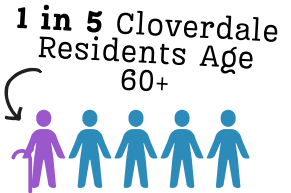
311 N. MAIN STREET
CLOVERDALE, CA. 95425
(707) 894-4826
CLOVERDALESENIORCENTER.ORG

REIMAGINE
Aging

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.

For over three decades, we've proudly served Cloverdale's senior community blossoming into a beacon of hope in our town. Cloverdale has attracted retirees for years because of our unique small-town charm; over the past twenty years, this has resulted in an average of over one-fifth of our population consisting of retiring baby boomers. This fuels our town's spirit and provides vital contributions to schools, businesses, civic clubs, and our local economy. Like the rest of California, we are experiencing a "silver tsunami," a surge in seniors that is putting an unprecedented number of people seeking aging support services in an effort to age well and with dignity.



93% Served Reside in 95425



In a notable progression, we successfully obtained federal funding from the American Rescue Plan of 2021 for the Cloverdale Mental Health Collaborative. This

collaborative endeavor, involving Cloverdale Senior Multipurpose Center, Alexander Valley Healthcare, La Familia Sana (On the Margins), and SOS Community Counseling, offers essential bilingual mental healthcare within our community. The grant entailed the need to bring on a grant manager and recognizing the opportunity for greater impact our board proactively supplemented costs, enabling us to advance further by initiating the recruitment of an Executive Director.

Amidst our dedicated efforts to meet the growing needs of our vital work, we have encountered challenges that have stretched our resources. Operating costs have risen significantly, and while we have relied on endowment funds for twenty years, our senior center's future is at a crossroads. Despite these challenges, our optimism remains steadfast, and our commitment is stronger than ever.

Join us in this inspiring expedition, infusing your unique essence into its narrative. Together, we possess the power to weave a tapestry of compassion that will illuminate a brighter and more promising future for our Cloverdale community. Your involvement - whether through generous donations, dedicated fundraising efforts, or advocating for increased financial support - will be instrumental in shaping the chapters of this story, turning challenges into opportunities, and ensuring that the legacy of our Senior Center thrives for generations to come.

10,547
Total Hours



Averaging 42 Hours Per Individual

Served Ages 0-103



173% increase aged >59 Since 2019

4,117 points of service

We stand on the threshold of potential, eagerly exploring avenues to secure City funding that aligns with the generous support bestowed upon other senior and community centers within the purview of the City's parks and recreation department. The horizon may be uncertain, yet our spirits remain undaunted.

A home away from home, where friends are made and aging gracefully comes with an understanding among peers.

Our community's mental, physical, and financial well-being have been affected by the pandemic, in ways we are only now seeing. While the volume of need has increased, we have seen a drastic increase in the amount of critical in-depth assistance each individual needs, underscoring our critical role in the community.

300+ Active Participants 2022-2023



18% Increase in Activities & Programming Since 2021

Help us continue weaving the fabric of compassion that binds us all and shapes a brighter future for Cloverdale.

WHAT WE DO

We are delighted to share our community's inspiring stories and experiences at the Cloverdale Senior Multipurpose Center over the past year.

161
Points of Service

Art & Culture Activities

Art with friends, musical concerts, rock painting, Soul Collage, nimble fingers (knitting & crocheting), virtual travel hour, writing your autobiography, trash to treasure (garden art.)



March 2023 Friday Produce Market Team

Dedicated
teams of
Volunteers
support food
programming

Health & Fitness Opportunities

A Matter of Balance by Area Agency on Aging, Bean Bag Baseball, Belly Dancing, Chair Massages, Chair Yoga, Haircuts, Qigong Practices, Yoga, Awareness Through Movement, Podiatrist appointments, Strength Training, Country Line Dance.

1760
Points of Service

2000+
Points of Service

1080
Hours of Service

Nutrition, Cooking, Food, & Meal Services

Food distributions are supported by Redwood Empire Food Bank, Clover Lunch Club congregate dining program, and Produce Market Day supported by Front Porch. Over **2,000 points of contact** with seniors and the community. Over **1080 hours of volunteer** and staff time serving primarily local seniors and low-income families.

