

WISDOM COUNTS

A Quarterly Publication for the Sebastopol Area Senior Center

Looking Ahead: A Home for the Future of Aging in Our Community

By the time this newsletter reaches your mailbox, the Sebastopol City Council will likely have made a decision regarding the Commons Committee's recommendation to continue exploring the O'Reilly complex as a potential site for the Sebastopol Commons.



Most members of our Board and staff have toured the property, and many attended the City's public presentations and tours over the past several months. Based on what we know today, we are united in our belief that the O'Reilly property represents the best opportunity we have seen for the long-term future of the Sebastopol Area Senior Center.

We support the City's continued investigation and are particularly excited about the possibility of co-locating community services and creating shared spaces that can serve multiple organizations and generations under one roof.

There is still much to understand, including how

much space could be designated for the Senior Center and what the financial implications would be for our organization and the City. But after years of discussing our growing space challenges, it is exciting to see a potential solution taking shape.

What We've Learned

This process has given us an opportunity to listen closely to our members, staff, Board, and community about what older adults need now and in the decades ahead.

Last year, we surveyed our members and supporters about barriers to accessing Senior Center services. Two issues rose to the top: **parking and waitlists.**

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It's Not Too Late!



There's still time to support Aged to Perfection, our biggest fundraiser of the year!

Can't join us in person? You can still be part of this special evening by making a contribution to the event. Every gift helps support the programs and services local older adults rely on every day, and your generosity will be recognized during the event. A huge thank you to our generous table sponsors: Amy Truong, Angela Cloud & Chris Kritzer, Brian Ledig,

see table sponsors continued on page 6

Thank you to our generous sponsors!



★ SILVER STAR BENEFACTOR ★
LEAP SOLUTIONS | **ALAN BECKSTEAD**

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Right At Home, Charles M. Schulz Museum and Research Center, Ridgeview Financial & Linda Civitello Traveling Notary

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Hillary Werhane, Director of Operations
Xinia Gamero, Executive & Development Asst
Lisa Mathieson, Accounting Manager

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Julie Campagna, Volunteer Programs Manager
Alex Villeda, Transportation Coordinator

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Geri Haslett & Kara Riley, Receptionists

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Become A Member

of the Senior Center
and enjoy these benefits & more!



Enjoy discounted lunches
at the Harvest Cafe!



Generous discounts for museums,
parks, and performances for
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Attend FREE or discounted
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The Legacy!



Get FREE tech assistance!

*Scan here to learn
more and join today!!*



SEBASTOPOL AREA
SENIOR CENTER

HARVEST CAFE

at the Senior Center

OPEN MONDAY - FRIDAY
11:30AM - 1:30PM

Members \$10
Non-members \$15

707.829.2440

To-go orders can be placed
between 11:30 a.m. and 1:30 p.m.
and picked up by 3 pm



MENU



SEBASTOPOL AREA
SENIOR CENTER

SEBASTOPOLSENIORCENTER.ORG | 167 N. HIGH ST IN SEBASTOPOL

The Legacy



Operating Hours

The Legacy is now open from Monday to Friday, 10 AM to 6 PM, and Saturdays from 10 AM to 4 PM.

Focus on Data and Waste Metrics

Our current focus is on collecting data and waste metrics. In August alone, we received over 500 donations, totaling nearly 12,000 pounds!

Transition to Appointment-Based Donations

Due to the high volume of contributions, we are transitioning to an appointment-based system. We encourage everyone looking to donate to call ahead to secure a donation time. We never like turning people away, and we know this change will take some training on our end.

Our goal is to accept as many donations as possible while ensuring safe and efficient processing.

Upcoming Legacy Art Show

We are excited to announce that we will be hosting a Legacy Art Show at the Senior Center in November.



A knitted blanket made by one of our customers using cotton wool from The Legacy!



Shop Small at The Legacy!

The Legacy will be **OPEN** for Small Business Saturday on November 28!

Come shop, treasure hunt, and support the Senior Center while you're at it!



