

The SCOOP

January 2024

NEWSLETTER OF THE RUSSIAN RIVER SENIOR CENTER

Message from the Senior Center

Greetings to all in the New Year! Have you been practicing writing "2024"? If not, now is the time! Hoping the New Year brings you joy and meaningful relationships with friends and family.



A reminder—the Senior Center will be closed Monday, Dec 25 through Jan. 1. We will reopen Tuesday, January 2.

If you are one of the many who renews your OWLS membership in January come by the office next time you are enjoying lunch or the many activities we are providing to the community.

Looking ahead, our next Give Back Tuesday is Feb. 27. Check your closets and feel free to bring in any gently used or new items that can be raffled off. The last Give Back was a resounding success due to your generosity. Thank you!

This month our Neighborly News spotlights Maisie Hak and the Redwood Caregiver Support Group for caregivers of family and loved ones that she facilitates at the Senior Center.

Separately, we also have information on how to sign up to be a paid, professional caregiver. A much-needed occupation in the lower river area.

We are looking forward to a year full of fun activities and events!

~ Vicki Halstead, Senior Center Manager

Leave a Legacy:

SUPPORT THE SENIOR CENTER

You can support our work at the Russian River Senior Center by including us in your estate plan. Talk to Emily about how we can work together to keep our wonderful programs going far into the future. Find her at the Center or at 707-823-1640 x 403. Together, we are building a healthier, stronger community.

Day Trips

Thursday, January 18, Museum of Natural History, Golden Gate Park. \$34/members; \$39/non-members. Lunch at museum before tour. 10:15 am to 5:00 pm.

Sunday, January 28, "Fences," 6th Street Playhouse, Santa Rosa, 2:00 matinee. \$54/members; \$59/non-members. Lunch at Jackson's Bar & Oven. 11:15 am to 5:00 pm.

Wednesday, February 14—MJ The Musical, Orpheum Theater, S.F., 1:00 matinee, \$59/members; \$64/non-members. Dinner; Pacific Catch. 10:15 am to 8:30 pm.

Note: Senior Center Members have priority registration for the above trips until Friday, January 5.

Also, unless otherwise noted, meals before or after events are self-pay and all trips start and end at the Senior Center.

To sign up come by the Senior Center Tuesday–Friday, 9:00 to 1:30 p.m. **PAYMENT IS DUE WHEN YOU SIGN UP.** Questions? Call 707-823-1640 x141.

****DAY TRIP CANCELLATION POLICY****

If you need to cancel a reservation, we can offer you a refund, minus 20% of the trip fee, up to 48 hours before the trip—if we can fill your spot. After 48 hours no refunds or credits are available.

Café West at the Senior Center

CHEF-MADE LUNCHES FOUR DAYS A WEEK

TUESDAYS Chef Brad, \$5 – American home cooking

WEDNESDAYS Chefs from local restaurants, \$12

TIMBERLINE—1st, 3rd & 5th

GUEST CHEF—2nd & 4th

THURSDAYS In-House Chef, \$5.00 or pay what you can
Specialty sandwiches to-go with brown bag lunches

FRIDAYS Chef Oralia, \$5 – Meals with Mexican flare

\$1.00 extra charge for to-go meals in order to offset the cost of containers. (Pick up at 1:00p.m.)

Russian River Senior Center
A program of
West County Community Services



Neighborly News

SPOTLIGHT ON MAISIE HAK AND THE REDWOOD CAREGIVER SUPPORT GROUP

In the heart of Sonoma County, the Redwood Caregiver Resource Center (RCRC) has been a beacon of support for family caregivers facing the emotional, physical, social, spiritual, and financial challenges that often accompany caring for a frail elder or a loved one with an adult-onset brain disorder. At the forefront of this compassionate initiative is Maisie Hak, a dedicated social worker and the senior family consultant at RCRC.



Maisie's journey with RCRC began in 2013 when she joined as a student intern after receiving her undergraduate and graduate degrees in social work from Sacramento State University. Her passion for supporting caregivers led her to a full-time position at RCRC upon her graduation in 2015, where she has since become the senior family consultant.

