

SACRAMENTO Golden Pages

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2016

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Welcome



This year, magically (or suspiciously!), the seemingly sudden inability to read restaurant menus coincided almost exactly with the arrival of my first AARP solicitation. I finally understand the benefits of having reading glasses available in every room of the house and in my purse. Having a few extra pairs around has certainly eased the frustration of struggling to read the not-so-small print. Obviously this is not news to most of you. I just don't know why it took me so long to easily do something about it!

Whether it's items as simple as reading glasses and easy-grip jar openers or something more significant or specialized, new products, services and organizations are emerging to meet the needs of our area's older population.

We hope you will look through this publication, research and take advantage of the information available to make your life — or that of a loved one — healthier, less stressful and more fun. Utilize the resources and services that can help make life's big decisions more informed and everyday activities more convenient and enjoyable.

Discover a wealth of entertaining social opportunities — clubs or classes just waiting for you to join in! (Check out the library programs on page 16 and explore fun learning opportunities with the Renaissance Society on page 34).

Because there are so many events, activities and announcements especially for seniors (whether you're 60 or 80!), we are planning to publish a Golden Pages e-newsletter periodically during the year. If you would like to receive this email, please sign up on our website, www.srgoldenpages.com.

For nearly 25 years, Golden Pages has been a comprehensive resource for seniors and their families. Share this magazine with friends and neighbors. And please let the businesses listed know that you saw them in the Golden Pages!

Susan Carlson

Susan Carlson, Publisher

Sacramento Region Golden Pages 2016

Publisher Susan Carlson
 Contributing Writer Jennifer K. Morita

Golden Pages is an annual publication of senior information, services and resources in the Sacramento region.
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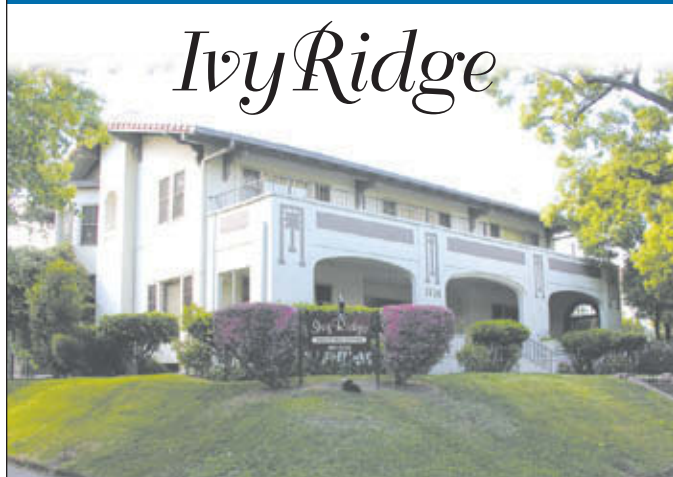
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www.appleridgehome.com

www.ivyridgehome.com

Quick Reference

Adult Protective Services (see pages 44-47)

Sacramento County (916) 874-9377
Yolo County (888) 675-1115

Animal Control

City of Sacramento (916) 808-7387
County of Sacramento..... (916) 368-7387

Better Business Bureau..... (916) 443-6843

California Franchise Tax Board (800) 852-5711

Elder Abuse Hotline (916) 874-9377

Emergency 911

Garbage / Curbside Recycling / Hazardous Waste

City of Sacramento (916) 808-5011
City of West Sacramento..... (916) 617-4589
Sacramento County (916) 363-9390
Yolo County (530) 666-8856

Internal Revenue Service (800) 829-1040

Medi-Cal Information (916) 874-3100

Medicare Information.....(800) MEDICARE

Nursing Home Ombudsman (916) 376-8910

PG&E..... (800) 743-5000

Police, Sacramento City (non-emergency)..... (916) 264-5471

Postal Information / National Zip Code Line
..... (800) 275-8777

Regional Transit (916) 321-2877

Road Conditions..... (800) 427-7623

Sacramento Fire Department (916) 228-3035

Sheriff

Sacramento County (916) 874-5115
Yolo County (530) 666-8282
Placer County (530) 886-5375

SMUD.....(916) 452-3211

Social Security Administration (800) 772-1213

Voter Registration (916) 875-6451

Water/City of Sacramento Utilities (916) 264-5454

For phone referral to information and assistance call 211

In Sacramento, 211 can be used to locate support services for older Americans and persons with disabilities. Visit the 211 website at www.211sacramento.org.



