Wouldn’t you rather be at home?

From early onset dementia to end of life care, we help those who wish to stay safely at home with carefully screened and trained employee caregivers. At Home Caregivers provides assistance with shopping, transportation, bathing, dressing, and medication reminders.

Marin Office
7599 Redwood Blvd, Suite 200, Novato
415-898-HOME (4663)

Sonoma Office
891 2nd Street, Santa Rosa
707-575-HOME (4663)

Call now to receive a free client book.

“Many, many thanks for sending such a gem of a caregiver as John. My husband would light up every morning when John arrived. His ability to care was wonderful, thorough, and gentle. He really became part of our family!”
— Erdie F., Mill Valley

“Thank you so much for helping to coordinate care from the hospital to home for my husband, Jack. We were so overwhelmed with what we needed to do! Your caregiver, Bruce, was a gift! He was so compassionate and caring. He’s now family to us!”
— Peggy L., Novato

“I wish to take this opportunity to thank you for your wonderful service during our time in need. Having you there to take care of my mother’s needs was an enormous help during her last days. You and your staff clearly show a genuine compassion for your clients—both patients and family.”
— Dave N., Cotati

AtHomeCaregivers.com
Licensed by the State of California #214700017
We’re bringing an innovative new concept for Memory Care to the Santa Rosa area.

With our Pathways program, a Montessori-based philosophy for care, we create a specialized, life-enriching environment that affords each individual maximum self-expression.

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*It can be different, let us show you how!*

Please call **707-544-4909** for more information!
The Marin/Sonoma Senior Care Directory is published annually by:

Born to Age
P.O. Box 6863
Napa, CA 94581

Publisher: Yvonne Baginski
Cover Photos: Tom Sanders
Design & Layout: Barbara Schwartz

A NOTE TO OUR READERS:
Efforts were made to ensure that the entries were current at the time of printing. Please be aware that changes may occur. Response to information contained in this directory, including any corrections or updated information should be directed to:

Born to Age
707-226-7127
borntoage@hotmail.com

If you would like to advertise in Born to Age, please take a moment to fill out our Advertisers’ Questionnaire on page 43.
Welcome to the 12th Anniversary Edition, Marin and Sonoma Counties Directory for Older Adults! It's a great source of information on not only aging, but how to get help for the many facets of chronic illness, frailty and disability. In other words, it's a place to start when you know you're going to need some help, but not sure when, where or why.

Over the years, we've watched the field of caring grow in leaps and bounds. There are so many "professionals" popping up who suddenly see a burgeoning opportunity to heed the call on what many are expecting to be a silver tsunami of need. However, we at Born To Age urge caution in making choices and watching carefully what decisions these "professionals" are making in determining care and housing options for what they might deem, "your benefit."

We recommend that you peruse the field of care, housing and support services very carefully. Know your options and exercise your rights.

That's why this directory is published. It's to help you understand the field of choices before you need to make a decision. So many of us wait until a crisis, and then in a panic, follow advice that may not be what is actually wanted or needed.

One of our biggest challenges is educating doctors and other health care professionals on what is available in a community. People rely on their doctors to tell them when they need the services lined out in this directory. We are also available to speak to your club, group or organization. We can help decipher end of life options, choosing home care and assisted livings, finding appropriate help, and working with you to come up with a solid plan.

Born to Age would like to thank the advertisers for making this directory a reality for all these years. They pay for the service so you can receive the free information. Be sure to thank them when you call.

You know, it's hard to believe that we're all aging so fast. And many of us will never need the services lined out in this directory. Sometimes I talk to people in their 90's who are still walking a mile or two a day, and their minds are as sharp as ever. But, that isn't true for everyone. So, be prepared. It might not be you, but someone close to you, who will need more help.

We welcome your comments and suggestions. If we've missed something, give us a call.

Looking forward to another year!

Yvonne Baginski
Editor/Publisher

What we all wonder is: Who Will Care For Me When I No Longer Can?

You will find the answers to all these questions in this directory. There are services, businesses and organizations who are eager to help, some charge fees, others are volunteer-based. But all are available to help you plan. If you have any questions, or need direction, you can always call us at 707.226.7127. We'll be happy to provide some guidance and advice.

We are also available to speak to your club, group or organization. We can help decipher end of life options, choosing home care and assisted livings, finding appropriate help, and working with you to come up with a solid plan.

What about needed care for your dog or cat? Are you worried about falling or being alone at night? Are your medications on time? Is your family living far away? Are you obsessing over running out of money? Concerned about forgetting all the time?

- Is getting a ride a problem for you?
- What about needing some housekeeping support?
- Worried about falling or being alone at night?
- Can’t remember to always take your medications on time?
- Is your family living far away?
- Are you obsessing over running out of money?
- Concerned about forgetting all the time?

- Find that your remote control, television, telephone or answering machine are always breaking?
- Are thinking of moving, but the task is overwhelming?
- If you go to the hospital, who's going to care for your dog or cat?
- What about getting your mail, or paying your bills?
- Who will pick up your prescriptions, do your grocery shopping, prepare your meals when you return home?
**Meditation Works To Lessen Worries & Improve Quality of Life**

**What do you worry about as you age?**

Whether you'll be able to keep your health and live independently...and, for how long? Will your savings last as long as you live? Can you keep up with ever-changing technology? Name your worry, and James Keolker, PhD., has a one solution: Meditation.

"Meditation is a very current topic. The reason for its popularity is that the practice really does work and there are all kinds of positive, measurable results," says Keolker, a meditation expert specializing in teaching older adults. "It's come a long way from the '60's."

Now, meditation is being taught in schools to first responders and any groups under stress and older people, well they're embarking on a "last great adventure that has a lot of stress," points out Keolker.

It's the mind/body connection that needs to be brought more into awareness, he says, adding that one example of a mind/body disconnect is walking into a room and not remembering why you've entered the room. With meditation, the practice itself helps the mind/body work together so that place and focus are more congruent.

He suggests daily meditation, with a centering exercise to set aside all the day's difficulties and focusing instead, on only the present. "The present, he believes, is, "only your breath. In and out, your breathing."

With a straight posture and both feet flat on the floor, breathe in and out. Make sure your back is well supported in the chair. Now breathe.

"Thoughts will come up, release them and return to your breath. Release the tension in your shoulders, rotate them, and you will know when you're relaxing," he recommends. "There's a lot going on in our minds....all these thoughts. We process 82,000 thoughts a day. But when you meditate, the fragments are going to settle....breath in and out."

Meditation is the only way to truly rest, according to Keolker. "You might nap everyday but minds continue to process, even when we're asleep." Scientific studies have proven that some nerve centers are specifically activated with meditation. Neurochemicals are released, helping with feeling relaxed and a sense of well being. He points to 76 major psychological benefits from meditation, including reducing the risks of heart disease and stroke, reducing blood pressure, decreasing inflammation and even reducing the risk of Alzheimer's Disease. Measurable results are found after twenty minutes, twice a day, for six weeks.

"The shallower breath lowers the heart rates, relaxes muscles and gives us cognitive clarity so we can think better, faster. As we get older, there seems to be more distractions and complications in our thinking, meditation can help us a great deal.

James Keolker, PhD.

---

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ACTIVITIES

Corte Madera Parks and Recreation
498 Tamalpais Dr.
Corte Madera, CA 94925
www.cmparksandrec.org
415.927.5072

Cloverdale Senior Multipurpose Center
311 Main Street
Cloverdale, CA
707.894.4826

Dances in San Rafael
Featuring live music.
Last Sunday of the month, 2-5 p.m
San Rafael Community Center
618 B Street
San Rafael, CA
415.485.3348 or 415.485.333

Dance Palace Community Center
503 B Street
Pt. Reyes Station, CA 94956
415.663.1075

Golden Opportunities
St. Eugene Parish Life Center
Monthly meetings with lunch for people over age 50.
2323 Montgomery St.
Santa Rosa, CA 95405
707.542.6984

Edgewater Active Seniors
Recreation 11 a.m., 1st and 3rd Tues.
420 Litho St.
Sausalito, CA 94965
415.289.4152

Episcopal Senior Communities
Senior Center Without Walls
Free telephone program.
Classes, conversations, support on the telephone.
877.797.7299
(See ad on back cover)

Friendship Circle
Jewish Community Center, Sonoma County
1301 Farmers Lane, Suite C103
Santa Rosa, CA 95409
Friendship Circle Office:
707.528.1182

Golden Gate Computer Society
Four Points Sheraton, Napa Room
1010 Northgate Parkway
Meets 4th Monday, 7:15 p.m.
Free admission
www.ggcs.org

Healdsburg Senior Center
133 Matheson
Healdsburg, CA 95448
707.431.3324

Jewish Community Center Sonoma County
1301 Farmers Lane, Suite C103
Santa Rosa, CA 95409
www.jccsoco.org
707.528.1182

Larkspur Larks
240 Doherty Dr.
Larkspur, CA 94937
Meets 1st and 3rd Thurs., 11:30-1:00 p.m
415.927.6746

Larkspur Walkers
A walking group that meets M, W, F, 9-10 a.m. at Piper Park in Larkspur.
415.927.6746

Pebble Beach Senior Center
704 Bennett Rd.
Santa Rosa, CA 95404
707.543.4625

St. Eugene Parish Life Center
Monthly meetings with lunch for people over age 50.
2323 Montgomery St.
Santa Rosa, CA 95405
707.542.6984

Senior Ballroom Dance
Fridays, 1-4 p.m. $8
2080 W. College Ave.
707.543.3745

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Active Adults 50+
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Finley Complex
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Come discover Santa Rosa businesses, organizations & activities that make our community a great place to live.

For more info: Person Senior Wing (707) 543-3745
For accessible information, call (707) 543-3292/TDD (707) 543-3289 (M-F 8am-5pm)
Margaret Todd Senior Center
Novato Senior Citizens Club
1560 Hill Rd.
Novato, CA 94947
415.899.8290

Margarita C. Johnson
Senior Center
640 Drake Ave.
Marin City, CA 94965
415.332.9323

Marin City Senior Sunshine Club
415.332.9323

Marin Gray Panthers
P.O. Box 133
Fairfax, CA
Yvette_wakefield@yahoo.com
415.453.1550

Marin Retired Teachers
Delphine Johnson
www.marinretiredteachers.org
415.472.1852

Marin Villages
4340 Redwood Hwy, Suite F-142
San Rafael, CA 94903
www.marinvillages.org
415.457.4633

Mill Valley Senior Club
180 Camino Alto
Mill Valley, CA 94941
415.383.1370

National Association of
Retired Federal Employees
Shirley Border
415.897.5606

Osher Marin Jewish
Community Center
200 N. San Pedro Rd.
San Rafael, CA 94903
415.444.8000

Petaluma Senior Center
211 Novak Dr.
Petaluma, CA
707.778.4399

Senior Garden Club
At Sonoma Garden Park
19996 Seventh St., East
Sonoma, CA
707.938.7371

Senior Social Club
Social Activities held in:
Santa Rosa, Healdsburg,
Sebastopol, Sonoma
Laurel Anderson
707.525.0143 Ext. 103

Sons In Retirement
Fairfax: China Camp Branch #151
Meets the 4th Thursday of each month. Social hour is 11 a.m. and lunch is served at noon. Guest speakers, outings, tours and sports events.
Deer Park Villa I
367 Bolinas Rd.
Fairfax, CA 94930
415.479.2173

Pickleweed Park
Community Center
49 Canal St.
San Rafael, CA 94901
415.485.3077

Pt. Reyes Seniors
415.663.9025

Retired Public Employees
Association
One McInnis Parkway
San Rafael, CA 94903
415.473.6147

Rohnert Park Senior Center
6800 Hunter Drive, Suite A
Rohnert Park, CA 94928
707.585.6780

Ross Valley Seniors
Fairfax Women’s Club
Social programs 1st Thurs.,
11 a.m.-1:45 p.m., lunch served
$7 drop in fee or $25 a year.
46 Park Rd.
Fairfax, CA 94930
415.258.4669

Russian River Senior Center
15010 Armstrong Woods Road
Guerneville, CA 95446
707.869.0618

San Geronimo Valley Pioneers
San Geronimo Community Center
Lunch meetings every Thursday.
415.488.9705

San Rafael Goldenaires
San Rafael Community Center
618 B St.
San Rafael, CA
415.485.3348

Sebastopol Senior Center
167 High Street
Sebastopol, CA
707.829.2440

Senior Social Club
Social Activities held in:
Santa Rosa, Healdsburg,
Sebastopol, Sonoma
Laurel Anderson
707.525.0143 Ext. 103

Spectrum Center
for LGBT Concerns
30 North San Pedro Rd, Suite 160
San Rafael, CA 94903
415.472.1945

Sons In Retirement
Fairfax: China Camp Branch #151
Meets the 4th Thursday of each month. Social hour is 11 a.m. and lunch is served at noon. Guest speakers, outings, tours and sports events.
Deer Park Villa I
367 Bolinas Rd.
Fairfax, CA 94930
415.479.2173

Healdsburg: #157
Meets 1st Thursday at noon
Healdsburg Golf Club
927 S. Fitch Mountain Rd.

Novato: #47
Meets 4th Tuesday at noon
Marin Country Club
500 Country Club Dr.

Novato: #134
Meets 1st Tuesday at noon
Marin Country Club
500 Country Club Dr.

Petaluma: #58
Meets 3rd Tuesday
Elks Lodge
2105 S. McDowell Blvd.

Petaluma: #100
Meets 1st Tuesday
Elks Lodge
2105 S. McDowell Blvd.
Petaluma: #147
Meets 2nd Tuesday
Elks Lodge
2105 S. McDowell Blvd.

Rohnert Park: #132
Meets 3rd Thursday
Wedgeweed Banquet Center
100 Golf Course Rd.

San Rafael: #68
Meets 2nd Tuesday
Club at McInnis Park
350 Smith Ranch Rd.

San Rafael: #22
Meets 1st Tuesday
Club at McInnis Park
350 Smith Ranch Rd.

Santa Rosa: #17
Meets 3rd Friday
Scottish Rite Temple
600 Acacia Lane

Santa Rosa: #53
Meets 4th Wednesday
Oakmont East Recreation Center
7902 Oakmont Dr.

Santa Rosa: #76
Meets 4th Wednesday
Bennett Valley Golf Course
3328 Yulupa Ave.

Santa Rosa: #92
Meets 2nd Tuesday
Berger Community Center
6633 Oakmont Dr.

Sebastopol: #158
Meets 2nd Wednesday
St. Steven’s Church
500 Robinson Rd.

Sonoma: #66
Meets 2nd Thursday
Moose Lodge
20572 Broadway

Windsor: #176
Meets 3rd Wednesday
Windsor Golf Club
Charlie’s Grill
1320 19th Hole Dr.

St. Isabella’s 50+ Club
1 Trinity Way
San Rafael, CA 94903
415.479.1560

Tam Valley Seniors Club
Tam Valley Community Center
203 Marin Ave.
Mill Valley, CA 94941
415.383.1370 ext. 4707

Terra Linda Seniors
670 Del Gonado Rd.
San Rafael, CA 94903
415.485.3344

West Marin Senior Services
11435 State Highway 1
Point Reyes Station, CA 94956
415.663.8148

Widowed Persons Association
A great way to meet new people
and attend social events.
Marin Chapter
P.O. Box 6034
San Rafael, CA 94903
415.479.1560

Novato Chapter
P.O. Box 592
Novato, CA 94948-0592
415.883.7356

SONOMA:
The Vintage House
The Jerry Casson Multipurpose
Senior Center
264 First St.
Sonoma, CA 95476
707.996.0311

The Sonoma Senior Center offers
classes in yoga, Italian, French,
bridge, mahjong, exercise, quilting,
chess, cribbage, and dancing.
For a complete calendar, call:
707.996.0311

Questions on Caring?
Support?
Need Information?
Ask Yvonne!

FREE personal assistance, either
by computer or just a phone call
away! We’ll help you find the right
answer to all your questions about
Senior Care in your local community.

www.Born-to-Age.com
Or Call 707.226.7127
ADVANCE DIRECTIVES FOR HEALTH CARE

(Your final wishes for health care decisions. Everyone should have one completed, no matter age or health condition. Forms are available at hospitals, hospice and local medical offices.)

California Medical Association
$6 per kit.
To order: 800.882.1262
Can also be downloaded at: www.cmanet.org

Compassion and Choices of Northern California
Free services, provides Advance Directives
3701 Sacramento St., #439

San Francisco, CA 94118
866.825.8967

Journey Project, Coordinating Council
P.O. Box 2331
Santa Rosa, CA 95405

Physical address:
Open Tues. and Thurs. afternoons or by appointment.
Susan Kellor, Executive Director
404 A Mendocino Ave.
707.539.2364

Advance directives can be downloaded at:
www.caringcommunity.org

Seniors At Home
600 Fifth Ave.
San Rafael, CA 94901
www seniorsathome.org
info@seniorsathome.org
415.507.0564
(See ad on page 38)

Seniors At Home
1360 N. Dutton, Suite C
Santa Rosa, CA 95401
www.seniorsathome.org
info@seniorsathome.org
707.571.8533
(See ad on page 38)

Affordable Housing

EAH Housing
2169 E. Francisco Blvd.
San Rafael, CA 94901
415.258.1800
Eahhousing.org
Manages over 400 units with subsidized rents for seniors.

Episcopal Senior Communities
Shared Housing
930 Tamalpais Ave.
San Rafael, CA 94901
415.456.9062 ext.132

The Homeshare Program is a free referral service for seniors which provides an alternative, affordable way of meeting housing needs with numerous benefits to homeowners and renters alike. The service includes homeshare agreements and background checks. Do you have a room to share or do you need a place to call home?
Call Leslie: 415.456.9062 ext.132
(See ad on back cover)

Lilypad Homes
Lilypadhomes.org
415.250.9317
(see ad on page 10)

Little House on the Trailer
1840 Petaluma Blvd., North Petaluma, CA 94952
Littlehouseontheowner.com
415.233.0423
(see ad on page 41)

SHARE, Sonoma
Amy Appleton
share@petalumapeople.org
707.477.2759
(See ad on page 12)

PEP Housing
951 Petaluma Blvd., South Petaluma, CA 94952
707.762.2336

YOU can qualify for Medi-Cal while protecting your assets!

We dispel the myths, answer your questions and serve as your beacon to help you successfully navigate your way through the Medi-Cal, financial and long-term care maze.

Lilypad provides technical assistance and can direct you to financing opportunities. Grant funding may be available.

415-250-9317 • info@lilypadhomes.org

Photo gallery at www.LilypadHomes.org
Whenever I speak with my mother, she always tells me where her papers are...the papers that I’ll need in case she ever dies. Except, when I ask her for the details, it turns out that these aren’t the papers I might need if she lives, but becomes incompetent or too ill to take care of her personal matters on her own.

But, my mom believes she’s prepared, and she’s not. In fact, I’m worried that if something happens, we’ll be scrambling in all directions. I don’t think she’s alone in this regard. That’s why I’m writing this piece for all of us.

Here are the important documents you’ll need. And be sure to tell your family where they’re stored. Born To Age also recommends: The Estate Document Organizer, a notebook that contains ALL the information your family will need. These Organizers are available from creator, Julie Jones at (707)343.1252. They can also be seen at: www.estatedocsorganizer.com

Start collecting these documents as soon as possible, and update them every few years to reflect changes in assets and preferences.

1. An Original Will

A will allows you to dictate who inherits your assets. Dying without a will means losing control of how your assets are distributed. Instead, state law will determine what happens. Wills are subject to probate – legal proceedings that take inventory, make appraisals of property settle outstanding debt and distribute remaining assets. One way to avoid probate is with a Revocable Living Trust.

2. A Revocable Living Trust

This is a transfer of ownership of various assets to a trust. You can serve as a trustee on behalf of the beneficiaries you designate. Or, you can designate a trust executor on the event of your death.