As a mother of two young children and a secondary family caregiver for a loved one with mixed dementia, Maisie intimately understands the profound impact of caregiving on both individuals and families. Her personal experiences, coupled with her professional expertise, make her a valuable resource for those navigating the challenges of caregiving.

Recognizing the isolating and lonely nature of caregiving, Maisie initiated the Redwood Caregiver Support Group as a lifeline for family caregivers. This group serves as a safe space for caregivers to connect with others facing similar struggles, share experiences, and gain practical tips for coping with challenging situations. The group also provides a wealth of resources to assist caregivers on their journey.

Numerous caregivers have found solace and support through RCRC's caregiver support group and have expressed their gratitude for the services and encouragement provided. Here is what a few attendees had to say:

"The RCRC support group has been very supportive. It has been so helpful for me during this period of caring for my mother! I can't imagine what I would've done without all of the services and support from RCRC staff and other caregivers! Thank you very much for all your

support and encouragement!"

"Thank you for offering . . . the support groups--they made a huge positive difference in my stress level. Just knowing the group and classes are available is 'easing.'" "Thank you for the RCRC caregiver support group. The wealth of knowledge and resources is so beneficial and meaningful for the group. I appreciate the facilitation so that everyone has time to share even when emotions are high."

In addition to emotional support, RCRC's caregiver support group offers a respite grant for caregivers who need someone to stay with their loved one when they go to the group, offering much-needed relief.

Walk-ins are welcome to the group, but to sign up for a respite grant, family caregivers need to reach out to RCRC at least a week in advance, if they are not yet established with the agency, as an intake and comprehensive assessment with a family consultant are required. Existing clients can coordinate directly with their family consultant.

The group meets in person with Maisie every second Thursday, from 1:00 pm to 3:00 pm. To sign up for a respite grant, please call 707-582-2329 or email axh@redwoodcrc.org.



Paid Caregivers are important, too!

Paid, professional caregivers also play an important role in enhancing the happiness and well-being of seniors, with their thoughtful and compassionate care and companionship—listening to stories, and engaging in activities tailored to the senior's interests.

IHSS (In-Home Support Services) in Santa Rosa has a plan to make it easy to sign up to be a paid caregiver to help seniors in the Lower River Area.

If you already have a client, all you need to do is call IHSS Payroll (707-565-2852) to give them your and your client's information to get set up in the state payroll system. If you have any questions, please call IHSS Payroll at 707-565-5928, or email them at ihsspay@schsd.org.

Please see Page 7 for more details.

Services

FREE RIDES FOR SENIORS

Medical, Shopping and Recreation

Russian River Senior Center offers FREE RIDES for medical grocery and recreation for seniors and individuals with disabilities. Call Joe Hill five business days in advance to schedule a ride. 707-889-7367

Want to **AUGMENT YOUR RETIREMENT INCOME?**

WCCS' EMPLOYMENT SERVICES PROGRAM can help you! Resume/cover letter writing, interviewing tips, use of computers with internet access, skills assessment and skills training are all available.

To make an appointment, call: 707-823-1640 x141, or email Susan.Carrier@WestCountyServices.org

NEED HELP WITH YOUR UTILITY BILLS?

PG&E'S CARE and FERA programs offer monthly discounts on both gas and electric services. For more details and to see if you qualify, call 866-743-2273, or email CAREandFERA@pge.com.

If you need help, contact Senior Case Manager, Yuliana Rojas, 707-823-1640 x401

DO YOU NEED LEGAL ADVICE?

LEGAL AID OF SONOMA COUNTY has an

Elder Law Program that

offers services to Sonoma County seniors 60+, including: Elder Abuse, Evictions and Rental Housing Issues, Simple Wills, Advanced Healthcare Directives, and much more. Appointments are held at the Senior Center. Call 707-340-5610, to see if you qualify.