Elder Mediation Can Help Families Resolve Caregiving Conflicts

Savvy Senior

By Jim Miller

Dear Savvy Senior,

Are there any services that you know of that help families resolve caregiving conflicts? My mother — who just turned 82 — recently had a stroke, and to make matters worse, my two siblings and I have been perpetually arguing about how to handle her caregiving needs and finances.

—Bickering Siblings

Dear Bickering,

It's not unusual when adult children disagree with each other regarding the care of an elder parent. If your siblings are willing, a good possible solution is to hire an "elder care mediator" who can help you work through your disagreements peacefully. Here's what you should know.

Elder Mediation

While mediators have been used for years to help divorcing couples sort out legal and financial disagreements and avoid court battles, elder care mediation is a relatively new and specialized service designed to help families resolve disputes that are related to aging parents or other elderly relatives.

Family disagreements over an ill or elderly parent's caregiving needs, living arrangements, financial decisions and medical care are some of the many issues that an elder care mediator can help with. But don't confuse this with family or group therapy. Mediation is only about decision-making, not feelings and emotions.

The job of an elder mediator is to step in as a neutral third party to help ease family tensions, listen to everyone's concerns, hash out disagreements and misunderstandings, and help your family make decisions that are acceptable to everyone.

— continued on page 13

sgoldenpages.com

Directory Listings

ADULT DAY CARE & HEALTH CENTERS

The C.L.U.B.

Caring Laughing Understanding Belonging

10600 Coloma Road
Rancho Cordova, CA 95670

..... (916) 635-5147

A drop-in program providing respite for caregivers and socialization for seniors with memory loss and physical limitations. Music and sing-a-longs, snacks and lunch, craft projects, short walks and exercise, intergenerational activities

Eskaton Carmichael Adult Day Health Center

5105 Manzanita Ave., Suite D
Carmichael, CA 95608

..... (916) 334-0296

www.eskaton.org

Health for All, Inc.