3. Durable Financial Power of Attorney Form

This form designates who will make financial decisions on your behalf in the event that you are incapacitated.

4. Documentation of Assets

This includes housing and land ownership, cemetery plots, vehicles, stock certificates, savings bonds, any partnership or corporate operating agreements and a list of brokerages and escrow mortgage accounts.

5. Tax Returns (previous three years)

6. Banking Information

List of all bank accounts and online log-in information. List any safe deposit boxes, and register your spouse or child’s name with the bank and ask them to sign the registration so they can have access without securing a court order.


This allows your designee to make health care decisions on your behalf if you are incapacitated.

8. Authorization to Release Protected Health Information Form

This allows you to designate people who can be given information about your health from your doctor or hospital.

9. A Physician’s Order for Life Sustaining Treatment (POLST) Form

This bright pink form is for terminally ill or people who are very old and frail and not expected to live more than a year. The POLST designates preference for on the spot medical treatment in the emergency room, or by the EMTs.

10. Life Insurance Policies

Family members need to know the name of the carrier, the policy number and the agent associated with the policy.

11. Benefits Accounts

This includes pensions, annuities, individual retirement accounts and (401)ks for your spouse or children. If your heirs don’t know about these accounts, they won’t be able to claim them.

12. Your marriage license, or your divorce judgement/deed.

Petaluma People Services Center (PPSC), is offering a free Home-Sharing Program for SHARE (Shared Housing And Resource Exchange) of Sonoma County, in partnership with Sonoma County. By home-sharing SHARE of Sonoma County utilizes existing housing outside areas. One of the two matched participants must be 60 years or older.

Home-Sharing is a living arrangement of two or more unrelated people who share a home or apartment for their mutual benefit. Each person has their own bedroom and possibly bathroom, but shares common living areas such as the kitchen, living room, and outside areas. One of the two matched participants must be 60 years or older.

SHARE helps provide tools for screening and background checks and helps define each unique home-share and provide support on an ongoing basis. A home-share can be designed as a rent-exchange home-share, or a service-exchange home-share whereby the home-seeker pays less rent – or no rent - in exchange for providing defined services such as light household duties, meal preparation, driving, gardening and/or companionship on behalf of the home-provider.

SHARE is now accepting applications to help people identify, screen, and thrive with housing partners.

Please contact Amy Appleton at (707) 477-2759 or via email: share@petalumapeople.org

---

**Share of Sonoma County**

A shared housing and resource exchange in partnership with Petaluma People Services Center

SHARE (Shared Housing And Resource Exchange) of Sonoma County, in partnership with Petaluma People Services Center (PPSC), is offering a free Home-Sharing Program for Sonoma County. By home-sharing SHARE of Sonoma County utilizes existing housing throughout Sonoma County for those in need of housing and also helps seniors to age-in-place. SHARE also utilizes resources available throughout the county to provide any additional support needed for each SHARE participant.

Home-Sharing is a living arrangement of two or more unrelated people who share a home or apartment for their mutual benefit. Each person has their own bedroom and possibly bathroom, but shares common living areas such as the kitchen, living room, and outside areas. One of the two matched participants must be 60 years or older.

SHARE helps provide tools for screening and background checks and helps define each unique home-share and provide support on an ongoing basis. A home-share can be designed as a rent-exchange home-share, or a service-exchange home-share whereby the home-seeker pays less rent – or no rent - in exchange for providing defined services such as light household duties, meal preparation, driving, gardening and/or companionship on behalf of the home-provider.

SHARE is now accepting applications to help people identify, screen, and thrive with housing partners.

Please contact Amy Appleton at (707) 477-2759 or via email: share@petalumapeople.org
Hospice Services of St. Joseph Health
416 Payran St.
Petaluma, CA 94952
707.778.6242
439 College Ave
Santa Rosa, CA 95401
707.568.1094
205 East Street
Healdsburg, CA 95448
707.431.1135
(See ad on page 51)

Marin Center For Independent Living
710 Fourth St.
San Rafael, CA 94901
www.marincil.org
415.459.6245

Older Adults Program
County of Marin
25 Bon Air Rd.
Greenbrae, CA 94940
415.499.6802

Petaluma People Services Counseling
1500 Petaluma Blvd., South
Suite A
Petaluma, CA 94952
707.765.8488

Redwood Caregiver Resource Center
1140 Sonoma Ave., Suite 1B
Santa Rosa, CA 95405
707.542.0282 or 800.834.1636

Funds available to pay for caregiver counseling.

Seniors At Home
600 Fifth Ave.
San Rafael, CA 94901
info@seniorsathome.org
www.seniorsathome.org
415.571.8533
(See ad on page 29)

Sutter Care at Home
110 Stony Point Rd, Suite 200C
Santa Rosa, CA 95401
707.535.5700

The Hope and Senior Peer Counseling Program
10 North San Pedro Road
Suite 1020
San Rafael, CA 94903
415.473.2871
This service provides mental health assessment, counseling and consultation to people over age 60, in English and Spanish. Free in-home supportive counseling dealing with transitions and realities of aging.

West County Community Services
1821 4th St.
Santa Rosa, CA 95404
707.823.1640 ext. 380
Trained senior volunteers offer emotional support to older adults due to isolation, grief, illness or multiple life transitions. 12 weeks of peer counseling provided, at no cost, in your home.

COUNSELING SERVICES
(See also Senior Peer Counseling)

CorStone
33 Buchanan Dr.
Sausalito, CA 94965
415.331.6161
Free counseling and spiritual support for those coping with illness, aging, caregiving and bereavement.

Family Services Agency of Marin
555 Northgate Dr.
San Rafael, CA 94903
415.491.5700

Lighthouse of Marin
930 Tamalpais Ave.
San Rafael, CA 94901
415.258.8496
Individual, group counseling related to vision loss.

Hospice by the Bay
190 W. Napa St.
Sonoma, CA 95476
707.931.7299

Hospice by the Bay
17 E. Sir Francis Drake Blvd.
Larkspur, CA 94939
415.927.2273
www.hbtb.org
(See ad on page 51)

Sutter Care at Home
110 Stony Point Rd, Suite 200C
Santa Rosa, CA 95401
707.535.5700

The Hope and Senior Peer Counseling Program
10 North San Pedro Road
Suite 1020
San Rafael, CA 94903
415.473.2871
This service provides mental health assessment, counseling and consultation to people over age 60, in English and Spanish. Free in-home supportive counseling dealing with transitions and realities of aging.

West County Community Services
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Sonoma (Tues, Thurs & Fri):

Vintage House Senior Center
264 First Street, East
Sonoma, CA 95476
707.996.1414

Windsor:

Vinecrest Senior Apartment Complex
8400 Hembree Lane
Windsor, CA 95492
707.838.9261

COUNSELING SERVICES
(See also Senior Peer Counseling)

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707.931.7299

Hospice by the Bay
17 E. Sir Francis Drake Blvd.
Larkspur, CA 94939
415.927.2273
www.hbtb.org
(See ad on page 51)

Sebastopol:  

Sebastopol Area Senior Center  
167 High St.  Sebastopol, CA 95472  707.829.8381  

Sonoma (Tues, Thurs & Fri):  

Vintage House Senior Center  
264 First Street, East  Sonoma, CA 95476  707.996.1414  

Windsor:  

Vinecrest Senior Apartment Complex  
8400 Hembree Lane  Windsor, CA 95492  707.838.9261  

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(See also Senior Peer Counseling)  

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17 E. Sir Francis Drake Blvd.  Larkspur, CA 94939  415.927.2273  www.hbtb.org  
(See ad on page 51)
THE LOVE OF PETS CONNECTS CONVERSATIONS FROM MILES AWAY

Anne Sanabria admits she’s a “crazy dog lady.” Her favorite four canines are framed and featured in her office at work, and she cringes with guilt that she’s not able to spend as much time a she’d like to with them, everyday. After her husband died, last year, it’s her dogs that have helped her cope with her grieving and loss.

She suspects that pets make a difference in the lives of many people and one thing Sanabria knows for sure, and that’s pets and talking about them really helps people who are homebound and living alone.

About seven years ago she started a 30-minute conversation every Saturday at 11 a.m. through the Senior Center Without Walls. Under the guise of “Pet Tales,” she listens to seven or eight people tell their stories, worries and jokes about their beloved dogs and cats.

“We reminisce, talk about the dogs we used to love, our current dogs… the time goes fast,” said Sanabria with a laugh. “Some people talk more than others, and interruptions happen, just like in real life. But, together, we lighten the load.”

Many of the people Sanabria talk with are in chronic pain, homebound and have difficulty managing day to day. They are lonely, eager to be heard and listen to someone new. She takes notes so she can recall and ask questions on the next visit. Mostly, though, they have a chance for a laugh or two.

“I hear people say that they have a smile on their face for the rest of the day after the call,” said Sanabria. “I too am helped….sometimes I’ve had a bad week, but when I finish the call, I feel better.”

Senior Center Without Walls, while based in San Francisco, connects about 450 seniors throughout fifteen states. Offering about 50 different call-in conversations, it means that just about anyone can connect in a conversation about something in common.

Sanabria isn’t sure where all of her “students” live, a few years ago she did meet one for lunch in Concord, and this past week she believes another one just joined from Connecticut.

One connection that Sanabria has made in this volunteer work is that with her own heart.

“Pets are really important. My husband died, but I still have his dog. That means a lot to me,” she says, adding that it’s made her more empathetic with her students. “We talk of their trials and tribulations, when they’ve lost pets, have had them get sick, etc.”

And now, when someone she knows loses a pet, Sanabria has made it a practice to acknowledge it with a card and a specially-inscribed medallion.

Some of the people who call now, Sanabria has been with for over five years. They’ve formed a relationship with her, and she talks at ease. “We aren’t going to solve the world’s problems, but we are going to have a good time.”

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2. Physician’s Order for Life Sustaining Treatment (POLST)

This form is primarily for those whose death would not come as a surprise in a year or two. This is a BRIGHT PINK form, it is a legal order, and it must be signed by both the person AND, a doctor. Copies can be made and distributed, they are all legal. However, the POLST must be dated and signed. Many doctors will not sign the form without a conversation regarding the terms of the form. Once the POLST is complete, it should be place somewhere visible in the home (on a refrigerator, wall by the bed, etc.). The reason for the POLST is it advises an immediate action. When the ambulance arrives, the POLST instructs on whether or not to resuscitate, for example. It gives guidance on immediate treatment until the person can respond, or an agent can be located. POLST forms are available at your doctor’s office.
ACUPUNCTURIST LAUDS MIND/BODY HEALING: DON’T WORRY, BE HAPPY

What do you believe about your body getting sick?

In America, medicine works to diagnose and treat disease, as if diseases exist on their own. The goal is to eliminate the disease. The treatment is pills, surgery, radiation and devices… in other words, get the disease out of the system.

But, maybe there’s another way.

In a recent talk to cancer survivors in Yountville, Calif., Martin Rossman, MD, suggests, “there are no diseases, but patterns or disharmony or unbalances….which make you vulnerable to these manifestations.”

Rossman runs an integrative medical practice in Greenbrae, CA. It’s a clinic that blends acupuncture, medicine, nutrition, well…a lot of stuff into care. Rossman believes that there are many angles to treatment and culture is what determines the treatment.

As well as being a western-trained medical doctor, Rossman also has an acupuncture practice that specializes in helping people when they are unable to get relief or treatment to effectively manage their disease.

He gives one example that 1/3 of the people in the world are treated with acupuncture. In his practice, about half of the chronic pain patients he sees are treated successfully with acupuncture. Research shows that it’s safe, with no side effects.

Basically, it works by stimulating built-in self-healing mechanisms, he says. It is especially helpful for people undergoing chemotherapy or radiation treatments. A trial of six treatments is what he recommends, “that will tell you if it’s worthwhile.”

“Courses of disease can follow a wide pattern, it’s not just a disease…but, who’s got it,” he says, pointing out that the same disease looks different in each person. “Some people might die right away, others outline their prognosis…and, what’s the health of the patient who gets the disease?”

Medicine is dependent on the body’s ability to heal. “Healing is a big part of this, if you didn’t have the ability to heal, you wouldn’t be here. You’ve healed and recovered many times,” he said. “It’s an innate process, part of life. You can repair yourself, and do so continuously. We are exposed to viruses, injuries, etc….and we recover from almost everything, that’s built into life.”

But how we eat, think, move, interact with people and the environment….. well, Rossman believes those are the things that help or hinder how we heal, as well.

“I’m a big believer in supporting the body’s natural ability to heal,” says this 30-year medical practitioner. “Integrative healing is an addition to medicine, not an alternative. People who do the two together, clearly do better.”

He differentiates between medicine and healing, pointing out that healing is slower, which is counter to the American dream.

“I can treat without pharmaceuticals, but it is challenging for the patient. Instead of taking one pill a day, you might have to change your diet, or take 30-40 supplements a day. It can be complicated,” he added, pointing out that less than ten percent of people actually take their medicines on time, and in the right dosage.

“By the time you get up to fifteen medicines and give them to a 70-year-old person (who takes them only half the time), healing can actually slow to weeks or months. People get impatient.”

And, since it’s mostly about the pills, people don’t realize all the other things they can be doing. The mind/body healing effect is well documented in numerous studies. “You are what you eat and think,” he said.

Health care, he believes, should also include sleep, happiness, moving the body, interactions with people, the environment, how we think, feel and decisions/choices. He believes that the body needs adequate support in all these realms in order to heal.

How you handle stress and emotions may be the single most important thing you can do for your health. And, it’s the brain that handles both. Rossman sees the brain has keeping us alive with vigilance. It is always scanning, looking around for problems.

“It’s easy to get hijacked by worries, stress and anxiety and all of these have huge effects on the body,” he said. “Worry is uncomfortable and we seek comfort in food, alcohol and drug, all, which when overdone, can be toxic to the body.”
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707.538.1914
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www.dailymoneys.com

Moving Seniors is our Specialty
Call Betsy Godin to handle the details.
so you can relax.
From packing and moving... to setting up your new home.
MovingSeniors.com

MOVERS & MOVE MANAGEMENT SERVICES

Betsy’s Moving Matters
MovingMattersOnline.com
P.O. Box 111
Santa Rosa, CA 95402
707.322.0620
(See ad on page 20)

Careful Moving and Storage
812 Donahue St.
Santa Rosa, CA 95401
MovingSantaRosa.com
707.528.0328
(See ad on page 9)

Senior Settlers
Skilled downsizing and relocation
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www.senior-settlers.com
415.755.3340

Daily Money Management Services

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707-235-9205
Call me today for a free in-home consultation!
tammy@dailymoneys.com
www.dailymoneys.com

Daily Money Management Services
Taking care of your personal bills, budget & record keeping needs.
Tammy Vonder Haar, Owner
707-235-9205
Call me today for a free in-home consultation!
tammy@dailymoneys.com
www.dailymoneys.com
Ultimate Moves
Organizing seniors in transition, packing and unpacking services.
101 Sunny Hills Dr., Suite 60
San Anselmo, CA 94960
Ultimatemoves.net
415.497.5951 or 415.945.9300

MULTICULTURAL SERVICES
Margaret Todd Senior Center
Novato - Alma Latina
This Hispanic group meets for a potluck lunch once a month at the Novato Senior Center.
Contact: Ross Dizon: 415.899.8297

NOTARY SERVICES
Reyes Legal Document Service, Notary, Livescan
541 Farmers Lane, Suite C
Santa Rosa, CA 95405
Reyesdocuments.com
800.921.2756
(see ad on page 19)

PAINTING ASSISTANCE
Marin Helpers
415.721.7777
www.marinhelpers.com

PERSONAL TRAINER
Pacific Senior Wellness
bewell@pacificseniorwellness.com
415.299.0338
(see ad on page 8)

REVERSE MORTGAGE
Brian Dixon
Retirement Funding Solutions
P.O. Box 707
Petaluma, CA 94953
Northbayreverse.com
707.766.9105
(see ad on page 20)

Commerce Home Mortgage
Susan Richey
3130 Crow Canyon Place
San Ramon, CA 94583
707.688.9537

David Devlin
All California Mortgage
A division of American Pacific Mortgage
17 E. Sir Francis Drake Blvd, Ste 200
Larkspur, CA 94939
www.allcalifornia.com/ddevlin
ddevlin@allcalifornia.com
Ca. BRE #00789096/01215943
NMLS #: 291307/1850
415.464.8276

Reverse Mortgage Consultant
Tom MacDonald
Tom@ReverseMortgageConsultant.com
www.ReverseMortgageConsultant.com
707.265.6385

SENIOR CENTERS
(see Activities)

SENIOR PEER COUNSELING
Senior Peer Counseling
West County Community Services
1821 4th St.
Santa Rosa, CA 95404
707.823.1640 ext. 380
Trained volunteers offer support to seniors who are in need of emotional support due to isolation, grief, chronic illness or multiple life transitions.
Senior Peer Counseling, Marin
Initial assessment fee. After assessment, counseling is free of charge.
415.499.6802

HEAP
North Coast Energy Services, Inc.
Home Energy Assistance Program
North Coast Energy Services, Inc.
1100 Coddington Center, Suite 1
Santa Rosa, CA 94501
Phone: (800) 233-4480 or (707) 495-4417
www.northcoastenergyservices.com
» Utility Bill Assistance - Electric, Gas and Propane
» Free Weatherization, Emergency Heating and Cooling Repairs, Window Repairs, Refrigerator Replacement, Microwaves, Lights and Insulation.

Established 1981
Serving Lake, Mendocino, Napa, Solano, Sonoma & Yolo Counties

Weatherization Works
Ever wonder why an elderly parent, who is obviously being taken advantage of by an adult child, won’t do anything about it?

Or, why a caregiver is suddenly in charge of all decisions, including managing the money and signing checks for an elderly person?

Or, what’s happened when an elderly person has stopped visiting with friends, accepting phone calls or has cut off most of their lifelong relationships once a son/daughter has moved in?

One reason could be that of “undue” influence…..which the Probate Code defines as “….excessive persuasion that causes another person to act or refrain by overcoming that person's free will and results in inequity.”

Undue influence is not a crime, but it could be a means to committing a crime.

And, it's very easy to hide, according to Nancy Hoffman, PsyD, a Geriatric Neuropsychologist based in Benicia, Ca. “We are all vulnerable to this, because people who do this, are very good at what they do.”

Older people, though, are the most vulnerable because they are more dependent on others for care and support. Afraid to lose their independence, or main caregiver, they’ll go along with it, explained Hoffman at a recent presentation before eldercare professionals.

Tactics by the influencer might include controlling the necessaries of life, medication, the victim’s interactions with others, access to information, or sleep. Affection, intimidation and coercion are also dominant.

A “good” victim, according to Hoffman, is a white woman, over age 75 with a middle to high income, owns her home, has cognitive impairment, recently lost her spouse through death or divorce, fears change of living situation, is socially isolated, taking multiple medications, lacks familiarity with finances, is easily influenced and is living with the abuser.

The elderly are often good targets for undue influence because they may not realize the value of their home, or other assets. And, if they’re impaired, they are less likely to take action against their abuser. If the abuser is a family member, the relationship is likely lifelong and enmeshed.

One study found that a typical exploiter is a son, daughter, grandchild, spouse or other relative. Forty percent of perpetrators in financial abuse were a son or daughter, who are depending on an elderly victim for their housing or other assistance. And, families with a history of prior abuse, or hostile relationships may have a greater chance of experiencing abuse.

If you suspect financial abuse, or someone taking advantage of another by undue influence. Call Adult Protective Services in Contra Costa County at 877.839.4347 or 925.602.4179.
Tips for Creating a Video Memoir

**Start** with easy questions about childhood and early years. When and where were you born? Have you heard stories about the day you were born? Who were you named for and why? What holidays did your family celebrate and how?