Volunteer with us!

So you want to volunteer: What would you actually have to do?

Most people don't plan to become a volunteer at the Sebastopol Area Senior Center — something just tips them over. Maybe you like to drive and have a few free hours a week. Maybe you've spent years browsing The Legacy and know exactly where Brittany hides the good fabric. Or maybe someone once told you that you should teach what you know, and you've never quite let that go. Whatever brought you to this moment, the question that follows is usually the same: what would I actually have to do?

Here's the whole path, start to finish.

It begins with an application.

You'll find the Volunteer link on any page of our website. We ask what you're interested in and when you're available. You'll also sign a couple of documents — a volunteer agreement and our code of conduct — so we all start on the same page. The code covers how we treat one another, how we dress, and a few things that are easier to put in writing once than to raise awkwardly later. Patchouli, for instance. This is Sebastopol, and some of us announce our arrival before we reach the door.

Then we look for a match. We compare what you told us — your interests and your availability — against the openings we actually have. We're not sizing you up or guessing where you'd fit. You might want the cafe on Fridays, but if Fridays are fully staffed, it isn't a match right now. We keep your application on file for three months in case something changes.

Next comes the background check. Every volunteer completes one, and so does every employee here. Drivers are required to be fingerprinted (aka Live Scan); everyone



else can choose between an online check, which takes about five minutes, and getting fingerprinted at a local Ameriprints location.

see volunteer continued on page 6

Schedule of Activities

To register, give us a call at 707.829.2440 or register online

Sebastopol Area Senior Center Ongoing Class Schedule



**** To register, give us a call at 707.829.2440 or register online.**

Cost = M (Member) NM (Non-Member) **



Discussion Groups

Class / Instructor	Cost	Day & Time
Book Club ~ Dulce	\$5 M / \$10 NM	4th Mon 1pm-2:30pm
In the News ~ Sandy	Free M / \$10 NM	Thur 10am-11:30am
Life Stories Writing ~ Joel	Free to Members (sponsored)	Tue 1pm-4pm
West County Presentations ~ Steve	\$5 M / \$10 NM	1st & 3rd Sat 11am-12pm



Learning & Social

Class / Instructor	Cost	Day & Time
Art Group Drop In ~ Edie	Free M / \$10 NM	Fri 10:30am-12:30pm
Knitting & Crocheting Group	Free M / \$10 NM	Mon 2pm - 3pm
LGBTQ+ Community Lunch Table	\$10 M / \$15 NM	1st Mon 12pm-1:30pm
Mahjong - Beg American ~ Joy	\$25 M / \$35 NM	Sat 12pm-2pm (8 wk series)
Mahjong - Int American ~ Natalie	Free M / \$10 NM	Thur 12:30pm-3:30pm
Senior Lesbians in Community ~ Lucy	By donation	1st & 3rd Mon 1:30pm - 4pm
Senior Walking Group	Free	Mon & Wed 9:30am - 10:30am
Ukulele ~ Cindia	Free M / \$10 NM	Mon 9am-10:30am



Health & Wellness

Class / Instructor	Cost	Day & Time
Beginner's Yoga ~ Juliet	\$8 M / \$10 NM	Mon 2:45pm-3:45pm
Fundamentals of Tai Chi ~ Garrett	\$8 M / \$10 NM	Wed 8:45am-9:45am/ 10am-11am Fri 11:30am-12:30pm
Group Meditation ~ Mark	\$5 M / \$10 NM	Tue 10:45am-12pm
Harmonic Method ~ Jim	\$5 M / \$10 NM	Fri 2:15pm-3:15pm
Practical Flo with Mingo	\$8 M / \$10 NM	Mon 11am - 12:30pm
Slow Yoga ~ Adriene	\$8 M / \$10 NM	Fri 9:15am-10:15am
Slow Yoga w/Chairs ~ Adriene	\$8 M / \$10 NM	Wed 12:45pm-1:45pm



SAIL

Instructor Approval is required to attend any of these classes.