Adult Day Health Care Centers

2730 Florin Road
Sacramento, CA 95822

..... (916) 391-5591

Rancho Cordova

Adult Day Care Center

10086 Mills Station Road
Rancho Cordova, CA 95827

..... (916) 369-1113

www.ranhocordovaadhc.com

Sutter SeniorCare PACE

1234 U St.
Sacramento, CA 95818

..... (916) 446-3100

7000 Franklin Blvd., Suite 1020
Sacramento, CA 95823

..... (916) 424-8412

www.sutterseniorcare.org

See ad page 30

Triple R Adult Day Program

Locations in Midtown, North Sacramento and Greenhaven

..... (916) 808-1591

www.tripler.org

See ad page 43

Yolo Adult Day Health Center

20 N. Cottonwood St.
Woodland, CA 95695

..... (530) 666-8828

AGING/ADVOCACY GROUPS

AARP

1415 L St., Suite 960
Sacramento, CA 95814

..... (866) 448-3614

www.aarp.org

Agency on Aging/Area 4

1401 El Camino Ave., 4th Floor
Sacramento, CA 95815

..... (916) 486-1876

www.agencyonaging4.org

California Advocates for Nursing Home Reform

650 Harrison St., 2nd Floor
San Francisco, CA 94107

..... (800) 474-1116

www.canhr.org

California Association for Adult Day Services

1107 Ninth St., Suite 701
Sacramento, CA 95814

..... (916) 552-7400

www.caads.org

California Association of Area Agencies on Aging

980 Ninth St., Suite 240
Sacramento, CA 95814

..... (916) 443-2800

www.c4a.info

California Commission on Aging

1300 National Drive, Suite 173
Sacramento, CA 95834

..... (916) 419-7591

www.ccoa.ca.gov

California Department of Aging

1300 National Drive, Suite 200
Sacramento, CA 95834

..... (916) 419-7500

www.aging.ca.gov

California Partnership for Long-Term Care

Mail Stop 4100, PO Box 997413
Sacramento, CA 95899

..... (916) 552-8990

www.rureadyca.org

California Retired Teachers Association

800 Howe Ave., Suite 370
Sacramento, CA 95825

..... (916) 923-2200

www.calrta.org

California Senior Legislature

1020 N St., Room 513
Sacramento, CA 95814

..... (916) 552-8056

www.4csl.org

City of Davis Senior Citizen Commission

c/o Davis Senior Center
646 A St., Davis, CA 95616

..... (530) 757-5696

Congress of California Seniors

1230 N St., Suite 201
Sacramento, CA 95814

..... (800) 543-3352

www.seniors.org

www.calseniorcenters.org

Foundation Aiding the Elderly

PO Box 254849
Sacramento, CA 95865-4849

..... (916) 481-8558

www.4fate.org

LeadingAge California

1315 I St., Suite 100
Sacramento, CA 95814

..... (916) 392-5111

www.aging.org

Mobile Home Ombudsman

2020 W. El Camino Ave.
Sacramento, CA 95833

..... (916) 323-9801

www.hcd.ca.gov

Assessment/Referral

National Association of Retired Federal Employees

606 N. Washington St.
Alexandria, VA 22314

..... (800) 456-8410
www.narfe.org

National Silver Haired Congress

2116 Inverness Drive
Henderson, NV 89074

..... (702) 860-6349
www.natlshe.org

Older Women's League

PO Box 1627
Sacramento, CA 95816

..... (916) 823-6863
www.owlca.org

Ombudsman Services

3950 Industrial Blvd., Suite 500
West Sacramento, CA 95691

..... (916) 376-8910
www.osnc.net

Retired Public Employees Association of California

300 T St.
Sacramento, CA 95811-6912

..... (800) 443-7732
www.rpea.com

Sacramento County Adult and Aging Commission

P.O. Box 269131
Sacramento, CA 95826

..... (916) 874-9775
Sacaac411@yahoo.com

The 60 Plus Association

515 King St., Suite 315
Alexandria, VA 22314

..... (703) 807-2070
www.60plus.org

State Long-Term Care Ombudsman

1300 National Drive, Suite 200
Sacramento, CA 95834

..... (916) 419-7500
www.aging.ca.gov

ASSESSMENT/ REFERRAL

Allied In Home Care and Senior Placement

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Roseville, CA 95747

..... (916) 749-2224
www.alliedinhomecare.com

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ApexCare

1418 Howe Ave., Suite A
Sacramento, CA 95825

..... (916) 924-9111
www.apexcare.com

A Place for Seniors & Options

3400 Cottage Way, Suite K
Sacramento, CA 95825

..... (916) 972-7429
www.aplaceforseniorsandoptions.com
See ad page 37

A Senior Connection

755 Sunrise Ave., Suite 140
Roseville, CA 95661

..... (916) 208-3338
www.aseniorconnection.com

See ad page 21

A Place for Mom

Elder Care Referral Service

..... (877) 926-1285
www.aplaceformom.com

A Voice for Seniors, LLC

1911 Douglas Blvd., 85-228
Roseville, CA 95661

..... (916) 626-7568
www.avscare.com

See ad page 23

Assistance, Referrals & More for Seniors (ARMS)

c/o Hart Senior Center
915 27th St., Sacramento, CA 95816

..... (916) 808-1448
www.cityofsacramento.org/hartcenter

California Assisted Living Association

455 Capitol Mall, Suite 222
Sacramento, CA 95814

..... (916) 448-1900
www.caassistedliving.org

The California Health Collaborative Senior Services Program

2012 H St., Suite 101
Sacramento, CA 95811

..... (916) 734-5432

California Registry

PO Box 5202
Santa Monica, CA 90409

..... (800) 777-7575
www.calregistry.com

CarePatrol of Sacramento

4005 Manzanita Ave., Suite 6-301
Carmichael, CA 95608

..... (916) 850-0220
www.carepatrol.com

For over 20 years, CarePatrol has been helping seniors and their families find the safest and most appropriate senior living and care options available. A FREE COMMUNITY SERVICE.

See ad page 27

HOME Agency — Housing Options Made Easy for Elders

5431 Auburn Blvd., Suite 190
Sacramento, CA 95841

..... (916) 977-0188
www.housing-options.com

See ad page 41

Live Well at Home by Eskaton

1640 Eskaton Loop
Roseville, CA 95747

..... (916) 459-3220
www.livewellathome.com

Live Well at Home provides in-home care and care management offering the necessary assistance to maintain a safe and independent lifestyle wherever you call home.

See ad on back cover

The Soothing Touch

Massage therapy can ease pain and enhance well-being

By Jennifer K. Morita

A growing number of older adults are turning to massage to work out the kinks of aging.