**Then** focus on the adult years: everyday life, relationships, children, education, career, health, travel, etc..

**Finally**, ask about the deeper meaning of a life: What are the biggest changes you’ve seen in the world in your lifetime? What do you most regret doing or not doing and why? What were your dreams for your life and did they become part of your reality? What is your favorite memory and why? What was the most difficult time in your life and how did you cope? Who has had the most influence on you? Do you think you have had an influence on others? What is your philosophy of life? How do you cope with the many changes that come with aging? How would you like to be remembered?

**Practice** active listening. Listen carefully, reflect on what is being said, and ask respectful questions.

(Source: Nancy Hoffman, a practicing geriatric psychologist located in Benicia, CA.

---

Volunteer Opportunities

**Blind and Vision Impaired**
415.459.5066
Needs drivers, readers, and walking companions.

**CARRS**
415.944.5474
Needs drivers within Sausalito

**Catholic Charities of Sonoma Valley**
839.8850 or 528.8712
Needs people to make daily phone calls to the elderly, homebound and disabled.

**Council on Aging**
707.525.0143 ext. 147
30 Kawana Springs Road
Santa Rosa, CA
Michele Leonard
Center for Volunteer and Non-Profit Leadership
415.479.5710
553 Northgate Dr., #200
San Rafael, CA

**City of Novato, Independent Elders Program**
415.899.8296

**Episcopal Senior Communities**
Needs volunteers for: Telephone Reassurance, Senior Produce Markets, Senior Center Without Walls, Home Delivered Grocery Program, Yard Maintenance, Brown Bag Market and the Margaret Todd Senior Dining site. Contact: 415.899.8296

**I Ride Petaluma**
707.765.8488
Needs volunteer drivers.

**JFCS**
Call Barbara: 707.303.1510
Needs drivers for seniors to appointments, shopping, and social events. Email: BarbaraT@jfcs.org

**LITA – Love is the Answer, Marin**
415.472.5482
www.litamarin.com
4340 Redwood Hwy., #101
San Rafael, CA 94903

**Masters of Marin Volunteer Program**
415.448.0334
Trained volunteer consultants assist older people to find meaningful volunteer work.

**Older Adult Ministry**
First United Methodist Church
707.636.6680
1551 Montgomery Dr.
Santa Rosa, CA

**Petaluma People Services**
707.785.8488
Needs drivers to take older citizens to appointments.

**Senior Access: The Dance Palace**
415.491.2500
503 B St.
Pt. Reyes Station, CA 94956

**Senior Access at Windchime in Marin**
415.491.2500
1111 Sir Francis Drake Blvd.
Kentfield, CA 94904

**Seniors At Home**
415.507.0564
600 Fifth Ave.
San Rafael, CA 94901

**Senior Peer Counseling Program**
Santa Rosa, CA 95401
1360 N. Dutton, Suite C
Santa Rosa, CA 95401
info@seniorsathome.org
www.seniorsathome.org

**Senior Volunteer Opportunities**
415.545.4551 ext. 211
751 Lombardi Court, Suite C
Santa Rosa, CA 95407

**Senior Access at Windchime in Marin**
415.491.2500
1111 Sir Francis Drake Blvd.
Kentfield, CA 94904

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The Benefits of Volunteering

- Volunteering connects you to others.
- Volunteering helps you make new friends and contacts.
- Volunteering increases your social and relationship skills.
- Volunteering provides many benefits to both mental and physical health.
- Volunteering increases self-confidence.
- Volunteering provides a sense of purpose.
- Volunteering combats depression.
- Volunteering helps you stay physically healthy.
- Volunteering kindles happiness.
- Volunteering can advance your career.
- Volunteering offers you the chance to try out a new career without making a long-term commitment.
- Volunteering can teach you valuable job skills.
- Volunteering can also help you build upon skills you already have and use them to benefit the greater community.
- Volunteering brings fun and fulfillment to your life.

(Source: helpguide.org)
There is no cure for Alzheimer’s Disease, and one leading researcher/scientist doubts there ever will be one.

There are as many reasons for the disease as there are for cancer, or heart disease, so a “cure” won’t be the solution, according to Alireza Atri, MD, PhD, Director of the Ray Dolby Brain Health Center who spoke recently at the Alzheimer’s Association’s Annual Conference in Petaluma.

One reason is that the process of Alzheimer’s actually starts 20 years before there are any signs of the disease. There’s a disruption in the brain cell communication process, and it’s a “very long” time before the cells reach a tipping point where signs of the disease are evident to the outside world.

“It happens over time, no one ever wakes up with Alzheimer’s Disease,” he told a group of conference attendees. “Usually by the time someone exhibits signs of the disease, it’s too late to do anything about it.”

What actually happens is that a sticky protein starts depositing in the brain. It goes on for years before it shows, and the brain actually compensates for awhile. It’s during the beginning stages he believes that current medications would probably be of most benefit because they extend the “middle time” of the disease.

“We finally have some medicine that remove the amyloids, but by the time we find the people, it’s too late. If we can, we are working over time to just slow it down.”

Not that there’s much to be done, anyway, since the disease is progressive and there is no way to stop it. However, Atri gives hope in slowing down the actual decline of the brain over time.

For clarification sake, Alzheimer’s and Dementia are not the same thing.

Dementia is an umbrella phrase for brain decline which could be caused by Alzheimer’s Disease, a severe head injury, diabetes, high blood pressure, etc. He estimates that about 60 percent of dementias are caused by Alzheimer’s and sometimes people have a combination of several conditions going on at the same time.

For example, one could have Alzheimer’s, AND vascular dementia caused by high blood pressure.

Risk factors for dementia include aging (over age 85, 50% of people have it), family history, severe head injury, alcohol use, smoking, high blood pressure, high cholesterol, diabetes, gene mutations and, the biggest risk factor is having amyloid proteins in the brain.

It’s these proteins that lead to Alzheimer’s . . . but, not always. According to Atri, “When we start accumulating the proteins, we get the tangles and inflammation,” but, not everyone gets the tangles.

“We don’t know why some people have delays in getting the tangles,” he said. “Healthy people have plaque. About 30 percent of healthy 70 year olds have the plaque and might never show symptoms of the disease.”

The one thing that scientists are sure of, according to Atri, is that one solution might the building of cognitive reserve, or continuing to grow brain cells over time. He stresses that building this reserve might be the only hope at this time, recommending such activities as playing bridge, a musical instrument or learning a new language. Also, exercise is very important.

Lifestyle changes, he predicts, could delay 20-30 percent of dementia. Slowing down the decline is the only option currently available.

But, what could really make the difference is early detection. When a person starts noticing that they’re having difficulty functioning at work, or usual activities . . . or when reasoning seems impaired, poor judgement, inability to plan complex or sequential activities, forgetting events or appointments, getting lost driving, repeating questions or conversations, forgetting words while speaking, hesitations, spelling and writing errors, changes in personality or behavior . . . that’s the time to get help.

And, “help” is more than having a doctor ask you what’s the date, who’s the president and how old you are.

“Most cases of Alzheimer’s are still undiagnosed,” said Atri. To really know what kind of dementia is presenting, there are laboratory workups, imaging and other tests that must be done.

“No one wakes up with dementia,” he said. If they do, it’s usually a delirium which is caused by an infection or other medical condition that must be investigated.
Quality of Life: Index to Articles

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ADULT PROTECTIVE SERVICES

(Where to call if you're worried about an aging friend relative and need someone to come out to the home and check things out. No charge for this. County service. Also, look under CASE MANAGEMENT. There are private geriatric care managers who also offer this service for a fee.)

Adult Protective Services (APS)
707.565.5940 (Sonoma)
415.507.2774 (Marin)

ALZHEIMER’S ALERT SYSTEM

Safe Return
Alzheimer’s Association
1211 N. Dutton Ave., Suite A
Santa Rosa, CA 95401
707.573.1210 or 707.542.4357

Petaluma Police Dept.
Registers people with Alzheimer’s Disease. If they wander away from home and become lost and disoriented, they can be found. Also given an ID bracelet. The Police. Dept. maintains a file and photo of each participant.
707.778.4372

Catholic Charities
Alzheimer’s Respite Resource Center
987 Airway Court
Santa Rosa, CA
707.528.8712

Lifelong Marin Adult Day Health Center
1905 Novato Blvd.
Novato, CA 94947
415.897.6884

ADULT SOCIAL DAY CARE PROGRAMS

Council on Aging
Senior Social Club
2150 Giffen Ave.
Santa Rosa
Laurel Anderson:
707.525.0143 ext. 103

The Vintage House
The Jerry Casson Multipurpose Senior Center
264 First St.
Sonoma, CA 95476
707.996.0311
Senior Day Care available
Tue- Thurs, 9:30 a.m.- 2:30 p.m.
707.935.0850

Healdsburg/Windsor/Cloverdale Senior Day Services
Mon, Tues and Wed.
209 Matheson St.,
Healdsburg, CA 95448
707.443.6161

Petaluma People Services
Senior Day Program
25 Howard St.
Petaluma, CA 94952
707.965.8490

Sebastopol Area Senior Center
The Senior Social Club
Mon., Wed. and Fri.
167 N. High St.
Sebastopol, CA 95472
707.829.2440

Senior Access
The Wilfred George Adult Day Center
70 Skyview Terrace
San Rafael, CA 94903
415.491.2500

ADULT DAY HEALTH CARE

(These centers take people of all ages who are frail, demented or need rehabilitation service to recover from strokes, injuries or accidents but cannot remain home alone, and don't want to live in a nursing home. Activities, lunch and transportation are provided. If eligible, services are covered by Medi-Cal. Private fees are assessed on a sliding scale.)

Serving Marin, Sonoma, and Napa counties
24-Hour Helpline
1.800.272.3900
Information, Referral, Support
www.alz.org/norcal
What About Cannabis and Aging Adults?

By Yvonne Baginski

Older adults take lots of prescription drugs. When I visit older people, everyone seems to be taking a pill for pain, diabetes, high blood pressure, depression, high cholesterol—well, name any condition of risk with aging and there’s something a doctor will prescribe to make it better.

So, when medical marijuana was legalized in California twelve years ago, some questioned whether it would work in lieu of some of the other drugs we’ve been using. Well, actual scientific data is hard to come by, because very little research is funded due to the federal opposition. But, people are starting to tell their stories, and what we’re seeing is an increasing willingness by older people in trying cannabis and doctors starting to listen.

For example, Phillip Grob, MD, a Geriatric Psychiatrist in Santa Rosa, has seen results in treating people with dementia who are agitated and difficult to manage. He tells one story, “the first time I tried cannabis it was with a patient who was in assisted living and was screaming, biting and wreaking havoc. I tried every medication, she just couldn’t tolerate it or didn’t respond. I suggested cannabis and it totally calmed her down.”

Grob frequently works with people who have dementia with behavioral disturbances, and points out that currently there is no FDA-approved medications for them. Even though some doctors prescribe such anti-psychotic drugs as Haldol, Risperdall and Seroquel, they all have “black box” warnings, which means they may cause death in people with dementia.

With cannabis, he recommends “start slow, go slow. There is a wide range of sensitivity with people, there is no set dosage. But using cannabis, people might be able to pull back on prescription medications.”

While Kent Matsuda, MD, a Santa Rosa-based internist doesn’t usually advocate for cannabis, he has increasing numbers of patients asking for it, “especially chronic pain patients who want to take less medication. But, it doesn’t always work. Again, people have a mixed response…sometimes the initial response is good, and then it tapers off.”

However a recent study, which appears in Health Affairs, has found that in the 17 states allowing the drug for therapeutic purposes, there have been declines in Medicare prescriptions used to treat chronic pain, anxiety and depression, and a dip in spending by Medicare Part D which covers the cost of these prescriptions. In other words, the study adds credence to the fact that some older people are seeking cannabis as an alternative to mainstream prescriptions.

The researchers found that in these 17 states, the number of prescriptions dropped for drugs to treat anxiety, depression pain, psychosis, seizures, sleep disorders and spasticity. Those are all conditions for which cannabis is sometimes recommended.

The study also found that the typical doctor in a medical-marijuana state prescribed 1,826 fewer doses of painkiller in a given year. Using cannabis effectively is done by a trial and error, by each person. There are different strains, and ways to take it. Mostly, it’s a combination of the cannabinoids THC and CBD, which provide the chemical compound of relief. THC is the component that makes you “high” and CBD is the component that could help with pain relief, sleeplessness, etc.

There are hundreds of products, including edibles, teas, tinctures, teas and yes, even capsules.

**HOW DO I GET A DOCTOR’S RECOMMENDATION?**

In California, all you need to become a medical marijuana patient is a driver’s license (or state ID card), and a valid doctor’s recommendation.

You are not required to have a medical marijuana identification card, a doctor’s recommendation letter will be enough.

Talk to your doctor, first. Some doctors are more open to recommending now. If your doctor won’t do it, there are other doctors who might. Many doctors are hesitant or unwilling to recommend for fear of federal persecution.

There are cannabis clinicians who specialize. Many are in Vallejo and charge between $50-75 for a visit and letter. There are also online consultation, starting at $30. Two online sources are: www.eazemd.com www.abacarx.com
Drug Discount Programs

Drug discount programs may reduce your out-of-pocket costs for prescription drugs. Government agencies, retail pharmacies, drug manufacturers, and non-profit organizations offer a wide variety of programs with different kinds of benefits. One may be right for you.

The resources listed are provided as a convenience to the public and do not constitute all drug discount programs currently available to consumers. The California State Board of Pharmacy makes no guarantees or recommendations regarding individual organizations or the resources they provide.

### Prescription Drug Discount Program for California Medicare Recipients

California Department of Health Care Services (916) 552-9714  
http://www.dhcs.ca.gov/individuals/Pages/PresDrgDisPrqmMedRcpts.aspx

California Medicare recipients can pay Medi-Cal prices (plus 15 cents per prescription) for their prescription drugs. There are no forms to fill out, and you do not need to be a Medi-Cal recipient. Display your Medicare card at the pharmacy counter and ask for the Medi-Cal discount. The discount will depend on the medication. You must pay out-of-pocket when filling the prescription, and the discount cannot be applied to other discounts or combined with any insurance coverage.

### Medicare Part D Prescription Drug Coverage / Medicare Advantage Plans

Centers for Medicare and Medicaid Services (CMS)  
www.medicare.gov/pdphome.asp (800) 633-4227

Medicare prescription drug coverage is insurance coverage for brand-name and generic prescription drugs at participating pharmacies. Everyone with Medicare is eligible for coverage regardless of income, resources, or health status. To get Medicare prescription drug coverage, you must join a Medicare prescription drug plan or join a Medicare Advantage Plan or other Medicare Health Plan offering drug coverage. Monthly premiums and co-payments vary by plan.

### Social Security Prescription Drug Assistance

U.S. Social Security Administration  
www.socialsecurity.gov (800) 772-1213

If you have limited resources and income, you may qualify for extra help to pay for prescription drug coverage. The extra help could be worth up to $4,000 per year by paying for all or most prescription drug co-payments, monthly premiums, and annual deductibles. Eligibility depends on your income and the value of your savings, investments and real estate (other than your home). If married, Social Security will need this information from your spouse as well.
The Meadows
1800 Atrium Parkway
Napa, CA 94558
www.meadowsnapa.com
707.257.7885
(See ad on page 28)

The Vineyard at Fountaingrove
200 Fountaingrove Parkway
Santa Rosa, CA 95403
Vineyardfountaingrove.com
707.544.4909
(see ad on page 3)

Sonoma County
Long Term Care Ombudsman
Senior Advocacy Services
3262 Airway Blvd., Suite C
Santa Rosa, CA 95403
www.senioradvocacyservices.org
707.526.4108

Volunteers and staff serve as patient advocates with quality of life and care issues. Also maintains a binder of citations and actions against local facilities.

ALZHEIMER’S RESPIE CARE
Catholic Charities
Alzheimer’s Respite Resource Center
987 Airway Court
Santa Rosa, CA 95402
707.528.8712

Council on Aging, Sonoma Respite
264 First Street East
Sonoma, CA 95476
707.935.0850

Outing Club
A community adventure program for those with Alzheimer’s or dementia who enjoy activities and are comfortable going to new places. Tuesdays, 10 a.m. to 3 p.m. Fee: 415.491.2500

Primrose Alzheimer’s and Adult Day Club
2080 Guerneville Rd., Santa Rosa 95403
707.578.8300

ASSISTED LIVING COMPLAINTS
Community Care - Licensing Division
101 Golf Course Drive, Suite A-230
Santa Rosa, CA 95401
707.588.5026

Marin County Ombudsman
10 N. San Pedro Rd., Suite 1002
San Rafael, CA 94903
415.479.8282

Nursing Home Ombudsman
Sonoma County Long Term Care Ombudsman
Senior Advocacy Services
3262 Airway Blvd., Suite C
Santa Rosa, CA 95403
www.senioradvocacyservices.org
707.526.4108

Volunteers and staff serve as patient advocates with quality of life and care issues. Also maintains a binder of citations and actions against local facilities.

ASSISTED LIVING
Aldersly Garden
326 Mission Ave.
San Rafael, CA 94901
www.aldersly.com
415.453.7425
(see ad on page 6)

Nazareth House, San Rafael
245 Nova Albion Way
San Rafael, CA 94903
Nazarethsr.org
415.479.8282

Oakmont Gardens
301 White Oak Dr.
Santa Rosa, CA 95409
www.mbkseniorliving.com
707.538.1914
(see ad on page 45)

UC Davis Northern California Alzheimer’s Disease Center
UC Davis, Dept. of Neurology
150 Muir Road, Martinez
Provides comprehensive and evaluation for Alzheimer’s Disease and other dementias.
925.372.2485

The Meadows of Napa Valley offers gorgeous, brand-new apartments up to 2,400 square feet with all the finest amenities—and at the best value for new construction in the area. And, with all levels of healthcare on-site, you’ll enjoy peace of mind knowing your future is secure for life.

Reserve your apartment today!
707-320-2207
www.meadowsnapa.com

Equal Housing Opportunity. RCFE# 286801070 • COA# 249
SNF# 110000292 The Meadows of Napa Valley has filed an application for Certificate of Authority to the state of California for the expansion and has been issued a permit to accept deposit.
Whether it is companionship, personal care or home cooked meals, we can be there as much or as little as you’d like us to be.

Marin County Dept of Health and Human Services, Division of Public Health Services: Access to Care, Case Management
899 Northgate Dr., Suite 415
San Rafael, CA 94903
Public health nurses provide case management and senior health program.
415.473.3038

Multipurpose Senior Services Program / Linkages
3725 Westwind Blvd., Suite 101
Santa Rosa, CA 94503
707.565.5970

Russian River Senior Center
15010 Armstrong Woods Rd.
Guerneville, CA 95446
707.869.5618

Seniors At Home
600 Fifth Ave.
San Rafael, CA 94901
info@seniorsathome.org
www.seniorsathome.org
415.449.3777
(See ad on page 37)

Seniors At Home
1360 N. Dutton, Suite C
Santa Rosa, CA 95401
info@seniorsathome.org
www.seniorsathome.org
707.303.1530
(See ad on page 38)

The Vintage House
The Jerry Casson
Multipurpose Senior Center
264 First St.
Sonoma, CA 95476
707.996.0311

West Marin Senior Services
11435 State Highway 1
Point Reyes Station, CA 94956
415.663.8148

CAREGIVERS FOR HIRE
(These listings include everyone who hires out caregivers. See comparison chart on pages 32-35.)