Class / Instructor	Cost	Day & Time
Chair-Stand SAIL (Zoom) ~ Annette	\$8 M / \$10 NM	Tue & Thur 11am-12pm
Chair-Stand SAIL ~ Campbell	\$8 M / \$10 NM	Wed 3:30pm-4:30pm
Chair-Stand SAIL ~ Vickie	\$8 M / \$10 NM	Fri 3:30pm-4:30pm & Sat 9:15am - 10:15am
Chair-Stand SAIL ~ Lucibel	\$8 M / \$10 NM	Tue & Thur 10:15am-11:15am
Standing SAIL ~ Elizabeth	\$8 M / \$10 NM	Tue & Thur 10:30am-11:30am
Standing SAIL ~ John	\$8 M / \$10 NM	Mon & Wed 12 - 1pm
Standing SAIL (also on Zoom) ~ Julie	\$8 M / \$10 NM	Tue & Thur 3:30-4:30pm



Support Groups

Class / Instructor	Cost	Day & Time
Dementia Family Caregiver ~ Alz Assoc.	Free to all	2nd Thur 2:30-4pm
Gay & Bi Guys Heart Circle	Free M / \$10 NM	1st Mon 1:30-3:30pm
Old Guys Friendship Group	Free M / \$10 NM	Tue 9:00am-10:30am
Stillness & Story: Conversations on Death	\$5 M / \$10 NM	2nd Sat 9:30am - 11am
Women's Group ~ SCCS	Free M / \$10 NM	Thur 11:45am - 1:15pm
Caregiver Support Group	Free M / \$10 NM	Select Days 10:30-12 (Contact Paula: pdshart@sonic.net)



Tech Help & Services

Class / Instructor	Cost	Day & Time
Android Help (by appt) ~ Deanna	Free M / \$10 NM	1st & 3rd Fri 9am-11am
Apple Tech Help (by appt) ~ Mark	Free M / \$10 NM	Tue & Thur 9am-10:30am
Blood Pressure Screening ~ Sue	Free	Tue 9:30am-12pm
Footcare Clinic (by appt) ~ Tamara	\$20 Members Only (new prices effective Jan 2027)	Various Fri 8:30am-12:30pm
iphone/Instagram (by appt) ~ Elizabeth	Free M / \$10 NM	1st & 3rd Wed 9:30am-11:30am
Tech Time (by appt) ~ Analy	Free / By Appt	Wed & Fri 2:30pm-3:30pm



Stay Active • Make Friends • Keep Learning



Programs, Workshops & Events

Fall Programs You Won't Want to Miss!

Thank you all for joining us at our annual Open House! It was wonderful to see so many familiar faces, along with some new ones. I also came away with some great ideas for classes and groups that we could offer in 2027. Here are a few of the ideas that caught my attention:

- Wool/Felting classes
- Holiday-themed craft workshops
- A "Teach Us Something" Day, where participants can share a skill or area of knowledge
- A Coffee Talk/Chat Group
- Mexican Train Dominoes play sessions
- Canasta
- More opportunities for card games
- Learn to Play Ukulele
- A second Current News Discussion Group

Now all I need is a little more time in the day to make them all happen—and more space! 😊 If you or someone you know would like to volunteer as a class or group facilitator, contact me!



Thank you again for coming, sharing your ideas, and helping make the Open House such a fun and inspiring event. I'm excited to see which of these ideas make their way onto the 2027 calendar!

We are excited to share a wonderful lineup of programs, presentations, and opportunities for connection happening this fall. We continue to focus on bringing you practical information, meaningful conversations, and opportunities to learn, connect, and support one another.

🍂 OCTOBER

Tech Time with the Analy High School Volunteers

Starting now! Get one-on-one help with your technology questions from our enthusiastic Analy High School volunteers.

October 23 ~ SMART Nutrition Presentation - Do You Really Need Supplements? Facts, Myths, and Smart Choices. Learn the facts about dietary supplements and how to make informed, practical nutrition choices.