“Way back when, massage used to be considered taboo, or it was a luxury,” said Diane Kim, a massage therapist at Massage Envy in Loehmann’s Plaza. “It wasn’t something that anyone on the medical side of things saw as a necessity, and that is changing now.”

In addition to relieving everyday aches and pains, recent studies have shown that massage can be an effective way to treat symptoms of osteoarthritis and even Alzheimer’s disease, according to the American Massage Therapy Association.

Experts say massage therapy can also increase circulation, stimulate the nervous system, relax muscles and improve flexibility. It can also help manage pain, relieve stress and lower blood pressure.

“When we affect the nervous system positively, it releases endorphins and helps the body to continue to function,” massage therapist and instructor Elizabeth Davison said. “It also relaxes the mind, softens muscles that have hardened due to the strains of a long life and the repetitive nature of most of our physical activities.”

Many of Davison’s clientele are residents at the Campus Commons Independent Senior Living Community. In recent years, a growing number of older adults have been booking massages with her.

“It’s not a population that spends their money on something that’s not worthwhile to them, and we’re a Western society that relies on medication,” Davison said. “But that’s changing.”

Davison helped 91-year-old Bonnie Kessler, who suffered from a



frozen shoulder after an injury eight years ago.

“Massage is terrific,” Kessler said. “Elizabeth said she thought she could release my frozen shoulder and that it did not have to cause me pain. I didn’t want to have surgery so I let

Geriatric massage, in particular, uses a gentle and light application of traditional massage techniques, including passive stretching, to help increase blood circulation, improve balance and flexibility, reduce pain and increase joint flexibility.

her try and she and a colleague released my shoulder.

“I have rotation now and I can turn the pages of music as I play the organ. I see Elizabeth every other week for a massage. I look forward to it so much.”

Geriatric massage, in particular, uses a gentle and light application of traditional massage techniques, including passive stretching, to help increase blood circulation, improve

balance and flexibility, reduce pain and increase joint flexibility.

“You definitely use a more tender touch with older adults and the pressure is much lighter,” said Kim, who is certified in geriatric massage therapy. “You want to focus on their joints — their elbows and ankles and wrists — to help alleviate where they have a lot of pain.”

More than 40 percent of Kim’s clients are older adults and retirees, a number that she says continues to rise.

“Massage has been recommended to them perhaps by a physical therapist or a doctor because they’re looking for pain relief,” Kim said.

Another benefit is the simple pleasure of the human touch, said Massage Envy franchise owner Steve Pearce.

When he and his business partner opened their first store a decade ago, one of their first clients was a widow who came in once a month for a massage.

“When she was younger, she lived in a world where a gentlemen would give a lady his arm to walk her across the street. That time has disappeared,” Pearce said. “She told me that her monthly massage was the only time another human being touches her and

