

The SCOOP

March 2024

NEWSLETTER OF THE RUSSIAN RIVER SENIOR CENTER

Message from the Senior Center

IMPORTANT UPDATE

Beginning with our April 2024 issue of The Scoop, we will be transitioning to email-only delivery. This means that paper copies will no longer be mailed out. The cost of printing and mailing The Scoop has risen over time and is taking up a considerable portion of our budget. However, we understand that some readers may still prefer a physical copy. Therefore, we will still be printing a limited number of copies which will be available for pickup at the Senior Center, the Sonoma County Library in Guerneville, or at the Chamber of Commerce in Guerneville.



To ensure that you continue to receive your copy of The Scoop, please verify that we have your current email address on file. Simply reach out to us with any updates or changes.

Thank you for your understanding and cooperation as we adapt to these changes to better serve you!

WE WELCOME SERVICE DOGS

at the Senior Center, but we would like to remind everyone that, as much as we love dogs, we are unable to allow any in the Senior Center if they are not service dogs. Under the Americans With Disabilities Act (ADA), a service dog is any guide dog or signal dog that is specifically trained to provide assistance to an individual with a disability. Thank you for your understanding.

Warm wishes,
The Senior Center Staff

Day Trips

Sunday, March 24 — “Voices in Cloth: Extraordinary Quilts by the Bay,” at the Center for Arts & Ideas, Oakland. \$20/members; \$25/non-members. Lunch onsite at the Center cafe, or bring your own. 10:15 am to 4:30 pm.

Wednesday, May 8 – Funny Girl, Orpheum Theater, S.F., 1:00 matinee, \$39/members; \$44/non-members. 10:15 am to 5:30 pm. Waiting list only.

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 2:00 p.m. PAYMENT AND CURRENT ENROLLMENT FORM 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 Timberline at the River, \$12

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 12:30 p.m.)

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.

Russian River Senior Center
A program of
West County Community Services



Neighborhood News

A CONVERSATION WITH WAYNE SCALA Part II

Continued from February 2024 issue



When we left Wayne last month, he was in a prep school in Manhattan. He started applying to colleges only to be rejected. After reading about a new experimental college in New Hampshire founded by a group of professors from MIT, he applied and was accepted. Each professor was highly accomplished in their field and had only ten students per class. He was interested in so much and

started to thrive, being elected class president and joining the crew team. Not only was he busy with his studies, he was also busy with his girlfriend on one weekend and his boyfriend on the next. All was going well, until the girlfriend got pregnant. Thinking his attraction to men was “just a phase”, he set out to “do the right thing” and married his girlfriend. He was 20 and she was 22 yrs. old. He dropped out of school and worked at various odd jobs for a year before enrolling at the much cheaper state college, while continuing to work. Two years later, their second child was born, money was even tighter so Wayne dropped out of college and went to work full-time as a reporter with a Concord newspaper. Apparently, he aced the writing portion of the interview even though his spelling wasn't good...they told him not to worry about that...logic and deductive reasoning to the rescue again. Needing to make more money, he applied for a job at W T Grant, a chain store and was offered a position in their executive training program. He said yes, since he would be making considerably more money, and off he went to Boston where he took a battery of tests and numerous interviews after which they taught him the basics of buying, selling, and managing. This marked the beginning of a 26-year career in corporate retail. His skill set was a perfect match for the challenges in this field and he excelled. He figured things out, continually broke records and got promotions. When he and his wife wanted to return to NY from NH, he was hired by Gimbels department store in NYC and was soon promoted to buyer of women's accessories. At 26 years old, his work life was going great even if he was working twelve hours a day. The marriage, on the other hand, was not. Unfortunately, at this point, the part of the marriage that leads to babies was still attractive and

his wife got pregnant with their third child when they were about to divorce.

After the divorce, Wayne moved into an apartment with a friend in NYC while he looked for his own place. He found an apartment that he could afford while making child support payments, got a second job at night at a drugstore, and sold his plasma every 2 weeks. Time went on, Wayne came out as a gay man and moved in with his lover, John. He remained friends with his ex-wife, visiting his children most week-ends. One time when his wife brought the kids into town, she and Wayne went to a company event while the lover babysat. It was all very cordial but that was to change.