October 26 ~ Living Well: Healthy Aging & Caring for Yourself While Caring for Others Explore healthy aging, cognitive health, self-care, caregiving stress, and navigating life's transitions with practical tools and encouragement.

OCT/NOV Dates ~ What Matters Most — A Two-Part Series

Join Redwing Keyssar, RN, author, nationally recognized expert, and Director of Education at Humanity in Healthcare, for a supportive workshop designed to help you create a personalized Advance Directive for Healthcare, with step-by-step guidance.

Part 2 will include:

- Time to finalize your document
- Optional notary services on-site

Please note: Attendance at both sessions is required to access notary services. If you plan to use the notary service, please bring a valid ID or passport.

🍁 NOVEMBER & DECEMBER

We are continuing to develop our fall and winter programming, with several exciting opportunities currently being planned.

Dates to Be Announced

Fall Prevention Speaker Dr. Rhonda Berney offers practical strategies for reducing fall risk and staying safe and independent..

November Intergenerational Conversations with Analy Freshman class. Connect across generations, share stories, and learn from one another.

Autumn Fall Risk Screening Learn more about individual fall risk and ways to support safety and mobility.

HICAP: Medicare Annual Choices and Changes Get the latest information and guidance.

Looking Ahead to 2027

NEW Program

I'm very excited to share with you our upcoming **When the Time Comes** program. Already proven successful in Healdsburg, the program helps people face death with clarity, plan with care, and receive community support.

It will offer a presentation designed to help all of us prepare for the important tasks and decisions that come with getting older, and to help us support our parents along the way.

Following the presentation, we are planning a conversation group where we can explore these topics together, ask questions, and share ideas and experiences.

New Home Bread Bakers Discussion Group

We're also excited to introduce a new **Home Bread Bakers Discussion Group**, a relaxed gathering for bread enthusiasts to share tips, recipes, experiences, and the occasional baking mishap!

Thank you for being part of our community. We look forward to learning, connecting, and growing together this fall. I look forward to sharing this journey with you in 2027!

By Marlo Carreno ~ Programs Manager

(707) 829-2440, or marlo@sebastopolseniorcenter.org

Contact her with any questions or ideas for classes.

Dear LGBTQ+ Friends, Family, Neighbors & Allies,

After eight years at the Senior Center—five full-time and three part-time—I am embarking on a new path at 69. An injury from moving a heavy fountain caused cervical radiculopathy, leading to significant pain, but I have found relief through chiropractic care and expect to recover soon.

I've decided to step back from my commitments to prioritize self-care, a challenging but necessary choice. I'm proud of our achievements and hope my successor will bring new energy and ideas to the program.

The Sebastopol Area Senior Center remains committed to supporting our LGBTQ+ community, and a transition plan is in place to maintain our programs.

Reflecting on my journey, I paused my pottery business to serve the Senior Center, a decision I cherish. Now, I can return to creating horsehair pottery, helping those grieving their beloved pets.

Please don't worry about me; I will recover, and I am excited for the future.

With gratitude and warm wishes,
Scotty King



Ongoing LGBTQ+ Gatherings

Senior Lesbians in Community ~ Lucy

Day & Time: 1st & 3rd Mon | 1:30pm - 4pm

LGBTQ+ Community Lunch Table

Cost: \$10 Members /\$15 Non-members

Day & Time: 1st Mon | 12pm-1:30pm

Gay & Bi Guys Heart Circle

Cost: Free Members /\$10 Non-members

Day & Time: 1st Mon | 1:30pm-3:30pm

table sponsors continued from page 1

Gene Bonino & Will Brown, Jill Ravitch, Jim & Rosemarie Pacatte, Julie Smith & John Henel, Kris Ingle & "The Cool Kids", Liselotte Hyde, Lucy Whitworth, Missy Danneberg & Carlo Rossi, Richard & Trish Power, Sharon & Ken Maiolini, Tate Birnie and Terri Tachovsky. **We are so grateful for your support and for helping make Aged to Perfection a success!**

volunteer continued from page 3

And then you start. You'll work directly with a staff manager to get up and running. In the cafe or at The Legacy, you'll train alongside someone who's done it a hundred times. If you're teaching a class or driving members to appointments, it takes a different shape — but nobody gets handed a clipboard and pointed at a room.