Alegre Home Care
101 Brookwood Ave., Ste. 205
Santa Rosa, CA 95404
707.703.1195
Marin
4380 Redwood Hwy, Suite A-6
San Rafael, CA 95404
Alegrecare.com
415.578.7471
(See ad on page 29)

At Home Caregivers of the North Bay
7665 Redwood Blvd. #200
Novato, CA 94945
415.898.HOME (4663)
891 2nd St.
Santa Rosa, CA
707.575.HOME (4663)
(See ad on Inside Front Cover)

Continued on Page 37
Willie Norup Knows A Lot About Change

Willie Norup knows a lot about change. In his lifetime, he’s lived in nine countries, 34 houses and has worked in 82 countries. When he retired from a consulting practice twenty five years ago, he looked forward to exploring new ways of living.

“In the beginning, I didn’t know what it was like to be a senior,” he said speaking recently before a group of elder care professionals. “I gave up working, and then I started painting.”

But after a decade or so, he wanted to do more.

“Being an intellectual, a reader, I thought I’d try to figure out what life was all about. I thought I could use this knowledge in my later years,” he said.

So he began to read philosophy, psychology and all books in-between. What he felt drawn to was Asian philosophy, particularly the practice if I Ching, which was developed in China over 3,500 years ago.

I Ching is the practice of throwing three coins. The way the coins fall is significantly related to your current life situation. The I Ching foundation is on Synchronicity, or meaningful coincidence.

What Norup recommends is voicing a question, then throwing the three coins, six times. A pattern develops which is then interpreted by a Hexagram. He’s recently written a book, the “I Ching for Wise Living and Aging,” which is a modern interpretation of the Chinese wisdom.

“In a few minutes, it will answer your deep-felt questions about what is happening in your life and how to handle it. The answers and insights provided will motivate you to consciously live for spiritual growth, service to others an personal fulfillment,” reads the cover on the book.

Norup believes that using I Ching “solved all my aging problems, all my concerns. I went from being an involved businessman to who man who sits home and cares for a wife with Alzheimer’s Disease.”

And, in this caring for his wife, he wrote a second I Ching book, “Self Help for Caregivers,” which helps with direction and support in the challenges of caregiving.

He admits, “Caregiving, for many caregivers, can be pure hell.” He knows his book can help, “the I Ching will help you change your life as a caregiver from a stressful burden to an enriching blessing with hope for the future.”

Both books are available for purchase on Amazon.com but Norup is giving them away without charge, and is available to speak at support groups and club meetings. He wants these books and teaching to be his legacy after he leaves the world.

“I begin the day with I Ching. It tells me what’s going on in my life, what I can accomplish and who to concentrate on at this juncture. It also tells me what I can produce at this time.”

Overwhelmed caring for a loved one?

Let an expert help you find an assisted living facility your senior-in-need can call home – all at no cost to you or your loved one.

JOY LOVINGER
(707) 292-9998
joy@joycares.net
www.joycares.net
**HOW TO LIVE AND AGE WISELY**

Excerpts from “I Ching for Wise Living and Aging” by Willie Norup

**BE POSITIVE**

As you live and age, consciously direct your creativity to positive ends, and you will be a source of joy, help, and inspiration to others. Demonstrate kindness, tolerance, and gentleness, and be sensitive to the feelings of others. Meet them halfway by creating ‘win-win’ opportunities.

Use your creative energy to pursue endeavors that will be useful, inspiring, and contribute to the well-being of the world around you. Trust your intuition. Stay clear of negative thoughts. Be passionate about what is truly important to you, and people will be drawn in to help you. Provided your goals are worthy and good for the whole, and not merely selfish, the coming period of time will bring success, profit, and insight. Your future will be a life of sweet liberation and possibilities for fulfilling your potential and seeing in perspective that life is precious.

**DIVE INTO CHALLENGES**

As you live and age, new situations in life provide challenges to help you learn and grow. Expect and embrace surprises and challenges with an open mind. Remember that everyone started as a beginner. Accept that whatever happens is meant to happen, and learn from it. Keep a positive attitude, and make the most of today.

Be open-minded and prepared to change direction to avoid steps that could turn out to be mistakes. It is never too late to start over. Most creative successes are preceded by a few educational failures. With positive thinking, energy, and enthusiasm, dive into the unknown. What is beyond the horizon might give you fulfillment and perhaps a new lease on life. If you do not try, you will never know. Have realistic expectations about what you can accomplish, and keep on doing your best. Look at every new day as a precious gift full of opportunities.

**AVOID WASTING YOUR LIFE**

In the afternoon of life, some people pass their time, day after day, without meaningful purpose, being concerned only with the physical changes that occur and waiting for life to end. Conscious living and aging, on the other hand, gives you a wonderful opportunity to succeed in life by intentionally using your wisdom, skills, and compassion to be of service to others.

Take this time to enjoy the present and to nourish and strengthen yourself so you can take advantage of future opportunities. Take time to dream about what you would like to see happening in your life. If you sincerely expect to succeed, it is more likely that you will encounter synchronistic events leading to the right opportunities. The second half of life is a period of freedom and newfound possibilities. It is about finding a comfortable balance between too fast and too slow, too much and too little. If there is too much of something, look for ways to add the excess where there is too little. Go with the flow, and keep going until you find the point of harmonious equilibrium.

Be realistic and accept the inevitable changes in life. Maintain your self-confidence without boasting or showing off. Measure yourself not against others but against your own performance. Practice modesty and doing good with no expectations of pay back, and people will cooperate with you.

If things go badly for you, keep your balance and accept whatever happens as a learning opportunity. Look for opportunities to transform the situation into something better by applying your strength and intuitive wisdom. Your positive energy will eventually come back to you.

Questions/Comments for Willie Norup can be emailed to: two4art@comcast.com

“I Ching for Wise Living & Aging” can be found on Amazon.com

Questions on Caring? Support? Need Information?

**Ask Yvonne!**

FREE personal assistance, either by computer or just a phone call away! We’ll help you find the right answer to all your questions about Senior Care in your local area.


Or Call 707.226.7127
There are many choices in hiring help at home. Many will hire privately, that is, pay out-of-pocket for help on an “as-needed” basis. There are many different ways to find caregivers. Some senior centers maintain lists, there are other sources from discharge planners, physicians offices and hospice agencies. Remember, too, that if you hire privately, you work out the hours, rate of pay, etc….and, you’re also an employer and must abide by IRS rulings for tax purposes.

Here’s a brief rundown on the types of agencies in Sonoma and Marin Counties.

**HOME HEALTH CARE AGENCIES**

These agencies provide services that are 100% covered by Medicare and Medi-Cal. The service must be ordered by a physician. However, clients still have a personal choice of any agency. There are certain requirements for care, for one, you must be homebound and in need of skilled care. This would translate to a nurse or physical, occupational or speech therapy. This is also a time and visit limited service. Some aide service can be available, if there’s a skilled need. This is a service NOT covered by long term care insurance. Born To Age does not list the prices these agencies charge because the costs are directly reimbursed by Medicare. Client is not billed for services.

**Healthy Living at Home**
1320 Willow Pass Rd, Ste 715
Concord, CA 94520
877.513.7363
Michelle Kahler
707.815.8236

**Kindred at Home**
185 N. Redwood Dr., Ste. 150
San Rafael, CA 94903
415.492.8400

**Sutter Care at Home**
Sonoma: 1110 North Dutton Ave, Santa Rosa, CA 707.535.5600

**PRIVATE DUTY HOME CARE AGENCIES**

These agencies can provide both skilled and non-skilled medical care. The services might be covered by long term care, or other insurances, and private pay. The agency is the employer. Caregivers are hired, screened and paid for by the agency. If the caregiver is ill or unable to work, a substitute caregiver is available. The agency pays payroll taxes, worker’s compensation and maintains liability coverage. The agency also determines what the caregiver can and can’t do. There is over a minimum number of hours for service. Care provided by these agencies can include: skilled care, personal care, transportation/errands, meal preparation, medication reminders, light housekeeping, laundry, etc. Shifts can be hourly, live-in or sleepover.

**At Home Caregivers**
is a locally owned and operated, full service, employee model agency that pays all taxes, insurance and worker’s compensation insurance for caregivers. Rates range from $27-$30 an hour (minimum 3 hrs.) depending on the needs of the client. “Live-in” 24-hour care ranges from $20-$22 an hour. Transportation is $26 an hour (using your car, otherwise add $.75/mile). Caregivers are triple-screened, experienced, insured, bonded and supervised. Discounts given. Now licensed by the State of California.

**At Home Nursing**
1378 A Corporate Center Parkway
Santa Rosa, CA 95407
athomene@yahoo.com
www.athomene.com
707.546.8773
HC0#010005349

At Home Nursing provides Home Care Aides (HCA’s), Licensed shift care, Skilled Nursing Visits & Nurse Case Management. In business since 1998, the Agency is locally nurse owned & managed. Certified by CAHSAH (California Association for Health Services at Home) for Home Care Aide services & State licensed as a Home Health Agency, we provide Skilled Nursing Services, fill Medi-Sets & provide Geriatric Case Management services. Staff are employees, bonded, insured, background checked, reference checked, fingerprinted & tested. Agency matches personalities and skill level needs of clients to caregivers. Free in-home assessment by a Nurse. Nurse Care Manager provides ongoing supervision of the caregivers. 24-hour Nurse Manager On Call for management and support of all cases and caregivers. Rates start at $26.00 per hour. Also provide 12 hour shifts & Live-Ins. No minimum hours for care. Private duty sitter (one on one) services also provided in facilities for peace of mind. The Agency works with MSSP, Linkages, IHS, Skilled Nursing Homes, Hospices, APS, the VA, Council on Aging & various Hospices. We are also contracted with numerous private insurances & are able to bill Long Term Care Insurances because we are a licensed Agency.
At Your Service Nursing & Home Care Services is a dual licensed nursing and home care agency serving Sonoma, Marin, and Napa counties under the direction of Dr. Lucy Andrews a gerontology and dementia expert. We are locally owned and operated and have provided care to those in need in our communities for the last 14 years. We offer Personal Care attendants, Certified Nurse Assistants and Home Health Aides who complement our skilled Registered Nurses and Dementia protection program created by Dr. Andrews.

We are compliant with all state and federal laws and screen our staff at the local state and federal level. We provide ongoing staff training program that are offered to aides in the community. We offer a free in home safety evaluation and needs assessment and determine with you, and your family care needs. We can fill med-i-sets (pill boxes) manage medication administration, provide nurse visits to Physician appointments and provide geriatric care management and advocacy services. We offer a unique Dementia program based on Dr. Andrews' work and evidence from the latest research in dementia and Alzheimer's disease. We believe that in addition to providing care we must advocate for our patients and clients and are actively involved in advocating at the state and national level. Dr. Andrews serves on the Board of Directors for both the California Association for Health Services at Home (CAHSAH) and is the Vice Chair of the National Association for Home Care and Hospice Association (NAHC).

Rates for non-medical home care aide services start at $27.50 and services are available around the clock.

**First Light Home Care**
Marin County:
4340 Redwood Highway
Suite F-130
San Rafael, CA 94903
www.marincounty.firstlighthomecare.com
Fax: 415.521.5863
Phone: 415.521.5860

Sonoma County:
1030 2nd Street, Ste. 5
Santa Rosa, CA 95407
www.firstlighthomecare.com
707.501.9830
HCO#24700008

First Light Home Care is a locally owned and operated full service company that employs and certifies all caregivers. Caregivers are thoroughly screened, selected, trained, insured, and bonded. Caregivers are Alzheimer's and Dementia trained. Caregivers participate in on-going training and have at least two years of solid professional experience. They have been background checked, drug screened, have a verified and clean DMV record with up to date auto insurance. All have the right to work in the USA. Caregivers are available on an hourly, live-in or overnight schedule basis. Free of charge case management needs assessment and home safety evaluation. Pays all workers’ compensation, liability insurance and payroll taxes. Hourly care rates range from $27-$30 per hour. Live-in 24-hour shift costs are $625 per day. RN services available to support all its clients, families and caregivers. Reasonable discounts for long term care cases. Transportation to and from doctor's appointments, shopping or running errands $35 per hour, 2 hour

**Continued on Page 34**

**From personal care to playing cards, this is home care.**

At FirstLight™ Home Care of Marin, Napa and Sonoma Counties, the care we provide goes beyond the basics of bathing, house cleaning and medication reminders. If you or your loved one want to work in the garden or play a game of cards, we’re there. We care for seniors, adults with disabilities, busy moms, and adults recovering from illness, injury or surgery. Call us to learn the many ways our family can help yours.

Schedule a complimentary consultation today.

**415-521-5860** Marin County
**707-501-9830** Napa & Sonoma Counties

Locally owned and operated by the Paretchan family.

MarinCounty.FirstLightHomeCare.com
HCO#214700008
minimum. (.58 per mile, first 10 miles free), Works with Veterans to help them receive their aid and attendance benefits. Offers services to seniors, mothers to be, persons with intellectual and physical disabilities and to everyone needing personal care, companion care, respite care, dementia care, rehabilitative care and travel companion services. FREE ONLINE FAMILY LEARNING CENTER for the health and well-being of a loved one, online at flc. ipced.com/FirstLightNorCal today! For a free home care assessment call 415.521.5660 or 707.501.9830

Hired Hands Home Care
10 Commercial Blvd, Ste 102
Novato, CA 94949
415.884.4343

2901 Cleveland Ave., Ste 203
Santa Rosa, CA 95403
www.hiredhandshomecare.com
info@hiredhandshomecare.com
707.575.4700
HCO#214700014

Hired Hands Homecare is a family owned and operated, full service homecare company, providing a wide range of caregiving services for over 20 years. All Caregivers are our employees, and are thoroughly screened, insured, and bonded. Caregivers available on a flexible hourly, overnight, and live-in basis. Hourly care starts @ $30 per hour (3 hour minimum), and 24 hour care starts at $567 per 24-hour shift. Serving the entire North Bay, with offices in Marin, Sonoma, & Napa counties. Complimentary case management, needs assessment, and home safety evaluation provided at no cost. Members of the National Private Duty Association (NPDA), the California Association for Health Services at Home (CAHSAH) and the Better Business Bureau (BBB).

Home Well Senior Care
77 Mark Dr., Suite 33
San Rafael, CA 94903
415.599.4333
707.931.4280
HCO#214700009

HomeWell Senior Care provides quality and compassionate hourly or live-in care for seniors and others looking for care at home. HomeWell Personal Assistants are comprehensively screened, including multiple reference checks, criminal and driving records checks, have at least 1,000 hours of professional caregiving experience. (All payroll and insurance matters.) Hourly rate range is $28.95-31.95. Daily live-in rates $24.95 per hour. NO MINIMUMS! Caregivers are Alzheimer’s and Dementia trained, and many are CNAs and HomeHealth Aides. Bonded and insured Free consultations, assessments, comprehensive care plans and supervisor visits.

Interim Healthcare of Santa Rosa
2200 Range Ave., #102
Santa Rosa, CA 95403
Interimhealthcare.com/santarosaca
707.200.2260
HCO#494700007

Since 1966, Interim HealthCare has been providing services to seniors to keep them safe and comfortable in their homes. We believe in continuity of care for our clients and do our best to match our caregivers’ strengths with the clients’ needs. We can accommodate three-hour visits to 12-hour shifts and do not charge clients overtime. Rates start at $25-$29 an hour (4 hour minimum). Our home care aids are state-registered, licensed, bonded and insured, and they are our employees. We accept long-term care insurance and are contracted with the Veterans’ Administration, and work with local agencies, such as the Redwood Caregiver Resource Center and the Council on Aging. Please call for a complimentary visit. (707) 200-2260.

Kindred at Home
185 N. Redwood Drive, Ste 150
San Rafael, CA 94903
www.kindredathome.com
Fax: 415.492.8401
Tel: 415.493.1406
HCO#434700054

Kindred at Home is a full service home health agency, offering both medical and non-medical home care to Bay Area families for over 20 years. Services range from skilled nursing and rehabilitative therapy to private duty personal care and household assistance, with non-medical rates starting at $30 an hour (4 hour minimum). The company is CHAP accredited and Medicare-certified, and all employees are highly trained, screened, bonded, and insured. Clinicians are licensed, and professional case managers coordinate care with physicians and other healthcare providers. Services include nursing care, physical and occupational therapy, extended care, home health aids, medication management, and the full range of personal care assistance, transportation and companionship.

Senior Resources @ Home
1425 N. McDowell Blvd.
Petaluma, CA 94952
www.jm-esc.org
Contact: 707.539.9000
Marin Couty: 415.583.4789
HCO#494700013

Senior Resources @ Home is a nonprofit home care program providing Certified Nursing Assistants, Home Health Aides and Professional Caregivers. Handles all employee taxes, workers compensation insurance, and liability insurance. Employees are criminal background checked through the FBI and DOJ and also pass a pre-employment physical. Offers specialized Care Teams with expertise in: Dementia and Alzheimer’s Care, Transitioning to home after discharge from the hospital or skilled nursing facility, Parkinson’s Care, and End-of-Life support. Hourly Rate: $26.00 an hour (4 hour minimum). Free home care assessment.

WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN MARIN & SONOMA

<table>
<thead>
<tr>
<th>Agency</th>
<th>Services</th>
<th>Rate</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hired Hands Home Care</td>
<td>Light Housekeeping &amp; Laundry, Meal Preparation &amp; Clean Up, Medication Reminders, Personal Care, Respite Care, Wardrobe, Dressing Assistance, Help with Daily Grooming, Bathing &amp; Toileting Assistance, Help with Ambulation</td>
<td>$26.00 an hour (4 hour minimum)</td>
<td>415.599.4333, 707.931.4280</td>
</tr>
<tr>
<td>Home Well Senior Care</td>
<td>Bedbound Assistance, Protective Supervision for those with Impaired Judgment, Transportation &amp; Errand Services, Companionship, Conversation, Meal Planning, Grocery Shopping, Help with Pets</td>
<td>$28.95-31.95 (Daily live-in rates $24.95 per hour)</td>
<td>415.599.4333, 707.931.4280</td>
</tr>
<tr>
<td>Interim Healthcare of Santa Rosa</td>
<td>Light Housekeeping &amp; Laundry, Meal Preparation &amp; Clean Up, Medication Reminders, Personal Care, Respite Care, Wardrobe, Dressing Assistance, Help with Daily Grooming, Bathing &amp; Toileting Assistance, Help with Ambulation</td>
<td>$25-$29 an hour (4 hour minimum)</td>
<td>707.200.2260</td>
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<tr>
<td>Kindred at Home</td>
<td>Light Housekeeping &amp; Laundry, Meal Preparation &amp; Clean Up, Medication Reminders, Personal Care, Respite Care, Wardrobe, Dressing Assistance, Help with Daily Grooming, Bathing &amp; Toileting Assistance, Help with Ambulation</td>
<td>$26.00 an hour (4 hour minimum)</td>
<td>415.492.8401, 415.493.1406</td>
</tr>
<tr>
<td>Senior Resources @ Home</td>
<td>Light Housekeeping &amp; Laundry, Meal Preparation &amp; Clean Up, Medication Reminders, Personal Care, Respite Care, Wardrobe, Dressing Assistance, Help with Daily Grooming, Bathing &amp; Toileting Assistance, Help with Ambulation</td>
<td>$26.00 an hour (4 hour minimum)</td>
<td>707.539.9000, 415.583.4789</td>
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</tbody>
</table>
Seniors at Home
600 Fifth Ave.
San Rafael, CA 94901
www.seniorsathome.org
415.448.3777

Seniors At Home
1360 N. Dutton, Ste C
Santa Rosa, CA 95401
Info@seniorsathome.org
www.seniorsathome.org
707.303.1530
HCO#220000378

Seniors At Home offers a comprehensive range of services to help seniors live at home. Caregivers are available 2 to 24 hours a day to assist with personal care, homemaking, and companionship. Caregivers are bonded and insured, and background screenings are performed. $30-$32 per hour with a 4-hour minimum, and $460 per live-in shift. Skilled nursing visits are $160. With one call, clients have access to all services, including Care Management, Palliative and End-of-Life Care, Counseling, Money Management, Spiritual Care, Volunteer Services, JFCS Rides, Transportation Services, and more.