Something happened one afternoon to trigger the trauma of his childhood molestation. As suppressed trauma is wont to do, it surfaced in its own time and he felt like “somebody hit me with a two by four across the head”. His sister, a nurse, saw the signs and urged him to get help. He moved in with her in CT, committed to short-term inpatient therapy and ongoing psychiatric help. When he got out of his inpatient treatment, he received a letter from his ex-wife saying she had decided he couldn't see the kids anymore and told him the children didn't want to see him anymore. It was a devastating blow when he was already down. The best he could do at this point was to repeat the Serenity Prayer over and over that his mother gave him as a teenager. He instinctively knew that working during his recovery would be good for him, got his foot in the door at Lord and Taylor and started to receive the customary promotions.

Wayne and John both loved antiques so they decided to move 85 miles north to Milford, PA and open an antique store...life in the slow lane. Decidedly not a fit for fast lane Wayne so he gave Lord and Taylor's a call. They were happy to name him Director of Operations and task him with turning around their 13-year old large, yet always marginal store, in Atlanta, GA. It was a prosperous time for Wayne with two of his proudest achievements at L&T's being the placement of their first African American in an executive position and overseeing the turnaround of the store into the high profit margins. After a number of years, he and John decided to part ways, his time at Lord and Taylor's was coming to an end as the challenge had been met and a dear female friend who was also going through a divorce agreed to join him on a trip to Southern California. The plan was to take about six months off from work and relax....life in the slow lane. Fast lane

Continued on page 7

Services

FREE RIDES FOR SENIORS

Medical, Shopping and Recreation

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

BOOST YOUR RETIREMENT INCOME

WCCS' Employment Services Program offers assistance with resume and cover letter writing, interviewing tips, access to computers with internet access, and skills assessment and training. To schedule an appointment: Call Susan Carrier at 707-823-1640 x 141 or email: Susan.Carrier@WestCountyServices.org

GET 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

LEGAL AID OF SONOMA COUNTY

Elder Law Program

Services for 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

BOOK CLUB

Join the Book Club on Thursday, March 21, 1:30 TO 3:00 pm, they will meet to discuss, *Horse*, by Gwendolyn Brooks.

Purchase your discounted copy at Books & Letters on Armstrong Woods Road.

TEDTalks

Topic of the Month: *The Inside Story of ChatGPT's Astonishing Potential*, with Greg Brockman.

Wednesday, March 20, from 1:30 to 3:00 pm

An inspiring discussion will follow the short, online lecture. Hosted by Laura Mueller.

ST. PATRICK'S DAY LUNCHEON

When: Wednesday, March 13th

Time: 12:00 PM - 1:30 PM

Price: \$20 per person

Indulge in a mouthwatering meal expertly crafted by Timberline at the River. It's guaranteed to leave your taste buds dancing to the music to be provided by Laurie Lippin and Chris Eccles of Two Tribes.

Don't miss out! Secure your spot! Sign up and pay by Friday, March 8th. We can accommodate up to 40 guests, so act fast! No meals to go will be available.

SPECIAL LIBRARY SERVICES FOR ADULTS

Guerneville Librarian Leslie Harrison will join us for lunch March 13. After lunch she will give a short presentation about the special services the library offers for adults. Receive a free insulated lunch bag just for being there and listening!

EASTER LUNCHEON

Join us for a delightful Easter Luncheon on Wednesday, March 27th, from 12:00 to 1:30 pm!

Enjoy a scrumptious meal prepared by Timberline at the River. \$20.00 per person. Please note, meals are dine-in only.

Reserve your spot by signing up and paying by March 27th; limited capacity.

It's an Easter celebration you won't want to miss!