"The Cloverdale Senior Multipurpose Center is an oasis, a sanctuary, a place where seniors and others can come and feel at home. The care you, your staff, and your volunteers bring is a priceless gift and blessing to our community. Seniors can gather, meet, and not feel alone." ~Daniel

Daniel lives alone; he volunteers to help others like him who live alone in a local senior apartment complex. He comes to the Senior Center to help with food distribution that benefits both the Senior Center and the seniors who live near him. Daniel is a grateful person and expresses his gratitude often to others.

Our Center serves as a special place in our community: it takes dedication to achieve what we do.

John came to our Senior Center in need of meals. John has connected with the Council on Aging, Meals on Wheels program through the Senior Center. We met him in our parking lot when he picked up his meals. John lives alone "in a cabin in the woods out toward Lake Sonoma, and there is no Wi-Fi or any kind of internet reception." John needed some help and support, like many seniors. As John stated, "Many programs, lunches, and numerous resources are available. There are many who serve there selflessly. This has inspired me to want to serve as well. Thanks to all of you who helped to make so many of us seniors fit in once again." ~John

Continued Learning & Technology

Age Well Drive Smart (provided by California Highway Patrol), HICAP (Health Insurance Counseling & Advocacy Program) presentations (by Senior Advocacy Services), iPhone & Android phone training by California Phones, and general technology support and continued education.

30
Points of Service

More than 65
Participants

200
Points of Service

650
Hours of Service

Other Aging Services & Resources

A portrait of you (senior photo sessions), Area Agency on Aging Focus Groups, Coffee with the Mayor & Friends, support for caregivers, and other general referral support services for aging adults and vulnerable people.

What volunteers have to say: "I look forward to seeing the Cloverdale Senior Center continue to grow and provide activities for the senior community. The people I have met at the Senior Center give my life meaning." ~Cathy

Mental & Social Wellbeing

Games and social activities that maintain cognitive abilities for mental stimulation, including Bunko, cards and games, meditation, empowerment classes, grief support, Bingo, general socializing during lunch and various gatherings, and wellness workshops.

215
Participants
1120
Points of Service
5130
Hours of Service

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



June Proclaimed Elder Abuse Awareness Month in Cloverdale 2023



Project: **Urgent Needs Program**
 Grant: Julia L. Basic Needs Grant
 Funded by: Community Foundation Sonoma County

April 2022-March 2023 \$27,000

Continuing the Urgent Needs Program developed through 2020-2021 under a Vintners Foundation Grant. This program aimed to offer direct support funding for food, rent, utilities, transportation, and medical expenses to seniors, disabled, and low-income members of the community. This program directly served 30 community members in need through the twelve-month grant duration and indirectly served 70 people.
Completed: 30 People Directly Served

Project: **Urgent Needs Program**
 Grant: Emergency Food Assistance Grant
 Funded by: Community Foundation Sonoma County

April 2023-March 2024 \$35,000

To continue the service for food insecure seniors with lunches and other urgent food needs through grocery gift cards. Paired with assistance in signing up for alternative service and support resources provided by the County of Sonoma.

Ongoing: 63 People Directly Served

Project: **Wellness Workshop Series**
 Grant: Mental Health Grant Program
 Funded by: Community Foundation Sonoma County

December 2022-November 2023 \$15,000

To develop a 'Wellness Workshop Series' pilot program with monthly aging wellness education and experiences on aging health, self-care, food and nutrition, and mental fitness topics. These opportunities and workshops are to be provided in a holistic welcoming environment to encourage the participation of seniors recovering from the restrictions of the pandemic and foster community relationships with the aging services offered by our non-profit.