Senior Helpers North Bay
1100 Trancas St., Suite 214
Napa, CA 94558
707.251.1540
HCO#284700002

Senior Helpers North Bay is a care management company providing care management, transitional care, placement and non-medical home care. FREE assessments and safety checks. Based on visit we make recommendations are made based on needs. Employees are insured, bonded, background checked and trained for various situations. A patented training dementia training program called GEMs is used for all caregivers. $28 per hour (3 hour minimum) $35 per hour (anything over 9 hours in a day). $550 for anything over 9 hours in a day. $550 for 24-hour shift is $318, 24-hour shift is $660, and Nighttime Awake shift, 10pm-6am, is $33.50/hour. In-home free assessments and safety checks. Accepts checks, cash, major credit cards and insurance. Employees are bonded, insured, drug tested, and criminal background checked. All are monitored and supervised. Transportation at IRS rate if caregiver’s car is used.

Visiting Angels
Living Assistance Services
Sonoma - Napa - Solano
www.visitingangels.com/napa-solano
Fax: 707.528.2388
Tel: 707.528.0222
HCO#49470021

Visiting Angels offers a comprehensive range of services to help seniors live at home. Caregivers are available 2 to 24 hours a day. Caregivers are bonded and insured, and background screenings are performed. $30-$32 per hour with a 4-hour minimum, and $460 per live-in shift. Skilled nursing visits are $160. With one call, clients have access to all services, including Care Management, Palliative and End-of-Life Care, Counseling, Money Management, Spiritual Care, Volunteer Services, JFCS Rides, Transportation Services, and more.

DOMESTIC REFERRAL AGENCIES

These agencies provide nonmedical caregivers/companions to help with personal care, transportation, meals, baths, light housekeeping, etc. They provide many of the same services as private duty home care agencies, however, the caregiver’s are not employees of the agency. The agency finds and screens the caregiver. The client has the option of interviewing or letting the agency match the appropriate caregiver. The agency assists in negotiating the rate between the client and caregiver, including agency fee. Caregiver earnings are reported to the IRS. Substitute caregivers are available.

AAA HOME HEALTH CARE, LLC

In your home, where you belong!

LOVE. CARE. RESPECT.

We provide personal care, companionship, doctors’ visits, shopping, food preparation, feeding, light housekeeping and transportation assistance.

Alzheimers, Dementia, ALS, Hospice & Parkinson’s

Our goal is to maintain your quality of life.

Xiao “Jen” Liang
(707) 567-7242
(707) 567-7039
aaahomecare@hotmail.com
A NEW WAY TO LOOK AT TIME
by Steven Campbell

There are two ways to look at time:
1. The way most of us see it.
2. A way that can change our lives.

Most of us see time as seconds ticking away; one moment after another.

Here’s the problem:

We end up playing a shell game of procrastination, where the promise of the future quells the anxiety of the present.

We then say, “I can always do this in the future.”

A way that can change our lives.
However, there is another way to look at time, summarized in one admonition: “Do it while you can.” Which is when? Right now!

There is no abstraction here - only the time that has been given to us. Every moment can be a moment when we make a decision to act.

Think of this, dear reader! When did your old life end?

About a second ago!

And when when did your new life begin?

About a second ago.

Now...do the math.

If there are 60 seconds per minute, and 60 minutes per hour, and 24 hours in a day; in one 24-hour day, you have 86,400 new lives made available to you...every single day!

So you get to begin your brand new life today... 86,400 times! WOW!

America’s Choice in Senior Homecare®
Visiting Angels allows your loved one to remain where they are the most comfortable... in their own home.

We Care Every Day in Every Way®

Bathing Assistance  Light Housekeeping
Dressing Assistance  Meal Preparation
Grooming  Friendly Companionship
Assistance with Walking  Flexible Hourly Care
Medication Reminders  Respite Care for Families
Errands/Shopping  Live-In Care

707-528-0222
www.visitingangels.com/napa-solano

Each Visiting Angels agency is independently owned and operated. Lic. #494700021
CAREGIVERS FOR HIRE cont.

At Home Nursing
1378A Corporate Center Pkwy
Santa Rosa, CA 95407
www.at homer enursing.com
707.546.8773
(See ad on page 34)

At Your Service Home Care
1221 Farmers Lane, Suite A
Santa Rosa, CA 95405
Ayshomecare.net
707.573.1003
(See ad on page 35)

First Light Home Care
Marin County:
4340 Redwood Highway
Suite F-130
San Rafael, CA 94903
www.marincountyfirstlighthomecare.com
Fax: 415.521.5863
Phone: 415.521.5860

Sonoma County:
1030 2nd Street, Ste. 5
Santa Rosa, CA 95407
www.firstlighthomecare.com
707.501.9830
HCO#24700008
(See ad on page 35)

Hired Hands Home Care
10 Commercial Blvd., Suite 102
Novato, CA 94949
415.884.4343
2901 Cleveland Ave., Suite 203
Santa Rosa, CA 95403
www.hiredhandsomc.com
707.575.4700
(See ad on page 42)

Home Care Assistance,
Marin County
919 Sir Francis Drake Blvd, Ste 107
Kentfield, CA 94904
Homecareassistance.com
415.532.8626

Home Care Assistance,
Sonoma County
170 Farmers Lane, Suite 11
Santa Rosa, CA 95405
Homecareassistance.com
707.843.4368

HomeWell Senior Care
77 Mark Dr., Suite 33
San Rafael, CA 94903
www.howellseniorcarenorthbay.com
415.599.4333 or 707.931.4280
(See ad on page 34)

Interim Healthcare of Santa Rosa
2200 Range Ave., #102
Santa Rosa, CA 95403
Interimhealthcare.com
707.545.4906
(See ad on page 32)

Linkages, Sonoma County
3725 Westwind Blvd., Suite 101
Santa Rosa, CA 95403
707.565.5900

Marin In Home
Supportive Services (IHSS)
10 N. San Pedro Rd, Suite 1016
San Rafael, CA 94903
Home caregivers for pre-qualified,
Medi-Cal eligible seniors.
415.499.1024

Marin Center
For Independent Living
710 Fourth St.
San Rafael, CA 94901
www.marinclimate.org
415.459.6245

Multipurpose Senior Services
Program
3726 Westwind Blvd., Suite 101
Santa Rosa, CA 95403
707.565.5970

Kindred at Home
185 N. Redwood Drive, Suite 150
San Rafael, CA 94903
Fax: 415.492.8401
415.492.8400
(See ad on page 42)

Right At Home
The Surgery/Medical Center
1111 Sonoma Ave., Suite 324
Santa Rosa, CA 95405

Rightathome.net/Sonoma
707.843.5192

Seniors At Home
600 Fifth Ave.
San Rafael, CA 94901
info@seniorsathome.org
www.seniorsathome.org
415.449.3777
(See ad on page 38)

Seniors At Home
1360 N. Dutton, Suite C
Santa Rosa, CA 95401
info@seniorsathome.org
www.seniorsathome.org
707.303.1530
(See ad on page 38)

Senior Resources @ Home
1425 N. McDowell Blvd., Ste.10
Petaluma, CA 94952
Sonoma: 707.539.9000
Marin: 415.583.4789

Sequoia Senior Solutions
1372 McDowell Blvd., Suite S
Petaluma, CA 94954
www.sequoiaseionssolutions.com
Sonoma: 707.763.6600
Marin: 415.259.0331
Napa + Lake: 707.254.7660
(See ad on page 49)

Sonoma County In-Home
Supportive Services, (IHSS)
3725 Westwind Blvd., Suite 101
Santa Rosa, CA 95402
Home caregivers for pre-qualified,
Medi-Cal eligible seniors.
707.565.5900

Sutter Care At Home
100 Rowland Way
Suite 215
Novato, CA 94945
415.209.7700
(See ad on page 37)

Sutter Care at Home provides
expert care in the comfort of your home.

Home Health Care
Hospice (in Sonoma County)
Private Care (in Marin County)
Home Infusion Therapy
Flu & Wellness Programs

(800) 698-1273
suttercareathome.org
Visiting Angels, Sonoma
1120 Montgomery St.
Santa Rosa, CA 95405
www.visitingangels.com/santarosa
707.528.0222
(See ad on page 36)

West Marin Senior Services
Caregiver Registry
11435 State Highway 1
Point Reyes Station, CA 94956
415.663.8148

CAREGIVER HOUSING

Lilypad Homes
Lilypadhomes.org
415.250.9317
(See ad on page 10)

Little House on the Trailer
1840 Petaluma Blvd. North
Petaluma, CA 94952
Littlehouseonthetrailer.com
415.233.0423
(See ad on page 41)

CONSERVATORS
(See Fiduciaries)

Public Conservator and Public
Guardian Sonoma County
Human Services
3725 Westwind Blvd., Suite 101
Santa Rosa, CA 95403
707.565.5733 or 707.565.5735

Marin Public Guardian
20 N. San Pedro Rd., Suite 2014
San Rafael, CA 94903
415.499.6186

Seniors At Home
600 Fifth Ave.
San Rafael, CA 94901
info@seniorsathome.org
www.seniorsathome.org
415.449.3777
(See ad on page 38)

Seniors At Home
1360 N. Dutton, Suite C
Santa Rosa, CA 95401
info@seniorsathome.org
www.seniorsathome.org
707.303.1530
(See ad on page 38)

CONTINUING CARE
RETIREMENT COMMUNITIES

Aldersly Garden
326 Mission Ave.
San Rafael, CA 94901
Aldersly.com
415.453.7425
(See ad on page 6)

The Meadows of Napa Valley
1800 Atrium Parkway
Napa, CA 94559
707.320.2222
(See ad on page 28)

DEAF AND HARD OF HEARING
SERVICES & EQUIPMENT

Deaf Counseling, Advocacy and
Referral Agency
14895 E. 14th St., Suite 200
San Leandro, CA 94519
510.351.6748

ELEVATORS
(In Home)

Lift & Accessibility Solutions
2615 Alton Lane
Santa Rosa, CA 95403
Liftandaccessibilitysolutions.com
Office: 707.538.3210 Fax: 707.324.8184
Mobile: 707.889.1235
(See ad on page 39)

Better Care Starts With
The Trusted Help Of Nony.

Lean on Nony. No matter what level of home
care you need, Nony is part of our highly trained
caregiving team and stands ready to help your
loved one have a safer, healthier, and more
independent life.

See why we’re the Bay Area’s leading expert
in senior care.

Free consultation
415.449.3777 or 707.303.1530
SeniorsAtHome.org

A Division of Jewish Family and Children’s Services
San Francisco • Peninsula • Marin • Sonoma County
HHA License 220000378
EMERGENCY RESPONSE SYSTEMS

**Lifeline**
1425 North McDowell Blvd. #103
Petaluma, CA 94975
www.phcd.org
707.778.7883 or 800.949.2434
(See ad on page 7)

**First United Methodist Church**
Older Adult Ministry
1551 Montgomery Drive
Santa Rosa, CA 95405
www.fumcsantarosa.org
707.545.3863

**Pacific Senior Wellness**
One-on-one physical and cognitive training for elders aging at home
Personal training and support for family.
Pacificseniorwellness.com
415.299.0338
(See ad on page 8)

**LITA (Love is the Answer), Marin**
4340 Redwood Hwy, #101
San Rafael, CA 94903
www.litamarin.com
415.472.5482

**Senior Companion Program**
501 Via Casitas
Greenbrae, CA 94904
415.464.1767

**West Marin Senior Services**
11435 State Highway One
Point Reyes Station, CA 94956
415.663.8148

**Seniors At Home**
600 Fifth Ave.
San Rafael, CA 94901
info@seniorsathome.org
www.seniorsathome.org
415.449.3777
(See ad on page 38)

**Seniors At Home**
1360 N. Dutton, Suite C
Santa Rosa, CA 95401
info@seniorsathome.org
www.seniorsathome.org
707.303.1530
(See ad on page 38)

FAMILY CAREGIVER SUPPORT

**Family Caregiver Alliance**
180 Montgomery St., Suite 1100
San Francisco, CA 94104
415.434.3388 or 800.445.8106

**Pacific Senior Wellness**
One-on-one physical and cognitive training for elders aging at home
Personal training and support for family.
Pacificseniorwellness.com
415.299.0338
(See ad on page 8)

**Redwood Caregiver Resource Center**
1140 Sonoma Ave., Suite 1B
Santa Rosa, CA 95405
707.542.0282 or 800.834.1636

**Seniors At Home**
600 Fifth Ave.
San Rafael, CA 94901
info@seniorsathome.org
www.seniorsathome.org
415.449.3777
(See ad on page 38)

**Seniors At Home**
1360 N. Dutton, Suite C
Santa Rosa, CA 95401
info@seniorsathome.org
www.seniorsathome.org
707.303.1530
(See ad on page 38)

FRIENDLY VISITORS

**CARES - Catholic Charities**
Trained volunteers help older people with rides, in-home visits, access to supportive services.
987 Airway Court
Santa Rosa, CA
707.528.8712

**LIFT & ACCESSIBILITY SOLUTIONS**
2615 Alton Lane
Santa Rosa, CA 95403
Liftandaccessibilitysolutions.com
Office: 707.538.3210
Mobile: 707.889.1235
Fax: 707.324.8184
(See ad on page 39)

Marin Center For Independent Living
710 Fourth St.
San Rafael, CA 94901
www.marincil.org
415.459.6245

Marin Center for Independent Living
710 4th St.
San Rafael, CA 94935
415.459.6245

Residential Rehabilitation Loan Program
Low interest property improvement loans and technical assistance for home repairs.
Marin Housing
4020 Civic Center Dr.
San Rafael, CA 94903
415.491.2550

Rebuilding Together
Sonoma County
707.765.3944
Falls low-income homeowners
with major repairs and minor
maintenance on their homes.
The work is done in one day by
volunteers.

**HEARING ASSESSMENTS**

**The Vintage House**
The Jerry Casson
Multipurpose Senior Center
Free hearing assessments available
at 1:30-2:30 p.m., 4th Tuesday of the month.
264 First St.
Sonoma, CA 95476
707.996.0311

**HOME ACCESS MODIFICATION**

(See Bathroom Remodeling)

**Disability Services & Legal Center**
Home Access Modification
Ramps, lifts, grab bars, etc. Free to low income people with disabilities and seniors.
Kim or Vaughn: 707.528.2745
(See ad on page ?)

**Lift & Accessibility Solutions**
2615 Alton Lane
Santa Rosa, CA 95403
Liftandaccessibilitysolutions.com
Office: 707.538.3210
Mobile: 707.889.1235
Fax: 707.324.8184
(See ad on page 39)

**Marin Center For Independent Living**
710 Fourth St.
San Rafael, CA 94901
www.marincil.org
415.459.6245

**Marin Center for Independent Living**
710 4th St.
San Rafael, CA 94935
415.459.6245

**Residential Rehabilitation Loan Program**
Low interest property improvement loans and technical assistance for home repairs.
Marin Housing
4020 Civic Center Dr.
San Rafael, CA 94903
415.491.2550

**Rebuilding Together**
Sonoma County
707.765.3944
Helps low-income homeowners
with major repairs and minor
maintenance on their homes.
The work is done in one day by
volunteers.

Worried about your loved one being safe at home?
Worried about losing your independence?

Lift & Accessibility Solutions
...listens and offers solutions to help you stay in the home you love.

✦ Grab Bars
✦ Ramps
✦ Stair & Wheelchair Lifts
✦ Elevators
✦ Bathroom Remodels
✦ & More

Call 707-538-3210

“WE LIFT YOU UP”

www.liftandaccessibilitysolutions.com
**HOME-DELIVERED GROCERIES**

**Episcopal Senior Communities**
Home Delivered Grocery Program
Margaret Todd Senior Center
1560 Hill Rd.,
Novato: 415.899.8296
San Rafael: 415.456.9026

Volunteers shop for and deliver groceries to homebound elderly. Open to Novato and San Rafael residents. Delivery is free - client only pays for groceries.
(See ad on back cover)

**HOME-DELIVERED MEALS**

(Meals delivered to homebound seniors and their caregivers. No income criteria.)

**Marin Meals on Wheels Whistlestop**
930 Tamalpais
San Rafael, CA 94901
415.457.4636

**Meals of Marin Whistlestop**
930 Tamalpais
San Rafael, CA 94901
415.473.2734

Nourishment for homebound people with AIDS, Cancer and other life-threatening illnesses.

**Meals from Friends, West Marin**
415.663.8148

**Petaluma People Services Center**
707.765.8490

Routes in Petaluma, Penngrove and west to Two Rock. By Donation, $3.50 suggested. Two, five or seven days a week.

**Sonoma Meals on Wheels**
707.935.9141

**HOME HEALTH CARE SERVICES**

**Healthy Living at Home**
1320 Willow Pass Rd., Suite 715
Concord, CA 94520
Healthylivingservices.org
877.513.7363

**Kindred at Home**
185 N. Redwood Drive, Suite 150
San Rafael, CA 94903
Fax: 415.492.8401
415.492.8400
(See ad on page 42)

**Sutter Care At Home**
Santa Rosa Office
110 Stony Point Rd., Suite 200c
Santa Rosa, CA 95401
www.suttercareathome.org
707.535.5780
(See ad on page 37)

**Healing at Home, a service of Sonoma Valley Hospital**
1151 Broadway, Suite 101
Sonoma, CA 95476
healingathome@svh.com
707.935.5153

**HOSPITAL DISCHARGE ASSISTANCE**

**Project Independence**
Volunteers help older adults follow through with discharge plans and medical orders.
415.507.2836

**Marin Center For Independent Living**
710 Fourth St.
San Rafael, CA 94901
www.marincil.org
415.459.6245

**Marin Helpers**
www.marinhelpers.com
415.721.7777

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**HEALTHY LIVING AT HOME**

a premier provider of Medicare Certified Home Health Services

To assist in your healing process, Healthy Living At Home, offers the following

**MEDICARE COVERED HEALTH SERVICES**

Our professionals are “AT YOUR SERVICE” anywhere in the Bay Area.
We provide immediate and specialized attention to your particular healthcare needs to ensure that you or your loved one feel safe, secure and independent.
ALL IN THE COMFORT OF YOUR OWN HOME!

**YOUR HOME HEALTH EXPERT**

For More Information Contact, Michelle Kahler 707.815.8236
IN-HOME SUPPORTIVE SERVICES

In-Home Supportive Services, (IHSS)
Home caregivers for pre-qualified, Med-Cal eligible seniors.
3725 Westwind Blvd., Suite 101
Santa Rosa, CA 95407
707.565.5900
Marin County: 415.499.7118

LOW VISION SERVICES & EQUIPMENT

Earle Baum Center
4539 Occidental Rd.
Santa Rosa, CA 95401
707.532.3222

MEDICAL ALARMS

Lifeline
1425 North McDowell Blvd., #103
Petaluma, CA 94949
www.phcd.org
707-778-7883 or 800-949-2434
(See ad on page 7)

MEDICAL CANNABIS DISPENSARY

Peace in Medicine
6771 Sebastopol Ave., #100
Sebastopol, CA 95472
707.823.4206
(See ad on page 12)

MEDICAL EQUIPMENT, RECYCLED

Easter Seals
5440 State Farm Dr.
Rohnert Park, CA 94928
707.584.1443 or 800.234.7325
20 Pimentel Ct., Suite A
Novato, CA 94949
415.382.7450

Wheelchairs, walkers, transfer benches, bath chairs, commodes and crutches are available on a first come, first served basis. Loan program. Will also accept donations.