Now, where we need help most: **drivers**. Getting members to medical appointments is one of the most meaningful things this center does, and demand is outpacing the volunteers we have. Yes, it's the role that requires fingerprinting — one extra errand, and then you're in.



If you've been circling the idea, consider this your invitation. You'll find the application on our website, or stop by the center and ask to chat with our Transportation Coordinator Alex.

By Julie Campagna ~ Volunteer Programs Manager
julie@sebastopolseniorcenter.org



TRIBUTES



In HONOR of

Bud, Fran, and Nick Bloom made by Richard Balaban

Rose Finkman, Max Hutt, Murray Levine made by Richard Balaban

Sol and Pearl made by Richard Balaban

Emily Webster made by Jerold Terhune & Sandy Smith

The Senior Center made by David Gill & Patricia Cavanaugh

Tuesday Meditation Group made by Mark Sponseller

In MEMORY of

Deborah Ann Hahn made by Hans-Uno Persson

Dr. Laura Bernstein made by Dr. Allan Bernstein

Janet Buswell made by Mary Elmore

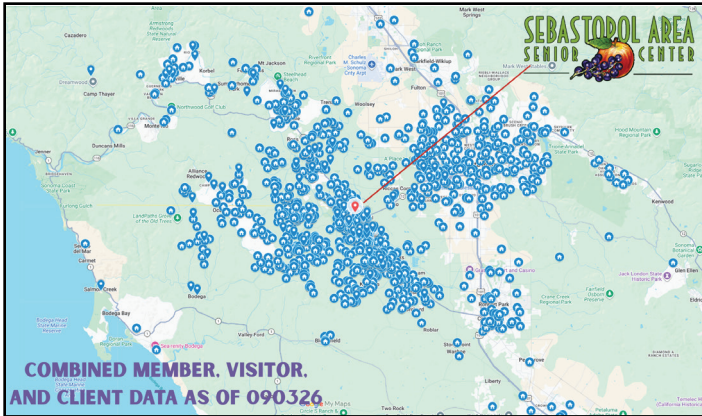
Shanti Soule made by Meganwind Eoyang

Spencer King made by Scotty King

Steve Hyde made by Liselotte Hyde

looking ahead continued from page 1

While some members walk and a handful use public transportation, the vast majority drive. And, as the accompanying map shows, the people we serve come from throughout West Sonoma County and Santa Rosa — not just downtown Sebastopol.



If we want to serve more seniors and connect them with the programs, meals, transportation, social connection, and resources they need, we must address both space and parking.

Our current building has served us remarkably well, but we are asking it to do far more than it was designed to do. Programs compete for rooms. There is rarely a quiet space for a private conversation. Our technology volunteers teach seniors how to use their devices in a busy hallway because there is nowhere else to go. Popular programs develop waitlists because we simply don't have another room in which to offer them. Increasingly, members have even told us they have stopped coming because they cannot find a place to park.

This isn't simply an inconvenience. **Access to space is access to services.**

One staff member captured the larger opportunity beautifully:

"In a few years, I will be one of the people walking through those doors as a member rather than an employee. What I want waiting for me — and for my neighbors — is a place where an older resident can get to the library, look into a health or housing question, take a class, meet a friend for lunch, and vote, all in one trip. Consolidation is not just a convenience for seniors; it can be the difference between participating and staying home."

That is what excites us most about the Commons. We are thinking about what our community will need 10, 20, and 30 years from now — and how we create a place that helps people remain active, connected, informed, and supported as they age.