Ongoing: 37 People Directly Served

2022-2023 FISCAL YEAR

	REVENUE	%	EXPENSE	%
RETAIL	\$12,401.19	3%	\$10,928.78	2%
FUNDRAISING	\$122,364.96	28%	\$83,050.53	16%
LEGACY	\$17,943.82	4%	\$-	0%
GRANTS	\$54,648.00	13%	\$45,895.78	9%
ARPA MH COLLAB.	\$191,855.42	44%	\$168,139.77	33%
MEMBERSHIP	\$10,821.75	3%	\$10,969.07	2%
PROGRAMS	\$22,606.66	5%	\$79,491.28	15%
OPERATIONS	\$-	0%	\$117,750.25	23%
TOTAL	\$432,641.80	100%	\$516,185.46	100%

GRANT FUNDING

Project: **Art Therapy Classes, Virtual Bowling League Fellowship Program Support**



Grant: Multipurpose Senior Services Programs (MSSP)
 Funded by: Older Americans Act with Area Agency on Aging

December 2022-November 2023 \$10,000

This funding has three allocations: art therapy classes, a virtual bowling league membership and equipment, and fellowship membership support for low-income seniors.

Cloverdale Mental Health Collaborative

Grant: **American Rescue Plan Act of 2021**

Funded by: U.S. Dept. of Treasury - County of Sonoma



July 2022-December 2023

North County – Cloverdale Mental Health Collaborative addresses the mental health needs of North County residents, including therapy, juvenile justice diversion, substance/alcohol use education, training for community members, and coordination and navigation of other services.

This project is being supported, in whole or in part, by federal award number SLFRP0246 awarded to the County of Sonoma by the U.S. Department of Treasury. Funding Source: Coronavirus Local Fiscal Recovery Funds (CLFRF).

Cloverdale Mental Health Collaborative
 PARTNERS: Cloverdale Senior Multipurpose Center (CSMC), La Familia Sana (LFS), SOS Community Counseling (SOS), Alexander Valley Healthcare (AVH).

Project: **Nutrition Equipment Updates**

Grant: Nutrition Infrastructure

Funded by: California Department of Aging, County of Sonoma, Area Agency on Aging

October 2022-December 2023 \$42,900

This is a reimbursement-only grant for equipment for use in nutritional programs for older adults.





Al Myers, President

Ad-Hoc Committee Chair
Occupation: Financial
Advisor for Edward Jones
Current Term: October 2019-2023



Shawna Masur, Treasure

Chair Finance & Endowment Committee
Occupation: Branch Manager at Redwood
Credit Union of Cloverdale
Current Term: October 2019-2023



Bert Bernstein

Chair Buildings & Grounds Committee
Occupation: Retired Cloverdale bus driver
Current Term: October 2019-2023



Evelyn Spire

Chair: None
Occupation: Retired Editor
Current Term: March 2023-March 2025



Frank McAtee, Vice President

Chair Sponsorship & Fundraising Committee
Chair of Membership Retention & Expansion
Occupation: Retired from the Sonoma County
Probation Department
Current Term: October 2018-2023



Linda Chaffin

Chair Personnel & Nominating Committee
Occupation: Retired Mental
Health Hospital Administration
Current Term: October 2021-2023



Pamela Powers

Chair: None
Occupation: Senior Apartment Manager &
Housing Specialist
Current Term: March 2023-March 2025



STAFF

Sandra Hoevertsz, Executive Director
Melanie Hall, Program Manager
Suzi Croft, Operations Coordinator
Linda Walker, Bookkeeper



**A PROCLAMATION OF THE CITY COUNCIL OF THE CITY OF CLOVERDALE
DECLARING JUNE 2023 ELDER ABUSE AWARENESS MONTH IN
CLOVERDALE**

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

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

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

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

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

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

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

Dated: June 14, 2023
SO ORDERED: Todd Lands, Mayor



**A PROCLAMATION OF THE CITY COUNCIL OF THE CITY OF CLOVERDALE
DECLARING MAY 2023 OLDER AMERICANS MONTH IN CLOVERDALE**

WHEREAS the City of Cloverdale is home to older Americans who enrich and strengthen our community; and

WHEREAS Cloverdale includes a growing number of older Americans who have built resilience and strength over their lives through successes and difficulties; and

WHEREAS Cloverdale benefits when people of all ages, abilities, and backgrounds are included and encouraged to share their successes and stories of resilience; and

WHEREAS Cloverdale recognizes our need to nurture ourselves, reinforce our strengths, and continue to thrive in times of both joy and difficulty; and

WHEREAS Cloverdale can foster communities of strength by:

- creating opportunities to share stories and learn from each other
- engaging older adults through education, recreation, and service; and
- encouraging people of all ages to celebrate connections and resilience; and

WHEREAS the City of Cloverdale is proud to honor the history and contributions of Older Americans in our community of Cloverdale, throughout our state and nation; and

WHEREAS, the month of May 2023 presents an opportunity to acknowledge and thank older adults and those who support them, like the Cloverdale Senior Center, for their significant contributions to our community.