MEALS ON WHEELS HOME DELIVERY

To enroll, call Council on Aging, 707-525-0143

WCCS SENIOR PEER COUNSELING

No cost. 12 sessions. 707-823-1640 x380

FINANCIAL INCENTIVES FOR CAREGIVERS

CalGrows is the California Department of Aging's workforce training program that provides no-cost career building resources for paid and unpaid caregivers of older adults and people with disabilities. For more details, and to sign up, go to: calgrows.org/ or email info@calgrows.org

Activities, Events & Classes

BEGINNING BASKET WEAVING and

BASKET WEAVING WORKSHOP FOR EXPERIENCED WEAVERS RETURN!

Tuesday, January 9, 1:00 to 4:00 pm. In the dining room after lunch. Every Tuesday for four weeks. January 9, 16, 23, 30. \$15 for the Beginning Class.

FRAUD, SCAMS & OTHER TYPES OF ELDER ABUSE

Elder Law Justice Coordinator Donata Bohanec and Senior Advocacy Services Executive Director Crista Barnett Nelson will talk about common scams and offer tips to protect yourself and your assets. Scams are on the rise and getting trickier by the day! Friday, January 19, 1:00 p.m.

WATER COLOR WORKSHOP

With Deliah Hubbard Friday, January 19, 1:00 to 4:00 pm

BEGINNING SPANISH

8-week Spanish class starting January 26th, every Friday from 1:00 to 2:30 pm. Led by Yuli Rojas. Waiting list only.

TED TALKS

Watch a short lecture on a current and relevant issue, and take part in a lively and inspiring discussion afterward. Wednesday, January 17, 1:30 to 3:00 p.m. Hosted by Laura Mueller.

BOOK CLUB

Thursday, January 18, 1:30—3:00 p.m. Hosted by Laura Mueller. Books for the club can be purchased at Books & Letters on Armstrong Woods Road for 20% off.

TAI CHI with FRED

Thursdays, 10:30 am ON ZOOM ONLY. To sign up, email TaiChiFred@Sonic.net

Coming in February

INTENTIONAL ESTATE PLANNING

Legal Aid of Sonoma County's Elder Law program will be here to talk about what you need to do to plan your estate to make sure you avoid conservatorship and stay in control of your finances. Tuesday, February 20, 1:30 p.m.

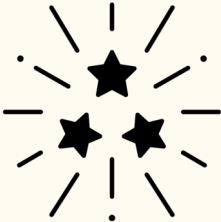
GIVE BACK TUESDAY

Benefits the Senior Center

Tuesday, February 27, 6:00 to 9:00 pm

\$5.00 dinner, chance to win fabulous raffle prizes!

