

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.

Every other Thursday – HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

– Provides counseling on Medicare. Explains how Medicare works with other supplemental insurance. No fee. 1:00 – 4:00. Must call for appointment 800-434-0222.

ON-Going Bi-Monthly – HOW TO USE YOUR BRAIN MORE EFFECTIVELY

– Improve your memory! In this ongoing bi-monthly class, educator and author Chance Massaro presents an enjoyable series of interactions to keep minds happy and memories intact. Topic: Manage Your Environments, 12:30-1:45 p.m.. Fee: \$6.00

February 14 & 28 - How To Use Your Brain More Effectively - Improve your memory!

An enjoyable series of interactions to keep minds happy and memories intact. Presented by Chance Massaro. Fee: \$6.00 per session. 12:30-1:45pm, topics: "Connection" and "Curious"

February 14 & 28 - Health Insurance Counseling and Advocacy Program (HICAP)

- Provides counseling on Medicare. Explains how Medicare works with other insurance. 1:00-4:00pm. No fee. Appointment 800-434-0222.

February 19 - Reverse Mortgage Seminar

- Steve Laino from home Capital Funding will give a free informational seminar on how an FHA Reverse Mortgage could benefit you if you are 62 and over and own your own home. Includes myths and misconceptions & creating financial independence! 12:45-1:30. Free.

February 21 - Are You at Risk for Falling?

Individual screenings include a brief battery of tests which help identify those with significant losses in strength, coordination, balance, skin sensation and low contrast visual acuity. Screenings take approximately 15 minutes. 1:00-3:00 pm. Call 824-8018 to schedule your appointment. Cost \$5.00.

February 21 - Blood Pressure Clinic

- Administered by the students from Empire College. FREE. No appointment. 11:00am to 12:00 noon.

February 25 - Salsa Aerobics Class

- This class begins with a half hour of gentle stretch followed by twenty five minutes of easy, fun salsa aerobics done to the rhythms of Cuban musician, Ibrahim Ferrer. 5:00-6:00pm. Instructor: Jan Corbett. \$6.00 per session.

February 26 - Strengthening Your Heart

- A heart-to-heart presentation on ways to strengthen your heart through diet, exercise and much more! Presented by Dr. Stan Nussbaum, chief of cardiology, Kaiser Permanente. 12:45-1:30, Free.

February 28 - 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. Comfortable to discuss vision concerns in a familiar environment. No appointment necessary. 10:00 – 12:00 noon

February 28 - Glucose Screening Clinic

- Administered by the students from Empire College. FREE. No appointment. 11:00am to 12:00 noon.

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. West County locations:

FORESTVILLE

Lunch is served in Forestville, 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.

Meetings

Al-Anon (Friends and families of alcoholics) We have two on-going and well-established meetings in Guerneville. We provide a support to people dealing with the problems of alcohol abuse.

Meeting dates and times for Al-Anon:
Monday 7:30p.m. - Russian River Senior Center - back room

Saturday 9:15 a.m. - Russian River Senior Center - back room
Armstrong Woods Road, Guerneville

WOMEN'S Alcoholics Anonymous

in Guerneville - meets that the Russian River Senior Center, Mondays at 7:30pm
Russian River Senior Center
15010 Armstrong Woods Road
Guerneville, CA 95446 707-869-0618
AA Hotline 544-1300.

Co-Dependents Anonymous

meeting held on Thurs. eve. from 7-8pm at the Russian River Community Senior Center - 15010 Armstrong Woods Rd. in Guerneville. (CODA) is an anonymous meeting for people who want to improve the quality of their relationships.

Wednesdays at Hospice House

Food for you mind, body & spirit! An evening of conversation and information. Weekly speakers. 7 - 9pm. Hospice of Petaluma, 416 Payran St., Petaluma. Info: 778-6242

February 20 - Forestville Historical

Society meets the 3rd Wednesday monthly, 7:00 PM at the Forestville Elementary School Library. Call Ron Davis 823-2921 for information or visit www.sonic.net/forestville. One of our projects is to maintain and improve the Forestville Cemetery. If you would like to be part of preserving our history and maintaining the cemetery, please come and join us. Membership is only \$10 for person and \$20 for a family.