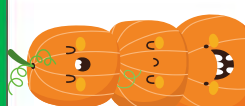


NOW, THEREFORE, BE IT PROCLAIMED that the City Council of the City of Cloverdale does hereby declare May 2023 as Older Americans Month in Cloverdale and urges all residents to recognize older adults and the people who support them as essential contributors to the strength of our community.

Dated: May 24, 2023
SO ORDERED: Todd Lands, Mayor

Cloverdale Senior Multipurpose Center

Activities and Events Calendar

OCTOBER 2023

Su	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 8:45-9:45 Yoga 1:15-3:15 Bingo	3 8:45-9:45 Meditation 9:00 Haircuts by appt 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	4 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 10:30-11:30 Grief Support Group 11:30-12:30 Lunch Papa's Pizza Cafe 1:30-4:00 Bunco! #1	5 8:45-9:45 Meditation 9-12 A Portrait of You (by appt.) 11:30-1 Lunch and Learn, Tech Training 1:30-2:30 Strength Training 3-4 Belly Dancing	6 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 Games!	7 
8	9 Columbus Day 8:45-9:45 Yoga 1:15-3:15 Bingo	10 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	11 8:45-9:45 Yoga 8:30-2 Dr. Kunda, Podiatrist (by appt.) 10-11 Chair Yoga 10-11 Bean Bag Baseball 10:30-11:30 Grief Support Group 11:30-12:30 Lunch, Papa's Pizza Cafe	12 8:45-9:45 Meditation 10-11 Coffee with the Mayor & Friends 1:30-2:30 Strength Training 3-4 Belly Dancing 3-4:30-Empowered Perspectives on Living	13 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 Games!	14 CARD PARTY POTLUCK AND RAFFLE 11:30am-2:30pm
15 	16 8:45-9:45 Yoga 1-2 Wellness Workshop-Mental Agility Series 1:15-3:15 Bingo	17 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 12-3 LegalAid by (appt) 1:30-2:30pm Strength Training	18 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 10:30-11:30 Grief Support Group 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4 Bunco #2 4:00 Board Meeting	19 8:45-9:45 Meditation 9-12 AVH-Outreach (by appt) 11:30-1 Plant Based Cooking Class 1:30-2:30 Strength Training 3-4 Belly Dancing 3-4:30-Empowered Perspectives on Living	20 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 Games!	21 
22 	23 8:45-9:45 Yoga 1-2 Wellness Workshop-Mental Agility Series 1:15-3:15 Bingo	24 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	25 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 10:30-11:30 Grief Support Group 11:30-12:30 Lunch, Papa's Pizza Cafe 2-3:30 Caregivers Group	26 8:45-9:45 Meditation 1:30-2:30 Strength Training 3-4 Belly Dancing	27 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) 10-11 Produce Market 11:30-12:30 Lunch, Soup and Salad 12:30 Ice Cream Social 1-4 Games!	28 
29 	30 8:45-9:45 Yoga 1-2 Wellness Workshop-Mental Agility Series 1:15-3:15 Bingo	31 Halloween 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	1 Dia Los Muertos 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 10:30-11:30 Grief Support Group 11:30-12:30 Lunch Papa's Pizza Cafe 1:30-4:00 Bunco! #1	2 8:45-9:45 Meditation 9-12 A Portrait of You (by appt.) 1:30-2:30 Strength Training 3-4 Belly Dancing	3 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 Games!	4 HOLIDAY CRAFT FAIR 10-3



Volunteer Spotlight Marjorie Stambaugh

My first husband, Richard, was an engineering geologist for the Army Corps of Engineers. The construction of Warm Springs Dam brought us from New Melones Dam in Tuolumne County to Cloverdale in 1978, where I've continued to live. My introduction to the Senior Center was through the pancake breakfasts at the Grange Hall many years ago. I could only participate in a few activities while working out of town. Upon retirement, I began attending exercise classes, walking groups, field trips, and occasional classes.