Russian River Senior Center Calendar - March 2024

WEEK ONE

Friday, March 1

10:30 to 11:30 am - Yoga with Alannah \$5—10 donation
11:30 to 12:30 pm - Café West: Chef Oralia, \$5
1:00 to 2:00 pm - Beginning Spanish (wait list)

WEEK TWO

Sunday, March 3

3:00 to 5:00 pm - Wine Country Ukulele Jam Sessions
In the Marshall House. Call Annie for more details:
707-888-3346.

Monday, March 4

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, March 5

9:00 to noon - Sew'n Sews, the quilting group
11:00 to 1:00 pm - Bingo
11:30 to 12:30 pm - Café West: Chef Brad \$5
1:00 to 4:00 pm - Basket Weaving Workshop
1:30 to 3:30 pm - Mahjong
2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid,
walk-ins welcome or on Zoom: apwpoet@gmail.com

Wednesday, March 6

10:30 to 11:30 am - Redwood Empire Food Bank
11:30 to 12:30 pm - Lunch with Timberline at the River,
\$12

Thursday, March 7

9:30 to 10:30 am - Beach Ball Volleyball
10:00 to 12:30 pm - Golf at Northwood - call to sign up
10:30 to 11:30 am - Tai Chi on Zoom. To sign up, email
TaiChiFred@Sonic.net
11:00 to 1:00 pm - Bingo
11:30 to 12:30 pm - Brown Bag Lunches, \$5.00
11:30 to 1:30 pm - Needlers, the stitching group
1:30 to 3:00 pm - Book Club

Friday, March 8

10:30 to 11:30 am - Yoga with Alannah \$5—10 donation
11:30 to 12:30 pm - Café West: Chef Oralia, \$5
1:00 to 2:00 pm - Beginning Spanish (wait list)
3:30 to 5:00 pm - "HUGS" Grief Support Group

WEEK THREE

Sunday March 10 - Daylight Savings Time begins
3:00 to 5:00 pm - Wine Country Ukulele Jam Sessions
In the Marshall House. Call Annie for more details:
707-888-3346.

Monday, March 11

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, March 12

11:00 to 1:00 pm - Bingo
11:30 to 12:30 pm - Café West: Chef Brad \$5
1:00 to 4:00 pm - Basket Weaving Workshop
1:30 to 3:30 pm - Mahjong
2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid,
walk-ins welcome or on Zoom: apwpoet@gmail.com

Wednesday, March 13

12:00 to 1:30 pm - St. Patrick's Day Lunch with Timberline at
the River, \$20. Sign up by Friday, March 8
1:30 to 2:30 pm - Adult Services Librarian Presentation

Thursday, March 14

9:30 to 10:30 am - Beach Ball Volleyball
10:00 to 12:30 pm - Golf at Northwood - Call to sign up
10:30 to 11:30 am - Tai Chi on Zoom. To sign up, email
TaiChiFred@Sonic.net
11:00 to 1:00 pm - Bingo
11:30 to 12:30 pm - Brown Bag Lunches, \$5.00
1:00 to 3:00 pm - Redwood Caregiver Support Group in
person with Maisie Hak - walk-ins welcome
6:00 to 7:00 pm - Redwood Caregiver Support Group via
Zoom (faith based). To sign up email
axh@redwoodcrc.org or call 707-582-2329

Friday, March 15

10:30 to 11:30 am - Yoga with Alannah, \$5—10 donation
11:30 to 12:30 pm - Cafe West: Chef Oralia, \$5.00
1:00 to 2:30 pm - Beginning Spanish (wait list)

**For more information regarding
activities at the Senior Center,
please call Vicki: 707-823-1640 x404**

Russian River Senior Center Calendar - March 2024

WEEK FOUR

Sunday, March 17 - St. Patrick's Day

Wine Country Ukulele will not jam at the Senior Center today. For details about future jam sessions, call Annie: 707-888-3346.