Calendar of Activities, Events & Classes - January 2024

SUNDAY	MONDAY	TUESDAY
	1 No Zumba Gold today	2 9:00 to noon Sew'n Sews , the quilting group 11:00 to 1:00 p.m. Bingo 11:30 to 12:30 p.m. Café West: Chef Brad 1:30 to 3:30 p.m. Mahjong SRJC Memoir Class is taking a break until 1/23/24
7 3:00 to 5:30 p.m. Wine Country Ukulele Jam Sessions In the Marshall House Call Annie for more details. 707-888-3346	8 10:00 to 11:00 a.m. Zumba Gold with Richard McHenry In the main building	9 11:00 to 1:00 p.m. Bingo 11:30 to 12:30 p.m. Café West: Chef Brad \$5 1:00 to 4:00 pm Beginning Basket Weaving 1:00 to 4:00 pm Basket Weaving Workshop 1:30 to 3:30 p.m. Mahjong SRJC Memoir Class is taking a break until 1/23/24
14 3:00 to 5:30 p.m. Wine Country Ukulele Jam Sessions In the Marshall House Call Annie for more details. 707-888-3346	15 10:00 to 11:00 a.m. Zumba Gold with Richard McHenry In the main building	16 9:00 to noon Sew'n Sews , the quilting group 11:00 to 1:00 p.m. Bingo 11:30 to 12:30 p.m. BIRTHDAY LUNCH: Chef Brad, \$5 1:00 to 4:00 pm Beginning Basket Weaving 1:00 to 4:00 pm Basket Weaving Workshop 1:30 to 3:30 p.m. Mahjong SRJC Memoir Class is taking a break until next week
21 3:00 to 5:30 p.m. Wine Country Ukulele Jam Sessions In the Marshall House Call Annie for more details. 707-888-3346	22 10:00 to 11:00 a.m. Zumba Gold with Richard McHenry In the main building	23 11:00 to 1:00 p.m. Bingo 11:30 to 12:30 p.m. Café West: Chef Brad \$5 1:00 to 4:00 pm Beginning Basket Weaving 1:00 to 4:00 pm Basket Weaving Workshop 1:30 to 3:30 p.m. Mahjong 2:00 to 4:00 p.m. SRJC Memoir Class with Scott Reid, walk-ins welcome or on Zoom: apwpoet@gmail.com
28 3:00 to 5:30 p.m. Wine Country Ukulele Jam Sessions In the Marshall House Call Annie for more details. 707-888-3346	29 10:00 to 11:00 a.m. Zumba Gold with Richard McHenry In the main building	30 9:00 to noon Sew'n Sews , the quilting group 11:00 to 1:00 p.m. Bingo 11:30 to 12:30 pm Café West: Chef Brad 1:00 to 4:00 pm Beginning Basket Weaving 1:00 to 4:00 pm Basket Weaving Workshop 1:30 to 3:30 p.m. Mahjong 2:00 to 4:00 p.m. SRJC Memoir Class with Scott Reid, walk-ins welcome or on Zoom: apwpoet@gmail.com

Russian River Senior Center

WEDNESDAY	THURSDAY	FRIDAY
3 SRJC Collage Art Class is taking a break until 1/17/24 10:30 to 11:30 a.m. Redwood Empire Food Bank 11:30 to 12:30 p.m. Café West: Timberline, \$12	4 9:30 to 10:30 a.m. Beach Ball Volleyball 10:00 to 12:30 p.m. Golf at Northwood —call to sign up 11:00 to 1:00 p.m. Bingo 11:30 to 1:30 p.m. Needlers , the stitching group 11:30 to 12:30 p.m. Brown Bag Lunches, \$5.00 donation or pay what you can	5 10:30 to 11:30 am Yoga with Alannah, \$5—10 donation benefits instructor 11:30 to 12:30 p.m. Café West: Chef Oralia, \$5
10 SRJC Collage Art Class is taking a break until 1/17/24 11:30 to 12:30 p.m. Café West: GUEST CHEF, \$12	11 9:30 to 10:30 a.m. Beach Ball Volleyball 10:00 to 12:30 p.m. Golf at Northwood —call to sign up 11:00 to 1:00 p.m. Bingo 11:30 to 12:30 p.m. Brown Bag Lunches, \$5.00 donation or pay what you can 1:00 to 3:00 p.m. Redwood Caregiver Support Group in person. Walk-ins welcome. 6:00 to 7:30 p.m. Redwood Caregiver Support Group via Zoom. 707-582-2329 or axh@redwoodcrc.org	12 10:30 to 11:30 am Yoga with Alannah, \$5—10 donation benefits instructor 11:30 to 12:30 p.m. Café West: Chef Oralia, \$5 3:30 to 5:00 p.m. "HUGS" Grief Support Group
17 10:00 to 1:00 p.m. SRJC Collage Art Class with Lynn Prieto 10:30 to 11:30 a.m. Redwood Empire Food Bank 11:30 to 12:30 p.m. Café West: Timberline, \$12 1:30 to 3:30 p.m. Ted Talks	18 9:30 to 10:30 a.m. Beach Ball Volleyball 10:00 to 12:30 p.m. Golf at Northwood —call to sign up 11:00 to 1:00 p.m. Bingo 11:30 to 1:30 p.m. Needlers , the stitching group 11:30 to 12:30 p.m. Brown Bag Lunches, \$5.00 donation or pay what you can 1:30 to 3:00 p.m. Book Club	19 10:30 to 11:30 am Yoga with Alannah, \$5—10 donation benefits instructor 11:30 to 12:30 p.m. Café West: Chef Oralia, \$5 1:00 to 2:30 pm Fraud & Scams Presentation 1:00 to 4:00 pm Water Color Workshop
24 10:00 to 1:00 p.m. SRJC Collage Art Class with Lynn Prieto 11:30 to 12:30 p.m. Café West: GUEST CHEF, \$12	25 9:30 to 10:30 a.m. Beach Ball Volleyball 10:00 to 12:30 p.m. Golf at Northwood —call to sign up 11:00 to 1:00 p.m. Bingo 11:30 to 12:30 p.m. Brown Bag Lunches, \$5.00 donation or pay what you can	26 10:30 to 11:30 am Yoga with Alannah, \$5—10 donation benefits instructor 11:30 to 12:30 p.m. Café West: Chef Oralia, \$5 1:00 to 2:30 pm. Beginning Spanish 3:30 to 5:00 p.m. "HUGS" Grief Support Group
31 10:00 to 1:00 p.m. SRJC Collage Art Class with Lynn Prieto 11:30 to 12:30 p.m. Café West: Timberline, \$12	For More Information regarding activities at the Senior Center, 15010 Armstrong Woods Road, Guerneville, please call Vicki 707-823-1640 x 404	