My first husband, Richard's sudden death at 56, was the most challenging time of my life. Three years later, I married Eugene. He was an avid gardener with a large vegetable garden and brought a lot of fresh produce to the kitchen when the Center was serving daily lunches.

At the onset of COVID-19, the Senior Center requested volunteers to provide rides and errands, and I volunteered. Last year, I started



working at the front desk following another volunteer request. I enjoy interacting with the people I meet and the satisfaction of fulfilling a needed service. I have owned and trained English Springers for over fifty years and have

completed in obedience and rally trials. Eugene died earlier this year, and although I can no longer show my dogs, they are my loving companions.

Since January, I have attended the Senior Center meditation class, which has given me enhanced spiritual energy and inspiring fulfillment. Fortunately, the Senior Center has made a vibrant return with growth, community involvement, additional services, and a wide range of classes and activities, which I hope will continue and expand long into the future.

Marge, your encouraging words and help in the office make a big impact on our center. Thank you for being a dedicated volunteer and genuine friend.



Do you or someone you know need help with CalFresh, Medicare, and Covered California?



Cristina Rosas

Certified Enrollment Counselor from Alexander Valley Healthcare

Every 3rd Thursday from 9-12

Cristina will have appointments at our Center.

For an appointment call 707-894-4229, press 2, then enter extension 1802.



Free Food Distributions

Provided by the Redwood Empire Food Bank

Every Age - Stage - Language ALWAYS Welcome!



Citrus Fairgrounds

Mondays, 4:00 - 5:00 PM

(No distributions on federal holidays)

Walk-up pick-up

Cloverdale Food Pantry

Fridays, 11-1 PM

Pantry - walk-through

For more distribution dates, visit:
<https://getfood.refb.org/>

Produce Market Day Fridays 10-11 AM

Wholesale prices for everyone!
Bring your reusable bags.

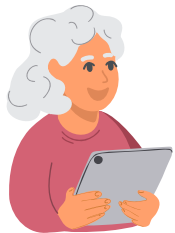
Sorry - no credit cards



Free Tablets for ages 60+

Learn to use the internet!

We will teach you how to use the tablet in person or virtually from the comfort of your home. Available in English, Spanish, Cantonese, Mandarin, or Russian.



"My instructors are patient, and I feel safe asking questions during lessons. This program has helped me to learn and navigate the internet at my own speed and comfort level." - Vivian

Call or visit our center to get signed up; the tablet will be delivered to your home free of charge. We will also help you get free internet until December 2023, when we will help you with affordable connectivity programs at very low rates.

Ayuda en español disponible

Take One Small Step

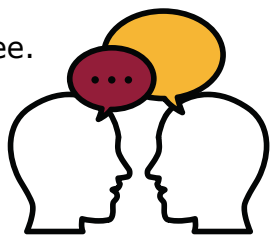
North Bay, California

Take One Small Step with KRCB to bring communities together one conversation at a time.



One Small Step is an effort to remind the country of the humanity in all of us... even those with whom we disagree.

We invite you to meet someone new for a simple, personal, 50-minute conversation.



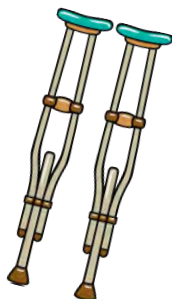
Sign up at krcb.org/story-corps
Come and join us at the Center **Wednesday, September 27, 4-5 PM** to learn more about this amazing program!

Durable Medical Equipment Loan Program

Walkers, canes, wheelchairs, shower chairs, seated walkers, crutches, and more are available by loan to anyone in need.

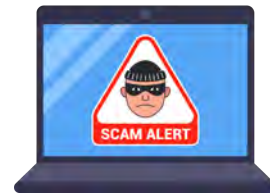


Donations are welcome when we have space to take in items.



Call or Stop by to check availability

Lunch & Learn Thursday, October 5 11:30-1:00 PM FREE LUNCH



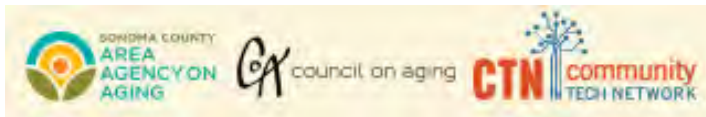
Join our Tech trainers to learn about online scams and how to protect yourself. You get a call, email, text, or message on social media that looks like it's from a business or person you know. It tells you that there is a problem with your account or that you have won a prize. It tells you to call a number or click a link.

