

# Seniors

## SEBASTOPOL SENIOR CENTER

The Sebastopol Area Senior Center is located at 167 North High Street, Sebastopol. For further information or directions, please contact the Senior Center at 707-829-2440, or email iris@sebastopolseniorcenter.org.

**Alternate Thursdays – Health Insurance Counseling and Advocacy Program (HICAP)** – Explains how Medicare works with other supplemental insurance. January 31 - 1:00 – 4:00. No fee. Appointment 800-434-0222.

**January 22 & 29 – Music Appreciation Class – Motown Sounds!** Enjoy Smokey Robinson and The Miracles, with The Temptations the following week. Movies. Fee: \$6.00 per class.

**January 24 – Vision Loss Resource and Referral Information** – FREE, for people who are experiencing vision loss, presented by the Earle Baum Center. Information is also available to assist friends and family of people who are visually impaired. Convenient and comfortable to ask questions and discuss vision concerns in a familiar environment. No appointment necessary. 10:00 – 12:00 noon

**January 24 – Glucose Screening Clinic** – Administered by the students from Empire College. FREE. No appointment. 11:00am to 12:00 noon.

**January 24 & 31 – Driver Safety Program** – 1:00 – 5:00 P.M. Must attend both classes. \$10.00 fee to AARP.

**January 27 – Massage Therapy Sessions** – Thirty minute fully clothed sessions. Kat Anderson, a local certified message therapist, will introduce you to Swedish Message techniques for the head, shoulders, hands and feet. 1:15-3:30. Fee: \$35.00 per session. Call 829-2440 for an appointment.

**January 29 – West County Health Care Centers** – A free informational presentation by Kristen Gregory, Community Health Outreach Worker. FRE - includes an explanation of available programs and services, as well as contact information for the health clinics, mental health services, and dental clinic. Also the need for establishing care with a primary care doctor and the importance of regular medical evaluations. 12:45-1:30.

**The Council on Aging Senior Meals Program** provides a nutritious meal and friendly conversation for seniors 60 years of age and older, their younger significant others, and their caregivers.

There are four senior dining rooms in West Sonoma County – in Forestville, Guerneville, Occidental and Sebastopol.

## FORESTVILLE

Lunch is served at the United Methodist Church at Center & Covey, on Tuesdays and Thursday at 12 noon. Reservations are suggested. Call 887-1070 or 525-0143 ext. 135. There is a \$5.00 fee per meal, but no one is ever turned away because of inability to pay.

## GUEREVILLE

In Guerneville, lunch is served at the Russian River Senior Center on Wednesday and Friday at 12 noon. Call 869-3998 or 525-0143 ext. 135 for reservations. A \$4.00 donation per meal is suggested.

## OCCIDENTAL

In Occidental, at St. Phillips Church Community Center, lunch is served Monday and Wednesday at 12 noon. Reservations are suggested. Call 525-0143 ext. 135. There is a \$5.00 fee per meal, but no one is ever turned away because of inability to pay.

## SEBASTOPOL

Lunch is served at the Sebastopol Senior Center on North High Street Monday through Friday at 12 noon. Call 829-8381 or 525-0143 ext. 135 for reservations. A \$4.00 donation per meal is suggested.

# Volunteer

## Stewards of the Coast and Redwoods.

Education seminars for docents and the general public. Members and those who agree to volunteer may attend the seminars for free. Others are asked to contribute \$15.00 per seminar. For information and to sign up, call Ruby Herrick, Programs Manager, (707) 869-9177 ex-1 or email volparks@mcn.org or rherrick@mcn.org. www.Stewardsofthecoastandredwoods.org.

**New Volunteer Orientation.** All new volunteers must attend ONE of the following general orientation sessions:  
January 26, 9:30 to 11:30 am  
March 15, 9:30 to 11:30 am  
May 3, 2 pm to 4 pm

## Become a Laguna de Santa Rosa docent!

The Laguna Foundation is seeking people who want to learn more about the Laguna de Santa Rosa and who want share what they know with 3rd-5th grade students. Volunteers are trained in the natural and cultural history of the Laguna. Upon graduation, docents then lead dynamic, engaging environmental education activities in the classroom and during field trips to various Laguna Preserves. Orientation and events will be held from **6:30-8:00 PM** on **February 4th at the Sebastopol Library, February 12 at the Rohnert park/Cotati Library, February 27 at the Central Santa Rosa Library.** The ten-week training course begins **Monday, March 10. Detailed information is available on the Laguna Foundation's website:** www.lagunafoundation.org or call Christine Fontaine, Education Programs Director at 527-9277 x102 with questions or to request an application or brochure.

## Seal Watch Program

**February 2, 9:30am to 2pm, Seminars, Pinnipeds, Instructor Dr. Sarah Allen, Docent Mary Follis 2:15 to 4 pm.** Join us and help protect the harbor seals at the mouth of the Russian River.

**February 3, 10 am trip to Marine Mammal Center, on site Instructor Shelbi Stout, MMC Stranding Coordinator.**

## Armstrong Redwoods Tour Guides, Environmental Education Program

**February 9, Seminar; Redwood Ecology,**

**9:30am to 12:30pm, Instructor Brendon O'Neil**

**1 to 3pm, ARMSTRONG TOUR GUIDE DOCENT TRAINING** Lead school groups and visitors on walks under the ancient trees of Armstrong Redwoods State Reserve.