Home CARE Equipment Recyclers
3100 Kerner Blvd., San Rafael
Free health care equipment and supplies. Also accepts donations.
Marin County: 415.388.8198
Sonoma County: 707.763.2172 or 707.695.0861
Margaret Todd Senior Center
1560 Hill Rd.
Novato, CA 94947
Free equipment loan program for wheelchairs, walkers and canes.
415.899.8290

Max Home Care
Danny Christian
3820 Bodega Ave.
Petaluma, CA 94952
707.364.0305

The Sonoma Section on Aging
maintains a FREE loan closet of wheelchairs, walkers, home safety equipment etc., at Careful Moving and Storage, 812 Donahue St. in Santa Rosa. Open to the public, Monday-Friday, 10 a.m. to 3 p.m. Drop ins and drop offs, welcome. No pickup service is available.

West Marin Senior Services
(Equipment loan closet)
11435 State Highway 1
Point Reyes Station, CA 94956
415.663.8148

MEDICATION DISPENSING SYSTEMS

Lifeline
1425 North McDowell Blvd. #103
Petaluma, CA 94949
www.phcd.org
707.778.7883 or 800.949.2434
(See ad on page 7)

MEDICATION DROPOFFS

Margaret Todd Senior Center
1560 Hill Rd.
Novato, CA 94947
First Monday, 10 a.m. to noon.
Bring unwanted medications in ziplock bags.
415.899.8290

NURSING HOMES/REHABILITATION

Aldersly Garden
326 Mission Ave.
San Rafael, CA 94901
www.aldersly.com
415.453.7425
(see ad on page 6)

The Meadows
2000 Atrium Parkway
Napa, CA 94558
www.meadowsnapa.com
707.320.2079
(See ad on page 28)

Sonoma Valley Hospital
Skilled Nursing Facility
347 Andrieux St.
Sonoma, CA 95476
www.svh.com
707.935.5054

Continued on Page 42

Marin County Ombudsman
10 N. San Pedro Rd., Suite 1002
San Rafael, CA 94903
415.499.7446

California Advocates for Nursing Home Reform
650 Harrison St.
San Francisco, CA 94107
Online resource for all public information on area nursing homes.
800.474.1116

Home Care Cottages
Open the Door to Independent Living

We provide affordable, accessible portable cottages that provide for your loved ones’ home care needs.

LITTLE HOUSE ON THE TRAILER
1840 Petaluma Blvd., North
Petaluma, CA 94952
(415) 233-0423    www.littlehouseonthetrailer.com

PORTABLE COTTAGES DELIVERED TO YOUR SITE
Sonoma County 
Long Term Care Ombudsman 
Senior Advocacy Services 
3262 Airway Blvd., Suite C 
Santa Rosa, CA 95403 
www.senioradvocacyservices.org 
707.526.4108 

Volunteers and staff serve as patient advocates with quality of life and care issues. Also maintains a binder of citations and actions against local facilities.

**PAINTING ASSISTANCE**

Marin Helpers 
www.marinhelpers.com 
415.721.7777

**PLACEMENT SERVICES**

Care Patrol 
P.O. Box 2593 
Napa, CA 94558 
ernie@carepatrol.com 
415.408.6097

Golden Benefits Senior Services 
Rosanne Angel 
Goldenbenefits.com 
415.454.3359

Placement Options 
131A Story Circle, Suite 500 
Santa Rosa, CA 95406 
www.placementoptions.com 
707.570.0257 
(See ad on page 44)

Residential Care and Assisted Living Counseling Program 
Senior Advocacy Services 
1304 South Point Blvd, Ste 280 
Petaluma, CA 94954 
www.senioradvocacyservices.org 
707.526.4108

Assists people looking for out of home placement in helping find most appropriate long term care facility in terms of size, level of care, cost and location. We also have informational profiles and photographs of the 147+ facilities in the county. This program does not receive payment from any long term care facility.

**Senior Placement Services**

Placement specialists serving Sonoma and Marin Counties. 
Joy Lovingier: 707.292.9998 
Mary Farrar: 707.888.2423 
www.seniorplacementservices.biz 
(See ad on page ?)

Tweedten Eldercare Advisors 
6520 Oakmont Dr., Suite 107 
Santa Rosa, CA 95405 
www.tweedteneldercare.com 
707.570.2589 or 415.496.5199 
(See ad on page 39)

**POSTAL CARRIER ALERT**

For Novato seniors only. Postal carriers will alert authorities if mail builds up or there are other signs of you needing help. 
415.899.8296

**RAMPS**

Lift and Accessibility Solutions 
2615 Alton Ln. 
Santa Rosa, CA 
Office: 707.538.3210 
Mobile: 707.889.1235 
Liftandaccessibilitysolutions.com 
(See ad on page 39)

**REHABILITATION SERVICES**

(See Nursing Homes)

**SHOPPING / ERRAND SERVICES**

At Home Nursing 
1378A Corporate Center Pkwy 
Santa Rosa, CA 95407 
www.athomenuroging.com 
707.546.8773 
(See ad on page 34)

At Home Caregivers of the North Bay 
7665 Redwood Blvd., #200 
Novato, CA 94945 
415.898.5768 
891 2nd St. 
Santa Rosa, CA 
707.996.5768 
(See ad on Inside Front Cover)

Novato Independent Elders Program 
Volunteers shop and deliver groceries for homebound Novato residents. 
415.899.8296

Volunteer Helpers of Oakmont 
Free transportation and shopping assistance for residents of Oakmont. 
707.525.0383

Carrie’s Hired Hands Story

About 2-1/2 years ago, my mom was diagnosed with a mild form of dementia. She lived alone and needed someone to help manage everyday matters – medications, errands and groceries. Our physician recommended Hired Hands Homecare.

I have only the highest praise for how Hired Hands handled this delicate process. These lovely ones have become trusted, reliable members of our extended family and have lead us through complicated issues and stressful moments.

Compassionate, efficient, professional. Hired Hands has your back. They helped secure my mother’s physical and mental well-being. Brava!

• Flexible, Full-service, Non-medical Caregiving
• All Caregivers screened, insured & bonded
• On-going Case Management
• All employer responsibilities handled
• Specializing in Dementia Care

Hired Hands Inc. 
Homecare
Family owned and operated since 1994 

707-265-6400 
HiredHandHomecare.com

Providing a full range of care from personal home care assistance, to home health, to hospice care. 
Talk to one of our nurses, available around-the-clock, to quickly arrange for the best care option.

We Listen. We Care.

888.480.9790 · kindredathome.com 
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“Life is a journey to be experienced, not a problem to be solved.”
Winnie the Pooh
10 Websites for Help with Veterans

American Legion : www.legion.org
Defense Finance & Accounting Center : www.dfas.mil
Disabled American Veterans : www.dav.org
National Veterans Legal Services : www.nvlsp.org
Non-Commissioned Officers Association : www.ncoausa.org
California State Veterans Office : www.calvet.ca.gov
Veterans Affairs Regional Offices : http://benefits.va.gov/benefits/offices.asp
Veterans Aid : www.veteransaid.org
Veterans of Foreign Wars : www.vfw.org
Vietnam Veterans of America : www.vva.org

Also look for veterans benefits representatives on college campuses.

YES! Please contact me for advertising in the Born to Age 2018 Marin/Sonoma Directory

Name______________________________________________________________
Business Name_____________________________________________________
Address_____________________________________________________________________
Phone_____________________________________________________________
Email_______________________________________________________________
Any comments on this directory?_________________________________________
_____________________________________________________________________
Suggestions for next year?_____________________________________________
_____________________________________________________________________

Send to: Born to Age
P.O. Box 6863, Napa, CA 95581
707-226-7127
www.borntoage.com

Seven Important Facts About V.A. Medical Benefits

1. The veteran does not need to have been involved in actual combat, only to have served during a period considered wartime.

2. The approval process for VA benefits usually takes five to six months, but it pays retroactively.

3. If you don’t have all the documents needed to apply, you can still submit Form 21-4138 start the application process. Retroactive benefits are based on the date that the form is received.

4. For applicants 70 and older, the review process can be expedited.

5. There is a maximum allowable income for VA benefit applicants, but medical and care expenses can be deducted from the applicant’s income to determine “countable income.” Applicants with higher incomes may be eligible when medical and care expenses reach a high threshold.

6. Veteran's Aid and Attendance does not require that the recipient become impoverished before qualifying. When out-of-pocket medical bills exceed gross income, the recipient is qualified.

7. The maximum benefit to the veteran or veteran’s spouse is about $1950 per month. The benefit is paid directly to the beneficiary instead of the residential facility or caregiver.

Most veterans and surviving spouses who are in need of assisted living or in-home care, can qualify for the “Aid and Attendance” Benefit offered by the Veteran’s Administration. The benefit can pay up to $3,085 per month to a married veteran, and a single or widowed veteran can receive up to $1,758 per month. Unmarried surviving spouses can received up to $1,380 a month. All of these benefits are tax free.

Under this program, money is awarded based on need and there are certain income and asset requirements. The veteran or spouse applying must show that while assistance may not be needed with everything, there is help needed with bathing, dressing/undressing, medications, transferring or other care on a daily basis. This is the type of care provided in assisted living, or by an in-home care companion. Assets cannot be excessive, as determined by the VA on a case by case basis.

What about Net Worth? Net worth means the net value of the assets of the surviving spouse and his or her children. It includes such assets as bank accounts, stocks, bonds, mutual funds, some annuities and trust funds and any property other than the surviving spouse’s residence and a reasonable lot area. There is no set limit on how much net worth a surviving spouse and his or her children can have, but net worth cannot be excessive. The decision as to whether a claimant’s net worth is excessive depends on the facts of each individual case. All net worth should be reported and VA will determine if a claimant’s assets are of a sufficient amount that the claimant could live off these assets for a reasonable period of time. The veteran must have served one day during a period of war and had at least 90 days of active duty.

Several VA forms must be accurately completed. These forms include: Form 21-534 EZ (survivor's pension) or Form 21-526 EZ (veteran’s pension), and 21-2680 (physician’s evaluation). A certified copy of the veteran’s discharge form is also required.

If all necessary information is submitted initially, the claim is usually processed within one to two months, but if any information is missing, it could take six months to a year.

Free assistance is available at Sonoma County Veteran’s office: 707.565.5960. Marin County Veteran’s office: 415.499.6193 www.veteransaid.org
SUPPORT GROUPS

Cloverdale:

Women’s Support Group
Cloverdale Senior Center
Tuesdays, 10-11 a.m.
707.894.4826

Greenbrae:

Breast Cancer Support Group
For Women in Treatment
Center for Integrative Health and Wellness
Every Tuesday, 4-5 p.m.
Registration encouraged
Lobby level
1350 S. Eliseo Dr.
415.925.7827

Living Well with Metastasis
Women’s Support Group
2957 Kerner Blvd.
San Rafael, CA 94901
Before attending call: 415.507.1536

Leukemia and Lymphoma Support Group
2nd Tuesday, 7-8:30 p.m.
Time and location varies
Call: 415.925.7665

Lymphedema Support Group
For Women Diagnosed with Lymphedema
Center for Integrative Health and Wellness
Lobby level
1350 S. Eliseo Dr.
Suzie Beatie: 415.924.1699

SKILLED NURSING FACILITIES
(See Nursing Homes)

Diabetes Support Group
1100 S. Eliseo Dr., Suite 2
1st Thursday, 3:30-5 p.m.
Drop in only
415.925.7370

Male Partners Support Group
Wednesday, 9:30-11 a.m.
West End Café
1131 4th St., San Rafael
415.459.3434

Marin Liver Disease Support Group
1st Wednesday, 9:30-11 a.m.
West End Café
1131 4th St., San Rafael
Lisa Rubio: 415.524.3334

Prostate Cancer Support Group
Marin General Hospital
Medical Staff Library
250 Bon Air Rd.
Tuesdays, 7-8:30 p.m
415.459.4668

Women With Anal Cancer
Radiation Oncology Waiting Room
1st floor, times vary
1350 S. Eliseo Dr.
Sandy Schinder: 415.925.7827

Guerneville:

Caregiver Support Group
Russian River Senior Center
15010 Armstrong Woods Rd.
Guerneville, CA 95446
Call for day and time
707.869.0618

Healdsburg:

North County Hospice
205 East Street
Healdsburg, CA 95448
707.431.1125
(See ad on page 51)

Stroke Support Group
3rd Fridays, 2:30-3:45 p.m.
Healdsburg Senior Center
133 Matheson St.
707.431.3324

Kentfield:

Stroke Support Group
College of Marin - Kentfield Campus
Wednesdays, 1-3 p.m.
835 College Ave.
Dance/Landscape Building #12
Maureen Green: 415.457.8811

On-Line Support Group
for Caregivers
24 hours a day, 7 days a week.
Participation is free, requires email address
www.caregiver.org
(click on Groups tab on website)

Larkspur:

Hospice By the Bay
17 E. Sir Francis Drake Blvd.
Larkspur, CA 94939
www.hbtb.org
415.927.2273
(See ad on page 51)

Marin City:

Blind and Vision Impaired Support Group
Marguerite Johnson Senior Center
4th Monday, Noon-1 p.m.
640 Drake Ave.
415.459.5066

Grandparents Support Group
Marguerite Johnson Senior Center
2nd Tuesday, 11 a.m.-noon
640 Drake Ave.
415.459.5066

Our goal is to make sure the new location truly feels like HOME to each client.”

Placement Options
1996-2016
20 Years of providing Personal, Professional, Local Placement Assistance to North Bay Seniors

Call us: (707) 570-0257
or visit our website:
www.placementoptions.com

PERSONAL ∨ PROFESSIONAL ∨ LOCAL

Serving Marin, Sonoma, and Napa Counties

Tweeten ElderCare Advisors
Guidance, Placement Support
A free, local referral & placement service for seniors

tweetenenldercare.com
Marin: 415.496.5199
Sonoma: 707.570.2589
Mill Valley:

**Alzheimer’s Caregiver Support Group**
4th Wednesday, 10-11:30 a.m.
The Redwoods
2-4 Lounge Room
40 Camino Alto
415.472.4340

**Better Breathers of Mill Valley**
2nd Wednesday, 1 p.m.
The Redwoods
Auditorium
40 Camino Alto
707.527.5864

**Blind and Vision Impaired Support Group**
The Redwoods
Conference Room
2nd Wednesday, 2-3:00 p.m.
40 Camino Alto
415.459.5066

**Ida Geary Glaucoma Support Group**
1st Saturday, 1:30 p.m.
The Redwoods
40 Camino Alto

**Men’s Support Group**
Every Friday, 10 a.m.
The Redwoods
40 Camino Alto

**Parkinson’s Disease Caregiver Support Group**
4th Tuesday, 1-3 p.m.
The Redwoods
40 Camino Alto

**Novato:**

**Alzheimer’s Caregiver Support Group**
Learn to adjust to changes which occur when a loved one suffers from memory loss.
2nd Wednesday, 10-11:30 a.m.
Margaret Todd Senior Center
1560 Hill Road.
Alzheimer’s Association:
415.472.4340

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**Better Breathers of Novato**
1st Wednesday at 2:30
165 Rowland Blvd., Novato
Wilkes Room
Jim Braley: 415.209.1535

**Vision Loss Support Group**
All Saints Lutheran Church
2nd Friday, 1-3 p.m.
2 San Marin Dr.
Jeffrey Torrico: 415.897.7957

**Caregiver Husbands Support Group**
2nd Wednesday, 11-12:30 p.m.
Margaret Todd Senior Center
1560 Hill Rd.
415.472.4340

**LGBT Support Group**
1st Wednesday, noon-2 p.m.
415.472.1945

**Petaluma:**

**Alzheimer’s Disease Caregiver Express Support Group**
2nd and 4th Tuesdays, 1:30-3:00 p.m.
Petaluma People Services Center
25 Howard St.
Kim Lapp: 707.765.8490

**Alzheimer’s Caregiver Support Group**
2nd and 4th Monday, 1:30-3:30 p.m.
Petaluma Senior Center
211 Novato Dr.
707.573.1210

**Breast Cancer Support Group**
115 Liberty St., Suite 10
(behind Petaluma Market)
Sliding fee scale
707.762.8300

**Family and Friends, a support group**
**Hospice Services of St. Joseph**
1st and 3rd Thursday, 4-5 p.m.
416 Payran St.
707.778.6242

**Earle Baum Center**
**Low Vision Support Group**
Open to visually impaired seniors
55+
4th Friday, 10 a.m.-noon
Petaluma Senior Center
211 Novak Dr.
707.532.3222

**Merry Widows Singles Group**
Wednesdays, 10:30-11:30 a.m.
Petaluma Senior Center
211 Novak Dr.
707.778.4399

**Movers and Shakers Parkinson’s Support Group**
Fridays, 1-3 p.m., $5 donation
Petaluma Senior Center
211 Novak Dr.
707.765.1117

**Women’s Cancer Awareness Group**
Meets 2nd Friday, 11:30 a.m.

Does not meet in June or December
Call for additional information:
707.769.8325

**Rohnert Park:**

**Earle Baum Center**
**Low Vision Support Group**
2nd Thursday, 1:30 p.m.
Brookdale at Rohnert Park
4855 Snyder Lane
707.523.3222

**San Anselmo:**

**Monthly Discussion Group**
Lesbians, Gays, Bisexuals and Transgenders
Women’s Group:
4th Thursday, 12-1:30 p.m.
Men’s Group:
2nd Thursday, 12-1:30 p.m.
1000 Sir Francis Drake Blvd., Ste 10

Continued on Page 47
It's only been a few short months since the End of Life Option Act became law in California and many doctors just aren't sure whether they'll be participating or how the law will affect their patients and practice.

That's one of the reasons why Berkeley-based Lonny Shavelson, MD, has stepped in to help. A former emergency room doctor for several major health systems, he's consulting and speaking on the topic throughout the Bay Area in an effort to help with decisions and process of care.

For one, not everyone asking for the end of life option qualifies. In the first six weeks that the law came into effect, Shavelson received over 90 phone calls, and of those, only six people qualified. There is very specific criteria to qualify, including prognosis, ability and mental health function.

“What happens to those who don’t qualify? I tell them to go into hospice. The majority of people calling just need better health care,” Shavelson told a group of eldercare professionals at a recent meeting in Oakland. “This law helps everybody who says they want to take the medication because it opens the conversation. For every 30 patients who come to me, only one will take the medication, and the other 29 will get better care.”

Shavelson believes the law will actually improve end of life care because more people will go to hospice and palliative care services. Even though he finds that many hospices in the Bay Area are not participating (yet), he points out that in Oregon, where the law has been in effect for many years, over 90 percent of people taking the medication are on hospice.

“The main issue is that people are going into hospice too late. Most often it's just a week before death, and before you can take this medication, you have to wait two weeks” he said, pointing out that a person who is 2-3 days from death and doing fine, or already dying, won't need this medicine.

In the five states where the law is currently in effect, hospice utilization has increased. And, while some hospices may not activity participate, “we are asking that hospices not abandon patients who take this on.” He suggest that in choosing a hospice, ask where they stand or how they will/won't help, if considering this option.

Aid in dying, while a new law, isn't a new concept.

“People have been doing this for a long time. But, in secret. Lots and lots of this was happening, but nobody was reporting it because it was illegal and happened in secret,” he said.

The current law has 27 pages of content. And, one thing he repeats often is that the law is voluntary, and anyone participating is a volunteer.

Currently, the Veteran’s Administration Health System does not participate so, anyone who currently has a VA doctor would have to find another physician and pay out of pocket. Any doctor can opt out or refuse to provide information. Several pharmacies refuse to fill the prescription and even pharmaceutical wholesalers can refuse to deliver the medications to the pharmacy.

Right now, he's only able to get the medication from a compounding pharmacy in Pacifica, who Fed Ex it overnight to the person's home.

The medication is not covered by Medicare. It is, however, by Medi-Cal and some private insurance.