But the message is not really from a familiar business or someone you know - it's from a scammer.

Learn about common online scams and how to protect yourself from them. No device or computer experience is needed.

Limited Space Available

RSVP 707-894-4826, or visit the front desk.

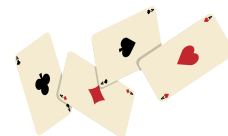


Card Party, Potluck & Raffle

**Saturday, October 14
11:30-2:30 PM**

Fee: \$10

RSVP 707-894-4826, or visit the front desk.



Belly Dancing is Back **WELCOME BACK!** Thursdays, 3-4 PM



Have you been looking for a fun new way to get some exercise? Would you enjoy learning how to move your body to some upbeat middle eastern music?



Then come join our instructor, Viviane for a fun way to get in shape and learn the ancient art of Belly Dancing

Fee: Members \$7, Guests \$10

Annual Holiday Craft Fair 2023

Saturday, November 4
10 AM - 3 PM

Get gifts for that hard to buy for person, plus one or two for yourself!

Handcrafted and Unique Creations
Jewelry and Art
Needle Crafts & Quilted Creations



Bring a friend, grab a hot spiced cider or holiday goodie, and join us for fall favorite soups



Proceeds support local crafters and our Senior Center programs.

New Bus Service to Amtrak

NEW Transportation Option from Amtrak San Joaquin

In a move that significantly enhances the scope and reach of our regional transportation network, passengers can now purchase bus-only tickets for all city pairs along the Route 7 Thruway Bus service, which travels into 18 stations spanning from the Martinez Amtrak Station to Arcata (Cal Poly Humboldt).

This enhancement reflects Amtrak San Joaquins managing agency's commitment to fostering improved local, regional, and statewide connectivity. It forms part of a wider initiative to reduce greenhouse gas emissions, better utilize current transit infrastructure, and improve access to transit, all while offering a comprehensive transportation solution for communities across our state.

For more information about this service enhancement, we encourage you to visit <https://amtraksanjoaquins.com/route-7/>.

Holiday Tea Party 2023

To decorate the table with winter's intrigue, Sparkling snowflakes and candles, a magical league.

Glistening ornaments and ribbons so fine, Transforming the setting into scene so divine.

The scene is all set, cups and plates so neat, With lemon curd, festive treats, and sandwiches petite.

This year, in person, with smiles shining bright, Bountiful joy fill the air for this festive life.

Tickets on sale soon, but quick they'll be gone, A holiday delight you won't want to sleep on. Expect them to sell out with a festive cheer, Secure your spot early, before none you will fear.

SATURDAY, DECEMBER 9
1:00-3:00 PM
TICKETS \$40
 (MEMBERS \$5 DISCOUNT)

Buy online or in-person @ 311 N. main Street

Contact Melanie to sign up to decorate a table for our guests - grab a friend and get creative.




Cloverdale Connect

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

If you live in the 95425 area code and wish to receive a copy of the Cloverdale Connect, our local monthly newspaper, please contact (707) 322-3403

Cloverdale's Police Department National Night Out



Melanie, Trish, Sandra



Trish, Sandra, Melanie



ANNUAL MEMBERSHIP

311 N. Main Street - P.O. Box 663
 Cloverdale, CA. 95425
 (707) 894-4826
 CloverdaleSeniorCenter.org

Membership for ages 21 -89: **Individuals \$25** per year, **Households (2 persons) \$45** per year.
 Membership for 90+ receives an **Honorary** membership (free) with renewed form.
Lifetime Membership \$1,000.

Member Information

Full Name :	<input type="text"/>	2nd Member :	<input type="text"/>
Date of Birth :	<input type="text"/>	Date of Birth :	<input type="text"/>
Phone :	<input type="text"/>	Phone :	<input type="text"/>
Email :	<input type="text"/>	Email :	<input type="text"/>

Address : City, State, Zip

Emergency Contact - (We consider a 2nd Member an emergency contact already.)