With Special Thanks

We cannot talk about this process without recognizing the hard work of some folks. Thank you to Board Members Jill Ravitch, Steve Thomas and Gary Bachelor for spearheading the Board's Expansion Committee; to our Board Finance team John Henel and Amy Truong, and to all of our Board members for their wisdom and guidance.

A massive thanks to **Kent Jenkins**, who has represented the Senior Center throughout more than a year of work on the City-sanctioned Commons Committee. Kent has been an extraordinary champion for SASC and for our seniors. He's attended countless City, Board, staff, and public meetings and personally met with dozens of stakeholders. He has also served as an invaluable liaison between the Commons Committee and our Board as we consider one of the biggest questions facing our organization: **Where — and how — will the Sebastopol Area Senior Center serve this community for the next generation?**

Kent, we are enormously grateful for your time, persistence, thoughtfulness, and love for this community.

Whatever the next step may be, we know this: our community is aging, demand for our services continues to grow, and our current space is already stretched beyond its limits. The question is no longer whether we will need more space. **The question is how we create a place worthy of the community we will serve for decades to come.**



Katie Davis
Executive Director

Get in Touch

The Sebastopol Area Senior Center

167 N. High St., Sebastopol, CA 95472

Hours: Monday - Friday | 8:30am - 4pm
and Saturday from 9am - 2pm

707.829.2440 | info@sebastopolseniorcenter.org

Website: sebastopolseniorcenter.org

The Legacy

789 Gravenstein Hwy S., Sebastopol, CA 95472

Hours: Monday - Friday | 10am - 6pm
and Saturday from 10am-4pm

707.823.7520

Transportation

A Ride Can Make All the Difference

For Jim and Sandy, a ride home is about much more than transportation. Jim regularly attends the Council on Aging's Adult Day Respite and Senior Social Club at the Sebastopol Area Senior Center, giving him meaningful connection and activity while giving Sandy, his wife of nearly 60 years, important time to recharge. Several times a month, one of our volunteer drivers picks Jim up at the Center and brings him home. "Our lives simply wouldn't work without that support," Sandy says.

That's the difference a volunteer driver can make. "It's more like family, extended family," Sandy says of the Senior Center's transportation program. She describes the warmth and kindness Jim receives from his drivers—and the sense that neither of them is navigating this chapter of life alone. "I'm included, Jim's included, and we're not out here isolated, trying to figure out how to take care of ourselves."

Right now, we need more volunteer drivers to help neighbors like Jim and Sandy. There's no required weekly shift—**you make your own schedule and choose the rides that work for you.** Whether you can drive once a week, once a month, or simply when your schedule allows, every ride matters. A little of your time can give an older adult greater independence, offer a caregiver a much-needed break, and help keep our community connected.

For more information, please contact Alex Villeda, Transportation Coordinator, at alex@sebastopolseniorcenter.org.



Volunteer Driver Susan (left) with Jim & Sandy

Holiday Closures & Special Hours

 <p>Sebastopol Area Senior Center CONNECT • ENGAGE • THRIVE</p> <ul style="list-style-type: none"> • Saturday, October 24 – Closed for Aged to Perfection • Wednesday, November 11 – Veterans Day • Thursday & Friday, November 26–28 – Thanksgiving • December 24–January 2 – Holiday closure <i>Reopening Monday, January 4</i> 	 <p>Harvest Cafe GOOD FOOD • GOOD COMPANY</p> <ul style="list-style-type: none"> • Friday, October 23 & Monday, October 26 – Closed for Aged to Perfection • Wednesday, November 11 – Veterans Day • Thursday & Friday, November 26–28 – Thanksgiving • December 24–January 4 – Holiday closure <i>Reopening Tuesday, January 5th</i> 	 <p>The Legacy SHOP • DONATE • SUPPORT</p> <ul style="list-style-type: none"> • Saturday, October 24 – Closed for Aged to Perfection • Wednesday, November 11 – Veterans Day • Thursday & Friday, November 26–27 – Thanksgiving • December 24–January 2 – Holiday closure <i>Reopening Monday, January 4</i>
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