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707-823-1640 x404



Sign up to be a Paid, Professional Caregiver

Continued from Page 3

If you don't already have a client, all you need to do is call IHSS Public Authority to get information about how to apply to be on the Registry of Caregivers. You can reach the IHSS Public Authority at 707-565-5700 or at hss-pa@schd.org.

Whether or not you already have a client, once you have contacted IHSS, they will sign you up for the next orientation that they will be holding at the Senior Center, and you can complete your enrollment there.

Help a Senior . . . become a caregiver!

Membership Information and Application to join the RUSSIAN RIVER SENIOR CENTER OWLS* CLUB — *Older, Wiser, Livelier Seniors

Why become an OWLS Club member? Because of the friendly faces to see and fun things to do!

Membership benefits:

- Priority registration and discounted rates for classes, activities, events, and field trips
- Monthly newsletter delivered to your home
- Volunteer opportunities
- Membership card
- Free book lending library and free medical lending closet (walkers, wheelchairs, etc.)



Scholarships are available for memberships. For information, contact Vicki Halstead, Senior Center Manager: vicki.halstead@westcountyservices.org or 707-823-1640 ext. 404

2024 Russian River Senior Center OWLS Club Membership Application

ANNUAL MEMBERSHIPS CAN BE PURCHASED AT ANY TIME

___ \$25.00 Single ___ \$40.00 Household

___ Membership plus donation ___ Membership Renewal

Name(s): _____ Date: _____

Address: _____ City _____ Zip _____

Phone: _____ E-mail: _____

Would you like to receive a copy of The Scoop via email? Yes ___ No ___ And by mail? Yes ___ No ___

Interested in receiving updates on field trips, classes, activities & special events via email? Yes ___ No ___

Emergency Contact:

Name _____ Relationship _____ Phone _____

MAKE CHECKS PAYABLE TO:

West County Community Services—please write "Senior Center" in Memo line

PLEASE RETURN FORM TO:

Russian River Senior Center, 15010 Armstrong Woods Road Guerneville, CA 95446



FOR OFFICE USE ONLY:

Date Pd. _____ Amount: _____ Check _____ Cash _____

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The SCOOP

Newsletter of

RUSSIAN RIVER SENIOR CENTER

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In Partnership with

Russian River Recreation and Park District

Published since 1986

15010 Armstrong Woods Road

Guerneville, CA 95446

P.O. Box 325

Guerneville, CA 95446

707-823-1640 ext. 400

Open Tuesday-Friday, 9:00 a.m. to 2:00 p.m.

www.westcountyservices.org

Staff:

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Joe Hill, Transportation

Laura Mueller, Reception, Book Club & Ted Talks

Yuliana Rojas, Case Management