There is also quite a bit of paperwork. The entire process, from request to receiving the medication in hand, could take as little as 15 days.

There is an oral request, then a written request (form 55 from the California Department of Public Health). The written request needs two witnesses, only one can be a family member. The written request must also establish that you're mentally competent at the time of request. The doctor must also speak the person alone, to ask about coercion or whether anybody gains financially from the death. At 48-hours before taking the medications, there is a final attestation that must be signed saying that the medication will be taken within 48-hours. The doctor also must get a signed permission to send the prescription to the pharmacist.

Doctors are also required to tell the person that they should be participating in a hospice program, the next of kin needs to be notified and another person should be present when the medications are ingested.

Shavelson will work with any doctor or patient requesting his services. All the forms are on his website: bayareaendoflifeoptions.com.

**Witholding Food and Water: Another Way to Die**

Sometimes people who are terminally ill simply stop eating and drinking. It is a legal way to die, and the person is in control.

Doctors say that going without food and water is the last weeks of life is not traumatic, and that the body is equipped to adjust to this condition.

The process of dying is usually gradual. The person will probably die from dehydration, rather than starvation...if they don't succumb to their underlying illness first.

Without fluids, the body cannot maintain a balance of potassium, sodium, calcium and other electrolytes in the bloodstream and cells. The kidneys react to the fluid shortage by conserving as many bodily liquids as possible. The brain begins to deteriorate, so does the heart and muscles so the person begins to feel lethargic.

People weakened by disease usually begin to feel the effects in a few days. They eventually go into a coma, and then death. The entire process can take a week or two.
SUPPORT GROUPS, cont.

San Rafael:

Agesong
A discussion group for those over age 65 on issues of aging
Mondays, 2-3:30 p.m.
San Rafael Community Center
618 B St.
415.491.5726

Alzheimer’s Caregiver Support Group
Mid to late stages
Alzheimer’s Support Group
3rd Tuesday, 10-11:30 a.m.
4340 Redwood Hwy, Suite D-314
415.472.4340

Alzheimer’s Association Groups

Adult Children
3rd Wednesday, 6-8 p.m.

Caregiver Husbands
2nd Wednesday, 12:30-2 p.m

Caregiver Wives
1st Tuesday and 3rd Thursday
10 a.m.- noon
4340 Redwood Hwy, Suite D-314
415.472.4340

Amended Hearts
Heart Patient Support Group
P.O. Box 2183
San Rafael, CA 94901
415.721.4223

Blind and Vision Impaired of Marin, Inc.
851 Irwin St., Suite 206
San Rafael, CA 94901
415.459.5066

Latino Low Vision Support Group
2nd Tuesday, 11 a.m.- noon
Pickleweed Community Center
Facilitator: Anabela Denisoff
415.234.6353

Memory Care Café
Weekly outings with friends
Locations/Event changes monthly
Patricia Ris: 415.309.7963

Neuropathy Support Group
3rd Wednesday, 1 p.m.
1100 Los Gavilanes Blvd.
415.246.9156

Seniors Circle
Center for Attitudinal Healing
Wednesdays, 10-11:30 a.m.
930 Tamalpais Dr.
415.456.9062

Spectrum LGBT Center
30 N. San Pedro Rd., Suite 160
San Rafael, CA 94903
info@spectrumlightcenter.org
415.472.1045

Stroke Support Group
Call for times and locations in San Rafael
415.455.8603

Talking Books Club, Whistlestop
2nd Thursday, 10:30 a.m.- noon
930 Tamalpais, Board Room
Christy Graham: 415.924.8728

Whistlestop
930 Tamalpais
Low Vision Support Group
4th Friday, 11 a.m.- 12:30 p.m.
415.459.5066
Virginia Dziomba: 415.924.8728

Santa Rosa:

Adult Children Caregiver Support Group
3rd Tuesday, 5:30- 7 p.m.
1211 Dutton Ave.,
Lauren Hibdon: 707.573.1210

Alzheimer’s Caregiver Support Group
Oakmont Gardens
4th Monday, 10 a.m.- 11:30 a.m.
301 White Oak Dr.
Alzheimer’s Association:
707.573.1210

Better Breathers
American Lung Association
1st and 3rd Thursday, 12:30-2:00 p.m.
Kaiser Permanente
Stein Medical Office
Building 4
3925 Old Redwood Hwy, Bldg. 4
Rhonda LeKander: 707.481.0381

Breast Cancer Support Group
Kaiser Permanente Medical Center
2nd and 4th Tuesdays, 3-4:30 p.m.
Margaret Fleming: 707.571.3289

Breast Cancer Support Group
3rd Wednesday, 4:30-5:30 p.m.
(newly diagnosed)
3rd Wednesday, 3:30- 4:30 p.m.
2449 Summerfield Rd.
Main Entrance
707.521.7785

California Council of the Blind
Redwood Empire Chapter
Advocacy group open to anyone interested in issues pertaining to the blind.
2nd Saturday, 1-3 p.m.
Roundtable Pizza
2424 Magowan

Spectrum LGBT Center
30 N. San Pedro Rd., Suite 160
San Rafael, CA 94903
info@spectrumlgbtcenter.org
415.472.1045

Valley Orchards Retirement Community
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“Welcome Home to...

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• Activities & Excursions • Housekeeping • Transportation
• Beauty Salon • Health & Wellness Program • Guest Rooms
• And Much More!

(707) 778-6030
2100 E. Washington Street, Petaluma, CA 94954
www.ValleyOrchards.com

Family Owned Since 1983
SUPPORT GROUPS cont.

Cancer: Leukemia/Lymphoma/ Multiple Myeloma
3rd Thursday, 12:30 p.m.
Santa Rosa Memorial Hospital
Cancer Center Library
3555 Round Barn Circle
Michelle Kane: 707.525.5300

Cancer Support Groups:
1. Cancer Patients, Family and Friends
2. Open Cancer Support Group
3. Transition Group for People Who “Had” Cancer
4. Newly Diagnosed with Cancer
5. Who “Had” Cancer
6. Transition Group for People and Friends
7. Cancer Patients, Family and Friends

Dance for Parkinson’s
2nd and 4th Thursdays, 1:30-2:30 p.m.
Odd Fellows Hall
545 Pacific Ave.
Nancy Hudson: 707.942.4234

Friend’s House
Visually Impaired Support Group
1st Monday, 10:00-11:30 a.m.
684 Benicia Dr.
707.523.3222

Grief Support Group
Santa Rosa Memorial Hospice
439 College Ave.
Santa Rosa, CA 95401
Wednesdays, 6-7:15 p.m.
10 a.m. - noon
707.568.1094

Hospice By the Bay
190 W. Napa St.
Sonoma, CA 95476
www.hbtb.org
707.931.7299
(See ad on page 51)

Living Well With Cancer
Thursdays, 10:30 a.m. - noon
1617 Terrace Way
Sharon Doughty@stjoe.org
707.525.6131

Low Vision / Visually Impaired Support Group
Open to visually impaired seniors age 55+
Brookdale at Paulin Creek
2375 Range Ave.
2nd Monday, 12:45-1:45 p.m.
707.523.8222

Low Vision/Visually Impaired Support Group
Earl Baum Center for the Blind
Open to visually impaired seniors age 55+
3rd Monday, 10:30-11:30 a.m.
Oakmont Gardens
301 White Oak Dr.
707.523.3222

Low Vision/Visually Impaired Support Group
Earl Baum Center for the Blind
Open to visually impaired seniors age 55+
2nd Thursday, 10:15 a.m.-12 p.m.
Spring Lake Village
555 Montgomery Dr.
707.523.3222

Lupus Support Group
Group no longer meeting, but mailing list is maintained and information provided upon request.
Kerry Mertle: 707.537.0358

Memorial Hospice
439 College Ave.
Santa Rosa, CA 95401
707.568.1094
(See ad on page 51)

Mended Hearts, Inc.
Santa Rosa Chapter 282
2nd Saturday, 10 a.m. - noon
No meetings July & December
Kaiser Hospital
Conference Rooms E1 and E2
Nancy Jensen: 707.542.2138

MS Support Group
Meets in Santa Rosa and Windsor
Sonoma countymsgroup.org

Parkinson’s Singing Group
1st and 3rd Fridays, 10-11 a.m.
1615 Cleveland Ave.
Jamie Blumenthal: 707.695.4145

Parkinson’s Monthly Chapter Meeting
1717 Yulupa Ave.
1st Saturday, 1-3:15 p.m.
2nd Saturday in Aug and Dec only
No meetings Jan, Jul, Sept
707.538.5178

Parkinson’s Men’s Breakfast
IHOP- Farmer’s Lane & 4th St.
1st and 3rd Friday, 8:30 a.m.
Malcolm Rodman: 707.539.2658

Parkinson’s Walkers
2.3 mile walk around lake
Spring Lake (Off Summerfield)
Lower Parking Lot
Santa Rosa
Steve Casperson: 707.544.1035

Prostate Cancer Support Group
1st Monday, 6:30-8:30 p.m.
Men only
2449 Summerfield Rd., 2nd Floor
Spring Lake Village
707.931.7299

Share and Care for Alzheimer’s Caregivers
Catholic Charities
2nd Tuesday, 10:30 a.m. - noon
Men’s Support Group
2nd and 4th Thursday, 10 a.m. - 12 p.m.
Conference Room
987 Airway Ct.
Alexis Glidwell: 707.542.0282

Senior Peer Counseling
West County Community Services
offers support groups for older adults, 55+
Registration required, no drop-ins
Call for details: 707.823.1640 ext. 380
Men’s Support Group
Every other Thursday, 10-11:30 a.m.
Women’s Support Group
Fridays, 10 a.m. - noon
12-week commitment

Stroke Club of Sonoma County
1st Congregational Church
2nd Saturday, 1 p.m.
2000 Humboldt St.
Lynn or Mary Ann (before 7 p.m.)
707.431.7352

Sutter Care At Home
110 Stony Point Rd., Suite 200C
707.535.5700

VA Visually Impaired Support Group
Earle Baum Center
Open to all visually impaired veterans
4539 Occidental Rd.
3rd Tuesday, 12:30-2 p.m.
707.523.3222

Sausalito:

Attitudinal Healing International
Call for group meeting dates/times
3001 Bridgeway, Suite 368
Sausalito, CA 94965
415.435.1622

Sebastopol:

Support Groups
Sebastopol Senior Center
167 N. High St.
Melissa Fike: 707.823.1640 ext. 380

Caregiver Support Group
2nd Tuesday, 10:30 a.m. - noon

Men’s Support Group
Every Friday, 9-10:30 a.m.

Women’s Support Group
Every Thursday, 11:30 a.m. - 1 p.m.

Chronic Pain Support Group
Sebastopol Christian Church
7433 Bodega Ave.
1st and 3rd Tuesdays, 1-3:00 p.m.
707.829.0199

Creative Movement and Writing Group for Women Recovering from Cancer
Sebastopol Center for the Arts
Call before attending.
6790 Depot St.
Nina Bindi: 707.575.5007
Transitions  
Sebastopol Elders Salon  
A Wisdom Council of Elders  
4th Thursdays, 6:30-8:30 p.m.  
Sequoia Village Co-housing  
Common House  
459 Sequoia Lane  
Alexandra: 707.827.3781

Sonoma:  
Bosom Buddies Breast Cancer Support Group  
Support and speakers  
2nd Saturday, 10:30-12:30 p.m.  
First Baptist Church  
542 First St.  
Ruth Mary Thomas: 707.996.8638  
Sally Gmelin: 707.938.1958

Alzheimer's Caregiver Support Group  
4th Friday, 10:00 a.m.-11:30 a.m.

Caregiver Support Group  
Wednesdays, 10:30-12:30 p.m.

Diabetes Support Group  
4th Thursday, 12:15-1 p.m.

Early Stage Memory Loss Support Group  
2nd Friday, 2:30-4 p.m.

Caregiver Support Group  
Wednesdays, 10:30-12:30 p.m.

Diabetes Support Group  
4th Thursday, 12:15-1 p.m.

Early Stage Memory Loss Support Group  
2nd Friday, 2:30-4 p.m.

LGBT Support Group  
3rd Friday, 10:30 a.m.-noon

Men's Support Group  
Thursdays, 1:30-3 p.m. (no drop in)

Parkinson's Support Group  
2nd Thursday, 10-11 a.m.

Hospice By the Bay  
Holds a variety of support groups throughout the year. Call for meeting times and locations.  
190 W. Napa St.  
Sonoma, CA 95476  
707.935.7504  
(See ad on page 55)

Tiburon:  
Huntington's Disease Support Group  
Westminster Church  
3rd Thursday, 7:30-9:00 p.m.  
240 Tiburon Blvd., First Floor  
Facilitator: Andrea Zanko  
zankoa@peds.ucsf.edu  
415.476.9320

Windsor:  
Women’s Support Group  
Windsor Senior Center  
Mondays, 10 a.m. to noon  
12 week commitment  
9231 Foxwood Dr.  
Melissa Fike: 707.823.1640 ext.380

Woodacre:  
Parkinson's Disease Support Group  
4th Tuesday, 2 p.m. in Mill Valley  
(see Mill Valley Support Groups)  
P.O. Box 1186  
Woodacre, CA 94973  
415.488.9137  

Get the training you need from North Bay’s top home care professionals

Welcome to Sequoia Home Care Academy  
Sequoia Home Care Academy can teach you and your family members how to provide excellent home care, addressing your specific needs and the caregiving skills you and your family wish to strengthen. Classes are taught by professional Care Managers.

Available Courses
- Caring for a Person with Alzheimer's Disease
- Caring for a Person with Parkinson’s Disease
- Caring for a Person with Diabetes
- Caring for a Stroke Survivor
- Caring for a Person Who is Bed Bound or Mobility Impaired
- CPR/First Aid Certification

Our classes address the following topics:
- The science behind the disease
- Disease related disabilities and behaviors
- How to deal with challenging situations
- Proper bathing practices
- Safe transfer practices
- Appropriate diet choices and exercise plans
- Essential resources
- CPR/First Aid
- And more

To sign up for a class or to schedule a training session at your home, please call 707-763-6600.  
www.SequoiaSeniorSolutions.com

Continued on Page 50
TELEPHONE REASSURANCE

Catholic Charities of Sonoma Valley
“I’m Home Alone”
Provides a free brief, daily phone call to people living in Sonoma Valley Sonoma: 707.939.8850
Santa Rosa: 707.528.8712 Ext. 185

Episcopal Senior Communities
Are you OK? We call three mornings a week to check in and offer a “Good Morning” to start your day.
For this FREE service call Leslie at 415.456.9058

Telephone Reassurance:
A daily phone call to check in.
Belvedere seniors only:
415.435.3266
San Rafael seniors only:
415.485.3030
Sausalito seniors only:
415.289.4155
Tiburon seniors only:
415.789.2801
Windsor seniors only:
707.838.1250

TRANSPORTATION

Blind and Vision Impaired of Marin
Free transportation for blind and visually impaired
851 Irwin St., Suite 206
San Rafael, CA 94901
415.459.5066

CARSS
Call A Ride For Sausalito Seniors
Rides available M-F, 10 a.m.-2 p.m.
Within Sausalito only:
415.944.5474

Cloverdale Mini-Van
Free rides to doctor appts. and medical tests between Cloverdale and Healdsburg.
707.894.8536 ext. 22

FISH of Sonoma
Rides to medical appts.
707.996.0111

FREE Rides for Seniors
LIMO Program in Sonoma
Beverly: 707.996.0311

Marin Access
Mobility Management Center
Coordinates transportation resources for moving older adults.
One stop transportation information and referral.
415.454.0902

Marin, Catch-A-Ride
Discounted Taxi rides for Marin residents 80+
415.454.0902

Novato Dial-A-Ride
Door to door services
San Marin, Black Pt./Green Pt., Bel Marin Keys, Hamilton, Central Novato
Fare: $2, Reservations Required
415.892.7899

Novato Health Express
A medical only shuttle for elderly and disabled residents of Novato, by appointment only.
415.457.1392

Novato EZ-Rider
930 Tamalpais Ave.
415.892.7899

Our Lady of Loretta
Roman Catholic Church
1806 Novato Blvd.
Novato, CA
415.897.2171

PPSC Petaluma Paratransit
Door-to-door rides for seniors and the disabled.
707.765.8493

Roll Wheelchair Transportation
Rollwheelchair.com
415-USE-ROLL (415.873.7655)

Russian River Senior Center
Van rides to medical appts. Limited hours and days. Call ahead to schedule.
707.869.0618

Sebastopol Volunteer Driver Program
Free rides to residents 60+ for medical appointments, social services and shopping.
707.829.2440

Seniors At Home
600 Fifth Ave.
San Rafael, CA 94901
info@seniorsathome.org
www.seniorsathome.org
707.303.1530

Sonoma Access
Need A Ride?
Call Center Staff will help you find a ride.
Call-211

Petaluma Transit
Travel Training
We’ll ride with you! Call now to schedule a free session.
707.778.4460
transit.cityofpetaluma.net

Our Lady of Loretta
Roman Catholic Church
1806 Novato Blvd.
Novato, CA
415.897.2171

Petaluma Transit
555 N. McDowell Blvd.
Petaluma, CA 94954
Transit.cityofpetaluma.net
707.778.4506
(see ad on page 52)
Sunshine Bus
For Rohnert Park, Cotati and Penngrove Residents. The Sunshine Bus provides rides to shopping, doctor appointments, etc. $3 roundtrip. On Thursdays, the bus goes to Santa Rosa for medical, DMV or Social Security only. $5 roundtrip.
707.585.6780

St. Anselmo Roman Catholic Church
97 Shady Lane
Ross, CA 94957
415.453.2342

St. Hilary's Roman Catholic Church
761 Hilary Dr.
Tiburon, CA 94920
415.435.1122

Transportation Ambassador Program
Learn how to navigate transit services.
Laurie Parish: 707.573.3399 ext. 117

Volunteer Helpers of Oakmont
Free transportation and other assistance for residents of Oakmont.
707.525.0383

West Marin Stagecoach
415.526.3239

West Marin TRIPTrans
All volunteer drivers. Seniors find drivers and program reimburses mileage.
415.663.8148

Whistle Stop Paratransit
Provides transportation service from Sonoma County to Marin County and San Francisco.
415.454.0964

Northbay Veteran’s Center
6225 State Farm Dr., Suite 101
Rohnert Park, CA 94928
707.578.8387

Sonoma County Veteran’s Office
3725 Westwind Blvd., Suite 101
Santa Rosa, CA 95403
707.565.5960

San Francisco VA Medical Center
4150 Clement St.
San Francisco, CA
415.221.4810

Rohnert Park Veterans Center
6225 State Farm Drive
Rohnert Park, CA 94928
707.586.3295

Veteran’s Housing, Services and Advocacy
Marin County
P.O. Box 418
San Rafael, CA
415.952.5502

Guide Dogs for the Blind
350 Los Ranchitos Road
San Rafael, CA 94903
800.295.4050

Visually Impaired Services & Equipment
Blind and Vision Impaired of Marin
930 Tamalpais Ave.
San Rafael, CA 94901
info@bvim.org
415.459.5066

Books for the Blind and Physically Handicapped
900 N. St.
Sacramento, CA 95814
800.952.5666

California Department of Rehabilitation
50 D Street, Room 425
Santa Rosa, CA
707.576.2233

Earle Baum Center for the Blind
4539 Occidental Rd.
Santa Rosa, CA 95401
707.523.3222

Marin County Veteran’s Service Office
10 N. San Pedro Rd., Rm. 1010
San Rafael, CA 94903
415.499.6193

Earle Baum Center
Serving People with Sight Loss

Mission Statement
To provide opportunities for people who are blind or visually impaired to improve and enrich their personal, social and economic lives.