Monday, March 18

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, March 19 - First Day of Spring

9:00 to noon - Sew'n Sews, the quilting group

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Cafe West: Chef Brad prepares a BIRTHDAY LUNCH for those with a birthday in March, \$5

1:30 to 3:30 pm - Mahjong

2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid, walk-ins welcome or on Zoom: apwpoet@gmail.com

Wednesday, March 20

10:30 to 11:30 am - Redwood Empire Food Bank

11:30 to 12:30 pm - Lunch with Timberline at the River, \$12

1:30 to 3:30 pm - Tedtalk with Laura Mueller

Thursday, March 21

9:30 to 10:30 am - Beach Ball Volleyball

10:00 to 12:30 pm - Golf at Northwood - call to sign up

10:30 to 11:30 am - Tai Chi on Zoom. Email

TaiChiFred@Sonic.net to sign up.

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Brown Bag Lunches, \$5.00

11:30 to 1:30 pm - Needlers, the stitching group

1:30 to 3:00 pm - Book Club

Friday, March 22

10:30 to 11:30 am - Yoga with Alannah \$5-10 donation

11:30 to 12:30 pm - Café West: Chef Oralia, \$5

3:30 to 5:00 pm - "HUGS" Grief Support Group

WEEK FIVE

Sunday March 24 - Palm Sunday

10:15 am to 4:30 pm - Day Trip to "Voices in Cloth: Extraordinary Quilts by the Bay," Oakland.

3:00 to 5:00 pm - Wine Country Ukulele will not jam at the Senior Center today. For details about future jam sessions, call Annie: 707-888-3346.

Monday, March 25

10:00 to 11:00 a.m. - Zumba Gold with Richard McHenry

Tuesday, March 26

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Café West: Chef Brad \$5

1:30 to 3:30 pm - Mahjong

2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid, walk-ins welcome or on Zoom: apwpoet@gmail.com

Wednesday, March 27

11:30 to 12:30 pm - Lunch with Timberline at the River, \$12

Thursday, March 28

9:30 to 10:30 am - Beach Ball Volleyball

10:00 to 12:30 pm - Golf at Northwood - Call to sign up

10:30 to 11:30 am - Tai Chi on Zoom. To sign up, email TaiChiFred@Sonic.net

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Brown Bag Lunches, \$5.00

Friday, March 29

10:30 to 11:30 am - Yoga with Alannah, \$5-10 donation

11:30 to 12:30 pm - Cafe West: Chef Oralia, \$5.00

WEEK SIX

Sunday March 31 - Easter Sunday

Wine Country Ukulele will not jam at the Senior Center today. For details about future jam sessions, call Annie: 707-888-3346.

TIP OF THE MONTH FROM GUERNEVILLE LIBRARY

Did you know you can get \$5.00 of free printing per day? You have three options:

1. Email your documents - for black & white copies mail to: tbs-sci-bw@eprintitservices.com; for color copies, send to tbs-sci-color@printitservices.com; then pick up at the library
2. Print from the public computers at the branch - library staff are available for assistance.
3. Use their QR code for special printing options - visit the library to scan from your device and print.



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Saint Elizabeth Church

869-2107

14095 Woodland Drive Guerneville

Mass Schedule:

Tuesday — Friday, 9:00 a.m.

Sunday, 9:30 a.m.

Outdoor church from June until Labor Day

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To sign up call:

707-823-1640 x404

A CONVERSATION WITH WAYNE SCALA

Continued from Page Two

Wayne was looking for another work opportunity in three months. Hired by Southland Corporation in their Chief Auto Parts division, he was soon promoted and transferred to Dallas. While in Dallas, the AIDS epidemic was continuing to take the lives of too many of Wayne's closest and dearest people. He was going to memorial after memorial and starting to completely run down and burn out. It changed him. He watched a Joseph Campbell interview, the concept of "follow your bliss" resonated deeply and he started planning his escape from the corporate world. Over the next two years, he searched all over the US for a small gay friendly town. He visited a few and then picked us (of course!) for a longer look. He found The Highlands in a guide book, flew to Oakland, rented a car and came up without reservations. It was Women's Weekend in 1989 so there wasn't a room to be found anywhere in town! He went to Santa Rosa and came back on Sunday when he stayed for a week and decided this was probably it. He asked for and was given a transfer to Sacramento, got a condo in Vacaville so he could come to Guerneville once a month for a year and make sure he liked it in all seasons. He did, fell in love with the people and the climate, so here we are!