March 11 - Russian River Historical

Society - Meetings are the 2nd Tuesday of every Month at the Monte Rio Community Center in the Russian River Historical Society Room at 6:30. 20488 Highway 116, Monte Rio. Anyone who is interested is invited to this meeting. We will be outlining our needs and seeking board volunteers. www.russianriverhistory.org **Interested in joining? Send a check for \$10 to PO Box 484, Monte Rio, CA 9546**

For You

Russian River Empowerment

Center: You are not home alone for the holidays! We are here for you. A mental health and wellness consumer driven drop-in center offering support groups, peer counseling, creative activities, referrals and a safe community environment. Free and confidential membership. Open Tues. - Fri. 9:30 am – 4:00 pm 16229 Third Street, off Armstrong Woods Road, Guerneville 707-604-7264 A West County Community Services Project

Community Resources For Independence - CRI staff attorneys will answer disability related legal questions on a first-come, first-served basis at no charge. (707) 528-2745 www.cri-dove.org

Teen Clinic at CASA in Forestville:

Pregnancy testing & counseling, birth control choices, sexually transmitted disease testing and treatment, emergency contraception, free condoms. Teen staff, relaxed atmosphere, snacks. Free and confidential. 6570 1st St., Forestville, Mon. Tues & Thurs 2:30-5:30.

Sexual Assault Support Groups

Drop-in English: Mondays 6:00pm
Drop-in Spanish: Call for info
Skill Building: 8-week sessions.
Family & Friends Drop-in: Thursdays at 6:00pm
Girls 15 – 18: Wednesdays at 4:00pm
Info at 545-7270.

Children's Health Insurance:

Healthy Families, a state sponsored low cost health insurance program for children. Families of 4 can earn up to \$4000 per month. Call Occidental Health Center, 874-2444 or Russian River Health Center 869-2849.

Ongoing Low Fee Feldenkrais®

Clinic on 1st and 3rd Fridays of every month at Palm Drive Hospital in Sebastopol. Individual Functional Integration lessons by qualified Feldenkrais practitioners available on a sliding scale of \$20 - \$40 per session. For more information and to schedule an appointment, phone (707) 829 - 8270 or 490 - 6665.

Health Services:

Free women's health services: pap smears, breast exams and referrals for mammograms. Free for income eligible women. By appointment. Call Occidental Area Health Center, 3802 Main St., Occidental, 874-2444; or Russian River Health Center, 16319 3rd St., Guerneville, 869-2849.

Drop-In Immunization Clinics, \$5

- **Guerneville:** 3rd Monday of the month, 5-6 pm, RR Health Center, 16319 3rd St.
- **Occidental:** every Monday 6-7 pm, Occidental Health Center, 3802 Main St.

Well Child Exams: free for income eligible ages 0-19. By appointment. Occidental Area Health Center, 3802 Main St., Occidental, 874-2444; or Russian River Health Center, 16319 3rd St., Guerneville, 869-2849.

Children's Health Insurance: Healthy Families, a state sponsored low cost health insurance program for children. Families of 4 can earn up to \$4000 per month. Call Occidental Health Center, 874-2444 or Russian River Health Center 869-2849.

The Forestville United Methodist Church Food Closet

is open on the second and fourth Mondays of the month. Any one needing emergency food is invited to receive free groceries. Currently, about thirty families are receiving assistance. Recipients make selections based on personal preferences from available items. Open 10 ~ 11:00 A.M.

Volunteer

Organizing now - Annual Lion's Run

- Julie White is beginning to organize the annual Lion's Run which raises money for El Molino High School athletic programs. Like the Volunteer Center's Human Race, this is a run/walk where people pay to participate; gather sponsorships and have a good time in the process. Last year they ran the West County trail, so it's a very pleasant experience! Anyone interested in becoming involved in this event should contact Julie White by e-mail at juliewht@yahoo.com. Depending upon volunteer feedback, the race will be held either in August or September this year.

LagunaKeepers Volunteers

- All workdates are from 9am to noon. Be sure to wear shoes and clothes you don't mind getting dirty. Only heavy rain cancels. We'll provide the snacks, but do bring gloves, water and friends! For a full schedule, please view the LagunaKeepers 2007-2008 Calendar of Events or for more information contact Catherine at 527.9277 x108 or email: catherine@lagunafoundation.org

February 23 - Joint Wetlands Workday

- We'll continue revegetating the Joint Wetlands area and begin work on the new native plant garden. Meet at 4300 Llano Road and follow signs to the "Admin" building.

March 15 - Windmill Creek - Previous work on Windmill Creek began establishing a tree canopy. Now on to the next reach! Meet at Brown Farm gate: 2200 Llano Road just north of Grab 'n Grow.

April 19 - Meadowlark Oak Savanna

- Phase one of the exciting extension of the middle reach project to Sebastopol's Meadowlark Field. Meet at the Chevron station just east of the bridge over the Laguna on Hwy.12.