## Tidepool Program

**February 16, 10 to 12pm, Seminar; TIDEPOOL DOCENT TRAINING.** Help preserve the fragile intertidal resources of our coast by leading visitors and school groups on guided tidepool explorations. 1pm to 4pm, Exploring the Intertidal, on site field seminar, Instructor John Klobas

## Environmental Living Program

**March 8, 9am to 3pm, Geology of Sonoma Coast field seminar, Instructor Terry Wright 3 to 4pm ENVIRONMENTAL LIVING DOCENT TRAINING** Docent led school groups reenact historical cultural groups of Sonoma Coast.

For more information, contact volparks@mcn.org, or Ruby Herrick at 869-9177 ex01 rherrick@mcn.org.

## February 7 – Foster Parent Info –

Open your heart to a waiting child! Free information meetings for people considering becoming foster parents. 7:00-9:30pm, Human Service Department Office of Family, Youth, and Children's Services, 1747 Copperhill Parkway, Santa Rosa. RSVP to Rita Jacobs at 707-565-4274.

## KOWS 107.3 Community Radio Seeks Programmers And Volunteers.

KOWS-LP, 107.3 FM, is a new low-power community radio station for Occidental and west Sonoma County. Our studio will shortly be operational and we are seeking volunteer programmers, and other volunteers. KOWS has been on the air since May, but, lacking a studio, has been playing only recorded music. Our new studio is located above Howard's Station restaurant in downtown Occidental. KOWS is licensed to the Occidental Arts and Ecology Center. For further information, please contact: Philip Tymon at phil@oaeec.org, (707) 874-1557 x.203

## United Against Sexual Assault -

**Sexual Assault Crisis Counselors Needed.** for the 24/7 crisis line. We teach volunteers crisis intervention, crisis counseling, accompaniment and advocacy skills to help sexual assault survivors, as well as their families and significant others. No experience is necessary, but the desire to help is. The next training will begin on **February 12th** with a second session beginning on **April 1st.** Class size is limited to ten students. Call 545-7270x19

**Prevention Educators Needed,** volunteers participate in 21 hours of sexual assault prevention training, where they learn how to effectively communicate violence prevention to a variety of audiences. All trainings also include diversity sensitivity, mandated reporter training, and public speaking practice. The next Prevention Educator volunteer Training: 3 Sundays in February 3, 10, 17. Please call (707) 545-7270 ext. 16 or ext 12 if you are interested in educating our youth. No experience is necessary, but a desire to help is! Must be 18 or older.

## Sonoma County Regional Parks

With the high winds and rains there is plenty of work to be done in our Regional Parks. Our Department will provide all the necessary tools, gloves and refreshments. A staff person will always be on hand to lead the project. The Day Use Fees are waived for anyone participating in a workday.

## TRAIL DAYS

**January 17 - Hood Mountain Regional Park,** 1450 Pythian Road, Santa Rosa - from 9am - 1pm Meet at the parking lot. Take Hwy 12 East from Santa Rosa toward Kenwood. Turn left onto Pythian Road After about 100 yards, Pythian Road forks. Stay to your right. Pass through a yellow gate. Stay on the road and you will come to the parking lot in about a 1/4 of a mile.

**February 2 -Shiloh Ranch Regional Park,** 5750 Faught Rd., Santa Rosa - from 9am - 1pm. We will spend some time clearing water bars and working on a portion of the Creek trail above the bridge. Meet in the parking lot off of Faught Road Take 101 North from Santa Rosa to the Shiloh Road Exit. Turn right onto Shiloh Road which ends at Faught Road. Turn right onto Faught Road. The entrance to the parking lot will be about 100 yards down on your left.

**February 21 -Hood Mountain Regional Park,** 1450 Pythian Road, Santa Rosa from 9am - 1pm We will potentially work on several sections of the summit trail. Park staff will drive volunteers to the site from the Pythian Road parking lot. Meet in the parking lot. See directions above.

On the day of the project you can call 707-548-4424 for an update or if you get lost coming to the park. Either myself or the staff person leading the project will be at this cell number. Your support and dedication to our County's trails really makes a big difference. To RSVP for any of these projects please call me at 707-565-3356. John Ryan

## Riverkeeper Stewardship Park Volunteer Days

Help restore riverbank habitat. No experience necessary. All ages are welcome. Activities include: planting and caring for native plants, weeding, erosion control, restoration education and Park cleanup. Students can receive volunteer credit for participating. Every Wednesday. Event cancelled when there is enough rain to need a raincoat. 8:30 am - 11:30 am, Bring: water and gloves - wear sturdy shoes Where: 16153 Main St., Guerneville, north bank of the Russian River directly upstream of the pedestrian bridge. Access is down a driveway in front of Sonoma Nesting Co. At the bottom of the driveway look for the blue and white sign that says, "Russian Riverkeeper Demonstration Riparian Restoration Project Future Community Park." Parking is available near the sign. Info: Victoria Wikle at 865-2474 or VictoriaWikle@usa.net. www.russianriverkeeper.org or call Don McEnhill at 217-4762, rrkeeper@sonic.net.

## Rebuilding Together-Sebastopol

This all volunteer program helps low income, senior and disabled residents in West Sonoma County with necessary home repairs at no cost. Our goal is to provide warmth, safety and independence in their daily lives. The program may also include improving community facilities. Applications are available now, and they may be picked up and returned by mail to Rebuilding Together -Sebastopol, 167 North High Street, Sebastopol CA 95472. The projects will be done in April, 2008. 707-823-6636.

## Promote Local History -

Volunteer at Luther Burbank Home & Gardens. Training begins in March. Sign up NOW. Learn about horticulturist Luther Burbank. Share time with fellow historians, Use your skills and learn new ones. Tend beautiful gardens. Share Burbank's legacy with visitors from around the world. Info: 524-5445 www.lutherburbank.org. Corner of Santa Rosa & Sonoma Avenues, downtown Santa Rosa.