He opened up an antique shop on Mill Street which later moved over to First Street. It became a hang-out for people to talk about all sorts of things...gay issues, homeless issues, flood issues, etc. When he first got here, most of his friends were gay and/or merchants, he was loving the climate and doing quite well in the slower lane. There were other Guernevillians he wasn't so sure about in terms of homophobia and other issues but there were no conflicts. Then the floods of 95/96 came. Wayne's partner had just died and he lived alone with his cat while across the street lived two gay men and one lesbian who had two dogs and two cats. The whole menagerie gathered in Wayne's upstairs apartment and after a couple of days put out a white flag indicating they needed help. Here came the very people he wasn't sure about to the rescue! It was his first experience of Guernevillians coming together no-matter-what-when-where-or-who when disaster strikes. What he calls the "continuity of this community." He has also discovered this continuity when getting involved in various community problems, such as our interactions with the homeless community. This work

has resulted in forming alliances with people with whom he did not originally see any common ground, only to discover that they share strong core values such as giving and expecting respect, individual rights, standing up against bullying and more. He's grateful for the many bridges between people that he's found in Guerneville and the lack of pretentiousness, calling it a kind of magic that he hasn't found elsewhere. He also hadn't found Bill Jackson elsewhere, his now husband of twenty years. Guerneville has been very good to Wayne!

Staying busy as always during his first year of retirement, Wayne got involved with our senior center when he volunteered as a delivery driver for Meals on Wheels about 16 years ago. Years later, he is now a regular at the Monday Zumba class which he really enjoys as well as various classes and occasional lunches. I first met Wayne at a Hanukkuh lunch at the Senior Center where he spoke briefly about finding out about his Jewish heritage only fifteen years ago. Curious about that story, I asked to interview him not knowing that all this other interesting stuff would come out and I wouldn't have room to write about my initial curiosity so you'll just have to ask him the story about that! About the same time he discovered his lost Jewish ancestry, he discovered his direct line to two signers of the Mayflower compact. A few years after that he was elected to a two year term as Colony Governor of the Redwood Empire Mayflower society. Currently, he's the VP of FROG (Friends & Residents of Guerneville.) He's proud to note that last year FROG raised well over \$100,000 from individuals and grants to install 56 security cameras on private property throughout the town of Guerneville, which continues to help protect all including our vulnerable homeless population.

You can also listen to a very interesting and emotional in-depth interview with Wayne coordinated by the Senior Center and conducted by three young people as part of the StoryCorps project by going to <https://archive.storycorps.org/interviews/ethnic-studies-3/>

It is a real pleasure getting to know Wayne, even if I do feel kinda lazy by comparison. A kind man with a strong heart and drive to bring out the best in himself and others, add Wayne to our list of Guerneville treasures.

Membership Information and Application

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, special lunches, events, and field trips
- Volunteer opportunities
- Membership card
- Free book lending library and free medical lending closet (walkers, wheelchairs, etc.)

For information about scholarships for memberships, 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: _____

Email: _____

Emergency Contact:

Name: _____

Relationship: _____ Phone: _____

MAKE CHECKS PAYABLE TO:

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

PLEASE RETURN FORM TO:

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



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Newsletter of
RUSSIAN RIVER SENIOR CENTER
A Program of West Country Community Services

In partnership with
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Published since 1986

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707-823-1640 ext. 400

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

www.westcountyservices.org

Staff:

Tim Miller - Executive Director, WCCS
Emily Heinzelman - Director, Senior Services
Vicki Halstead - Senior Center Manager
Susan Carrier - Communications, Employment Svcs.
John Finnegan Rowan - Café West
Joe Hill - Transportation
Laura Mueller - Reception, Book Club & Ted Talks
Mark Rieber - Café West
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