Independent Living Skills
Orientation and Mobility
Assistive Technology Services

Call our office for more information: 707-523-3222
Visit our Website: www.earlebaum.org
Sign up for Classes and Events on line: www.earlebaum.org/signup

Earle Baum Center of the Blind

Did you know?...
You can donate used eyeglasses for those in need at many locations throughout Marin and Sonoma Counties.
Check with your optician’s office, or your local Lion’s Club.
WHAT TO DO WHEN SOMEONE IS FORGETTING STUFF

Everyone has a story about the first moment when they realized something was “wrong” with a parent or loved one. In my case, it was when my mother insisted on returning home to an address where she hadn’t lived in forty years. It appeared as if a conversational slip, but when I questioned the address, mom insisted it was the right one…where she lived, now.

The thing about Alzheimer’s and dementias is that they are often confused on when it’s time to intervene. One of the aspects of the condition is that the person affected insists that nothing is wrong. In fact, it’s the refusal to accept help or even go to the doctor for a diagnosis that makes things often more confusing for everyone.

Doctors, too, don’t often do a complete workup, and might just ask a few questions that might be easily answered by an intelligent person. If you suspect a decline in brain function, there are several things that can be done. While a doctor is required to report to the DMV if any sort of dementia is suspected, they rarely do. However, anyone can ask the DMV for re-examination. If the person is still driving, go to the California Department of Motor Vehicles website, dmv.ca.gov. Complete form DS 699 and mail it to: Sacramento DMV, 4700 2nd floor, Sacramento, CA 95820. Ask the doctor for a referral to a Neurologist, or make an appointment to be evaluated at the UC Davis Alzheimer’s Disease Center. The center is a specialty clinic providing diagnostic assessment. You can self-refer and Medicare, Medi-Cal and insurances are billed. The evaluation may consist of 2-3 visits, including: 1) neurological, neuropsychological, medical and psychosocial assessments, 2.) laboratory tests and, 3) neuroimaging studies such as MRI, CT or PET scan. The phone number for the Center is 916.734.5496.

Once you have the test results, you can bring about a plan of action. If the person is still driving, go to the DMV for re-examination. If no belt is available, always wear your seatbelt. If no belt is available, always wear your seatbelt. For Napa County contact: The Alzheimer’s Association Chapter. Private home care services and monitor expenses. Payment is made directly to the service provider after receipt of service is submitted to the Chapter. Private home care persons must provide a Social Security number.

The Difference Between Alzheimer’s and Typical Age-Related Changes

**Signs of Alzheimer’s**
- Poor judgement and decision making
- Inability to manage a budget
- Losing track of the date or the season
- Difficulty having a conversation
- Misplacing things and being unable to retrack to find them

**Typical Age Related Changes**
- Making a bad decision once in awhile
- Missing a monthly payment
- Forgetting what day it is and remembering after
- Sometimes forgetting which word to use
- Losing things from time to time

Safety Tips for Taking Public Transportation

- Stay alert at all times. Avoid napping, especially if you are carrying a purse or shopping bags.
- Be wary of strangers who sit too close when there are other seats available. If you feel uncomfortable, don’t hesitate to move.
- Do not carry too many packages; always leave one hand free to grasp railings.
- When you enter or leave a taxi or bus, watch your step and look for slippery or uneven pavement.
- Keep your bus fare ready to avoid losing your balance while searching for change.
- Always wear your seatbelt. If no belt is available, brace yourself when the subway or bus is slowing down or turning.
- Consider carrying a personal alarm to scare off a potential assailant.

RESPITE GRANT AVAILABLE

There is a $1,000 stipend to assist families who are caring for someone with Alzheimer’s Disease and need help with paying for respite care. It will only pay for in-home care, adult day care or overnight care in a facility. It will not pay for any respite services the family is already receiving, or other services.

The $1,000 grant must be used within a six-month period. There is a wait list. In order to qualify, the family must live in northern California, the person must have dementia, the primary caregiver must be in need of additional respite and needs funding to help pay for it.

It is the family’s responsibility to arrange for the respite care services and monitor expenses. Payment is made directly to the service provider after receipt of service is submitted to the Chapter. Private home care persons must provide a Social Security number.

For Napa County contact:
The Alzheimer’s Association
1211 N. Dutton Ave., Ste A
Santa Rosa, CA 95401
707.573.1210
WAYS TO FINANCE LONG TERM CARE

B. Long Term Care

M. Medi-Cal. The basic requirements to qualify for Medi-Cal are that you are in a nursing home, at least 65 year old, (or blind or disabled), and medical/nursing bills exceed your income, and your countable assets do not exceed $2,000. You must also be a U.S. citizen, or lawful permanent resident of California. A partial list of exempt (noncountable) assets include: a home, houseboat, mobile home and multi-unit dwelling if you live in one of the units some time before entering a nursing home; household goods and personal effects—wedding, engagement rings and heirloom jewelry, one car, burial plots, prepaid burial plan, and some annuity or pension plans if payments of principal and interest are being made.

It is a good idea to speak with a Medi-Cal planning expert to determine planning and eligibility for Medi-Cal.

Medi-Cal does not pay for room and board at any assisted living or board and care home. It also does not pay for private home care.

And, finally, the big question: What Happens When We Run Out of Money?

Sometimes families pitch in funding on a month-to-month basis to supplement care. For example, the monthly SSI stipend may not provide enough money for a board and care home, so the children or other friends add money, as needed. Or, when the well runs dry, Medi-Cal eligibility and nursing home placement for long term care becomes one reality that may need to be faced. There are very few options available for low income seniors. Patching together services, family support and spending down assets seems to be the path followed most often.

Questions about any of the above, including referrals to other resources, are available at BornToAge, 707.226.7127

If You’ve Ever Worked in the U.S. Atomic Industry

Compensation and medical benefits to current or former civilian employees who’ve worked at certain government or privately owned medical facilities where atomic weapons were produced or tested, are now available from the Energy Employees Occupational Illness Compensation Program in Livermore. Lump sum benefits of up to $150,000, to qualified claimants, are available if claimants worked in a covered facility and developed radiogenic cancer, beryllium disease or silicosis. Qualified survivors of these deceased workers may also be eligible for compensation.

While the amount of compensation may vary, most employees found to have a work related illness will receive a federal payment and medical benefits for the treatment of the covered condition.

If you have worked, or know of someone who’s worked at a designated Department of Energy facility, Please call, 866.606.6302 or 925.606.6302, for more information.
Final Wishes: Index to Articles

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BODY & ORGAN DONATIONS

California Transplant Donor Network
1611 Telegraph Ave., Ste 600
Oakland, CA 94612
888.570.9400

UC San Francisco Willed Body Program
Department of Anatomy
School of Medicine, AC-14
San Francisco, CA 94143
415.476.1981

CREMATION SERVICES

Acacia Cremation and Burial Society
963 Transport Way, Ste. 3
Petaluma, CA 94954
707.980.6470
(See ad on page 55)

Daniels Chapel of the Roses
1225 Sonoma Ave.
Santa Rosa, CA 95405
www.danielschapelfortheroses.com
707.525.3730
(See ad on page 54)

DEATH CAFÉ

Café is held at the Village Network of Petaluma, 402 Petaluma Blvd., North Contact Karen for dates/times.
Santa Rosa:
First Congregational United Church of Christ
3rd Saturday, 2:30-4:00 p.m.
2000 Humboldt St.
Santa Rosa, CA
tesslorraine@mac.com

FUNERAL SERVICES/ PRE-PLANNING

Daniels Chapel of the Roses
1225 Sonoma Ave.
Santa Rosa, CA 95405
www.danielschapelfortheroses.com
707.525.3730
(See ad on page 54)

GRIEF SUPPORT GROUPS

Cotati:
Compassionate Friends
Grief and bereavement support for families after the death of a child.
Ray Miller Community Center
Stony Point Room
216 E. School St.
1st Tuesday, 7 p.m.
tcf.sonomacounty@gmail.com
707.490.8640

Sonoma:
Hospice By the Bay
190 W. Napa St.
Sonoma, CA 95476
www.hbtb.org
707.931.7299
(See ad on page 55)

Continuum Care Hospice
Continuumcare.com
7677 Oakport St., Suite 110
Oakland, CA 94612
510.560.2012
(see ad page 57)

Heartland Hospice
2455 Bennett Valley Rd, B214
Santa Rosa, CA 95404
www.heartlandhospice.com/santarosa
707.523.0111 or 800.273.2805

Hospice By the Bay
190 W. Napa St.
Sonoma, CA 95476
707.931.7299 (Sonoma)
(See ad on page 55)

Hospice Services

Our promise to you:
• To honor the dignity of individuals who are preparing for the end of life.
• To provide patient centered care which focuses on physical and emotional comfort.
• To offer compassionate grief support for adults, teens & children.

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FD-209
T: (707) 525-3730
Santa Rosa, CA 95405
CR-92
F: (707) 525-3735

www.danielschapelfortheroses.com
danielschapelfortheroses.com
The Conversation: Have You Talked With Your Family About Your Dying?

This past year, my dad acted confused on the phone and insisted that he was fine, nothing was wrong. We suspected otherwise, and my sister flew to Arizona to check on things. Events turned serious, quickly. He was delirious and very ill. At the hospital they diagnosed pneumonia, Legionnaire’s Disease and put him on Life Support because when the doctors asked him what he wanted, he told them, “to stay alive.”

For ten days, he was connected to tubing and a machine breathed for him. They put giant white poofy mitts on his hands so he wouldn’t pull out the tubes, and his eyes remained shut and his body, immobile. On the tenth day, the doctors made a decision to pull out the tube. They asked my sister whether or not to re-intubate him if he wasn’t able to breathe on his own.

My sister called me, and my brother… asking what to do. Because, at age 87, the only thing we knew about my dad was that under no circumstances, did he ever want to die.

He is not alone. For most Americans, death is a conversation to be avoided. Death, many believe, is optional. And, when the time comes to make a decision about care at end of life, families often rely on doctors and a medical system structured to maintain life at all costs, rather than help people die in a way that is compassionate, humane and preferred. Medicine can postpone death for awhile, but at what ultimate cost to us all?

Life expectancy now is about 80 years. Most death is caused by degenerative disease, such as cancer, heart disease, Alzheimer’s, diabetes, etc. Nearly 70 percent of all Americans die in a hospital, skilled nursing or long term care facility. Almost one-third see ten or more doctors in the last six months of life. And, one in four Medicare dollars is spent on people who are in the last year of life.

What choices do we have in dying in a way that we hope for, prefer and request?

It’s important to know the choices, and imperative to talk about them. Making choices in a crisis, at the last minute, or during a highly emotional moment is not the time. When my sister was asked to make a decision of whether or not to implement a Do Not Resuscitate (DNR) order, she inactively froze. She suffered the anguish of indecision, as she struggled with not knowing which way to go. But, all of us agreed that dad had lived a good life and if the tube was pulled out and he didn’t make it, that would be the end of it.

So, the tube was pulled. He lived. Now, almost a year later, he’s almost back to his old self. But, not quite. The brush with death made all of us aware how much we don’t know about what he wants…even now, he still won’t complete an Advance Directive and refuses to talk about when to let him go.

He wants to hang on to every moment of life he can. And, don’t we all? But, for those of us he’ll be leaving behind, it would be helpful if we knew and understood how far he’d want to go in being kept alive, like he says…“no matter what.”

Things You Should Know About Hospice

- Hospice is not a place—it’s high-quality care that focuses on comfort and quality of life.
- Hospice is paid for by Medicare, Medicaid, and most insurance plans. Fear of costs should never prevent a person from accessing hospice care.
- Hospice serves anyone with a life-limiting illness, regardless of age or type of illness.
- Hospice provides expert medical care as well as spiritual and emotional support to patients and families.
- Research has shown that the majority of Americans would prefer to be at home at the end of life—hospice makes this possible for most people.
- Hospice serves people living in nursing homes and assisted living facilities.
- Hospice patients and families can receive care for six months or longer.
- A person may keep his or her referring physician involved while receiving hospice care.
- Hospice offers grief and bereavement services to family members to help them adjust to the loss in their lives.
- Research has shown people receiving hospice care can live longer than similar patients who do not opt for hospice.

~Source: NHPCO.org

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FD 2252

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- Medicare, Medi-Cal or private insurance

(707) 935.7504 · www.hbtb.org
“Hospice took the weight of the world off of our shoulders.”

Home is the most comfortable place of all, and the place to provide hospice care. The house you've lived in for decades, or an independent, skilled nursing or assisted living facility. Any patient, family member or friend can contact us anytime, 24/7.

Celeste Heiter, the woman who's been working with me for the past 18 years as the graphic designer for Born To Age, died suddenly in October. She was actually working at 3 a.m., (which was typical in getting an issue organized), when she had a stroke. Her unexpected demise was a shock to all of us, but mostly, her son Will Raus, whom she loved before all else in this world.

Celeste was a colleague, a friend and mostly provided enduring support in the creation and day-to-day grind of Born To Age. She was also a creative spirit who painted, gardened, wrote poetry, published several Asian cookbooks and was working on a screenplay. In her short 60 years, she found many ways to make her soul sing.

Celeste loved Japan, Asian culture and art. She kept a journal, read tarot, listened to the I Ching, and believed there is more to life than meets the eye. Her life wasn't easy, and she always hoped for more. She had a keen intellect and inspiring spirit.

I miss her dearly.

Yvonne Baginski

Seniors At Home
1360 N. Dutton, Suite C
Santa Rosa, CA 95401
info@seniorsathome.org
www.seniorsathome.org
707.303.1530
(See ad on page 38)

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Seniors At Home
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Santa Rosa, CA 95401
info@seniorsathome.org
www.seniorsathome.org
707.303.1530
(See ad on page 38)
Eldercare Manager, Kira Reginato, is on a mission. In caring for her own two parents, and hundreds of others, she's developed an easy set of rules for managing aging and caregiving. And, now she's writing a book.

"It's about having a conversation," says Petaluma-based Reginato. "To start talking about what matters and writing things down."

Practicality reigns supreme. Once a radio host of "The Elder Care Show" and "Call Kira About Aging!" Reginato has interviewed hundreds of people on various aspects of aging, and she's gained her own perspective and expertise.

Like many experts in this field, Reginato has cared for her own parents, and lessons learned evolved into a blog and radio show podcasts at callkira.com.

She writes of Ground Rules:

1. Let yourself be helped. You haven't practiced on many other parents before, you are new at knowing what to do.

2. Help your parent in a gentle way and be patient with yourself and siblings. This can be a long journey.

3. Keep in mind that you can't have just one talk and expect change. Talk all the time. Intersperse the hard stuff with the easy stuff.

4. You don't have to go it alone. A care manager can be hired to do some of the things, too.

Reginato recommends starting a conversation with parents as early as when they turn age 70. "Start writing things down in a computer file, starting a diary of conversations. Develop their baseline or starting point, based on mental and physical function. What do they talk about? Do they want to move? Do they have a trust?" She says, "Get an accurate reflection of what's going on by writing it all down, not just trying to remember later."

Also take a look at your own personal support system. How much hands-on caregiving do you want to do? What do you want to pay for? Can you ask a parent for money if you're doing everything and they don't want to pay anyone else?

Get your legal documents completed. Make sure that there's a Power of Attorney for Finances in place so that, "if a parent is in surgery and hospitalized for weeks, there's someone to pay bills and take care of business. She also recommends bringing in all the siblings and dividing up responsibilities before a crisis.

"Be reasonable," she says. "Is it reasonable to ask your sister to manager dad's finances if she can't manage her own money? Or, if your brother is a big-picture thinker, will he be able to sort thought the details of daily medication management?"

Having siblings operate from areas of competence and strength is often amenable to everyone. And, start talking to others, reading books, articles and gathering information now...not waiting for a crisis, so that when things develop where your parents need more assistance, you'll be ready.
## Consumer Protection Price Survey on Death Arrangements - Marin & Sonoma Counties

<table>
<thead>
<tr>
<th>Direct Cremation</th>
<th>Crematory Fee</th>
<th>Containers</th>
<th>3-Day Storage</th>
<th>Deposition Permit $12 Death Cert. $23</th>
<th>Total Cost of Direct Cremation</th>
<th>Immediate Burial</th>
<th>Lowest Listed Casket</th>
<th>3-Day Storage</th>
<th>Deposition Permit $12 Death Cert. $23</th>
<th>Total Cost of Direct Burial</th>
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In updating this survey for 2017, Born to Age only compared the prices for either a direct cremation or immediate/direct burial. Each of the mortuaries have extensive price lists of all their package deals, and must disclose the charges for everything involved in planning a funeral. Anyone can request a price list at anytime. Local mortuaries charge a range of prices for the similar services. Many price lists are now offered online. Look them up for the most up-to-date. Compare prices. Prices can change and cannot be guaranteed from this chart.

Be Warned: If the mortuary does not honor this price for the exact service, contact Born to Age and we will investigate.

Before you start looking around, decide exactly what you’d like in terms of final arrangements. Not everyone wants a direct cremation or burial. But, know that the mortuaries do have price lists for everything from caskets, to mementos, and even jewelry.

What Direct Cremation usually includes:
1. An alternative container (usually a cardboard container)
2. Removal of the body within the mortuary service area and transportation to the crematorium (usually within 7-35 miles).
3. A 3-day storage fee.
4. Obtaining required permits.
5. Cost of using a crematory.

What Direct Burial usually includes:
1. Obtaining necessary permits.
2. Removal of the body within the mortuary’s local service area (usually within 7-35 miles from a facility) and transportation to a local cemetery.
3. A 3-day storage fee.

Prepared December 2016 by Born to Age. All prices were taken from general price lists and the Internet.
I Believe
Every Moment Matters.

We believe in helping patients and their families make the most of life. We believe in compassionate care. Most of all, we believe in dignity and respect for each patient we serve. Maybe that’s why so many families believe in us when it comes to choosing a hospice provider.

For more information, please call
866.929.2282

www.kindredhospice.com
Programs Serving Seniors in Marin & Sonoma

Senior Resources Sonoma County
Serves seniors by offering programs that focus on preventing social isolation and increasing food security, home safety, and community health. Signature programs include Information and Referral and Emergency Funding.
For more information contact: 707.539.0333

Novato Independent Elders Program (NIEP)
Senior Resources Marin County
Operates out of Margaret Todd Senior Center. Signature programs include Home Delivered Groceries, Brown Bag Market, Margaret Todd Café, Alma Latina, Postal Carrier Alert, Senior Produce Market and much more.
For more information contact: 415.899.8296

Senior Center Without Walls
Telephone and online program offering activities, education, friendly conversation, and an assortment of support groups and classes to older adults from the comfort of their own homes.
For more information contact: 877.797.7299

ElderWISE
Friendly visiting program matches trained volunteers with seniors to provide a caring, compassionate friend for a weekly visit.
For more information contact:
Marin County: 415.492.0111
Sonoma County: 707.978.5058

Senior Produce Markets
Fresh, affordable fruits and vegetables available at wholesale prices.
Marin County:
Margaret Todd Senior Center
Sonoma County:
Jennings Court
Burbank Heights & Orchards
For more information contact: 925.956.7380

Telephone Reassurance
A free telephone check-in program serving seniors, disabled adults, and housebound individuals in Marin and Sonoma Counties.
For more information contact: 415.456.9068

Marin Home Share
Matching individuals in need of housing with senior homeowners, for reduced rent and/or exchange of services.
For more information contact: 415.456.9068

Senior Resources @ Home helps you or a loved one maintain independence and the highest level of health.

Home Care services include:

- Activities of Daily Living, including assistance with:
  * Bathing / showering
  * Dressing
  * Personal hygiene
  * Toileting
- Companionship / safety supervision
- Meal preparation / light housekeeping
- Medication reminders
- Post operative care
- Respite care
- Transportation and more...

For a free home assessment, including a personalized care plan, please contact our office.
California Home Care Services Bureau License #494700013

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