Full Name :	<input type="text"/>	Relationship :	<input type="checkbox"/> Adult Relative
			<input type="checkbox"/> Caregiver-Friend-Neighbor
Phone(s) :	<input type="text"/>		<input type="checkbox"/> Spouse-Partner

Newsletter Preference

- Emailed Weekly
- Mailed (Every 2 Months)
- Both - Email & Mailed

Are you interested in volunteering?

We will follow up if you are interested.

- I am interested in volunteering
- No, thanks.

Membership Agreement

Signing and submitting this form indicates your understanding of the following: Membership can be suspended or revoked for actions deemed harassing, violent, dangerous, discriminatory, neglectful, or otherwise unkind toward other visitors, volunteers, facilities, and staff. Our Participant Code of Conduct and Policies are available upon request; please see our front desk or website under "membership."
 Your photograph, video photography, or other reproduction of your likeness may be used without compensation by the producers, sponsors, organizers, staff, or assigns for such purposes as they deem appropriate. **I acknowledge that I have read the above statement and notice.**

<input type="text"/>	<input type="text"/>	<input type="text"/>
1st Member	2nd Member	Date

<h3>OFFICE USE -</h3> <ul style="list-style-type: none"> <input type="checkbox"/> Individual (1) \$25 <input type="checkbox"/> Household (2) \$45 <input type="checkbox"/> Fellowship Applicant (no fee) <input type="checkbox"/> Honorary 90+ (no fee) <input type="checkbox"/> Lifetime \$1,000 <input type="checkbox"/> New Member (Not active 5 years) <input type="checkbox"/> Renewing Member 	<h3>PAYMENT INFORMATION</h3> <p>Amount Paid \$ <input type="text"/> Date Paid <input type="text"/> Cashier <input type="text"/></p> <ul style="list-style-type: none"> <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ <input type="checkbox"/> Credit (AUTH) # _____ <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <input type="checkbox"/> Fellowship Fund Approved by: _____ <div style="text-align: right; font-size: small;">staff only</div> </div>
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OFFICE USE - PROCESSING

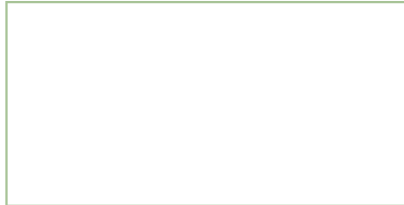
- Scanned
- Entered in MySeniorCenter
- Scan Card Issued
- Entered in DS



311 N. Main Street
Cloverdale, CA. 95425
(707) 894-4826

Return Services Requested

Nonprofit Organization
U.S. Postage **PAID**
Cloverdale, CA 95425
Permit No. 2



ARE YOU READY?

What's in your "Go-Bag"?

Include the following items in each Go Bag:

- Water – 3 bottles
- Food – 3-day supply
- Warmth/Shelter – Emergency blanket, 3 12-hour body warmers, poncho
- Medical Supplies – First Aid/medical kit, pain reliever, 3 pairs of medical gloves, and a 3-7 day supply of any required life-saving medications, as well as copies of prescriptions. Also include an N95 and/or Cloth Mask and hand sanitizer
- Lighting – Flashlight with batteries or crank flashlight (store batteries separately so they stay charged.)
- Radio – AM/FM emergency radio with batteries
- Support Supplies – Whistle, pair work gloves, sturdy shoes, change of clothes, 3 face masks, pack of Wet Wipes, pocket tissue package, 30-gallon plastic bag, 3 10-gallon plastic bags
- Packaging – 1 bag, backpack, or bucket with a handle

Plus the Following Items*:

- Medical Consent Forms and Medical Information for dependents or minors
- Copies of important documents – Including identification, insurance cards, deeds
- Spare eyeglasses and personal hygiene supplies
- Emergency cash
- List of emergency contact phone numbers, including an out-of-state contact
- Comfort items such as a game or blanket

* For families with infants and young children, check out special considerations from the [CDC](#).

Note: Replace perishable items like water, food, medications, and batteries as needed or on a yearly basis.

Current, copies of important documents?

Do you have current medications and prescriptions?