— continued on page 8

Chambers of Commerce

Resources for Independent Living

420 I St., Level B, Suite 3
Sacramento, CA 95814

..... (916) 446-3074
www.ril-sacramento.org

Sacramento County Department of Human Assistance

SSI and Medi-Cal
Food Stamps..... (916) 874-3100
www.dhaweb.saccounty.net

Sacramento County Adult and Aging Commission

P.O. Box 269131
Sacramento, CA 95826
..... (916) 874-9598

Senior Care Solutions

8910 Sunset Ave., Suite B
Fair Oaks, CA 95628
..... (916) 965-5565
www.seniorcs.com

CHAMBERS OF COMMERCE

Carmichael

6825 Fair Oaks Blvd. # 100
Carmichael, CA 95608
..... (916) 481-1002
www.carmichaelchamber.com

Citrus Heights

7920 Alta Sunrise Drive, Suite 100
Citrus Heights, CA 95610
..... (916) 722-4545
www.chchamber.com

Elk Grove

9401 E. Stockton Blvd., Suite 125
Elk Grove, CA 95624
..... (916) 691-3760
www.elkgrovecalifornia.com

Fair Oaks

10014 Fair Oaks Blvd.
Fair Oaks, CA 95628
..... (916) 967-2903
www.fairoakschamber.com

Folsom

200 Wool St.
Folsom, CA 95630
..... (916) 985-2698
www.folsomchamber.com

Natomas

3511 Del Paso Road, Suite 160-366
Sacramento, CA 95835
..... (916) 877-5436
www.natomaschamber.org

Orangevale

9267 Greenback Lane, Suite B-91
Orangevale, CA 95662
..... (916) 988-0175
www.orangevalechamber.com

Rocklin Area Chamber of Commerce

3700 Rocklin Road
Rocklin, CA 95677
..... (916) 624-2548
www.rocklinchamber.com

Roseville Chamber of Commerce

650 Douglas Blvd.
Roseville, CA 95678
..... (916) 783-8136
www.rosevillechamber.com

Sacramento Asian-Pacific

2012 H St., Suite 101
Sacramento, CA 95811
..... (916) 446-7883
www.sacasiancc.org

Sacramento Hispanic Chamber

1451 River Park Drive South, Suite 220
Sacramento, CA 95815
..... (916) 486-7700
www.sachcc.org

Sacramento Metro Chamber

1 Capital Mall, Suite 300
Sacramento, CA 95814
..... (916) 552-6800
www.metrochamber.org

West Sacramento

1401 Halyard Drive, Suite 120
West Sacramento, CA 95691
..... (916) 371-7042
www.westsacramento-chamber.com

Massage — continued from page 7

that it connects her to humanity.

“It taught me that this world is full of a lot of hurting people. For some it’s physical pain, but for other’s it’s a spiritual thing and having this time when another human being is taking care of you can be powerful.”

Kim recommends consulting a physician before getting a massage from a reputable, licensed therapist. She added that it’s also important to let your massage therapist know about any medical history, including past surgeries and pains.



“It’s important for people to know that not all massage therapists are for you,” Kim said. “So if you go to someone and you don’t have a good experience, it’s okay to try someone

else. We’re all different and we all have a different touch. It’s important to be comfortable with whomever is touching you.”

Massage sessions can cost between \$39 and \$69 for 1 hour. Many massage locations offer discounts to regular customers.

For more information about finding a certified massage therapist, visit the American Massage Therapy Association at www.amtamassage.org or the California Massage Therapy Council at (916) 669-5336 or www.camtc.org.

CLUBS & ORGANIZATIONS

Arts & Crafts Club

..... (916) 393-9026
Meets every Tuesday at Asian Community Center, 7375 Park City Drive, Sacramento.

Carmichael Cactus and Succulent Society

..... (916) 729-3475
www.ccandss.com
Meets 10 a.m. first Thursday of the month at 5750 Grant Ave., Carmichael.

Carmichael Senior Citizens Club

..... (916) 487-5525
Meets second and fourth Thursday each month at Carmichael Park Club House, 5750 Grant Ave., Carmichael.

Cottage Senior Club

..... (916) 706-2966
..... (916) 383-3261
Meets first and third Tuesday each month in the Conzelmann Center, 2201 Cottage Way, Sacramento.

The Genealogical Association of Sacramento

www.gensac.org
Meets third Wednesday of the month at Belle Coolidge Library, 5600 South Land Park Drive.

Gray Eagles

..... (916) 421-0844
www.grayeagles.net
Social group sharing the history of military and or civilian aviation. Meets second Monday each month at Hometown Buffet, 4300 Florin Road, Sacramento.

Mahjong Club

..... (916) 393-9026
Meets Every Friday, Asian Community Center, 7375 Park City Drive, Sacramento.

Mission Oaks Senior Wednesday Club

..... (916) 410-0506
Meets the first four Wednesdays of every month at Mission Oak Community Center, 4701 Gibbons Drive, Carmichael.

North Highlands Pinochle Club

..... (916) 332-4551
Meets Tuesdays and Fridays at North Highlands Community Center, 6040 Watt Ave., North Highlands.

Organic Gardening Club of Sacramento County

..... (916) 635-6724
Meeting places and times vary, call for details.

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Contact SeniorLink: (916) 369-7872
M-F, 8 a.m.-5 p.m. email: slreferral@elhogarinc.org

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goldcountryretirement.org 530-621-1100



A Retirement Housing Foundation Community





RCFE#090317665

Choosing a Hospice Care Program

Savvy Senior
By Jim Miller

Hospice can be a wonderful option in the last months of life because it offers a variety of services, not only to those who are dying, but also to those left behind. Here's what you should know.

What Hospice Offers

Hospice care is a unique service that provides medical care, pain management, and emotional and spiritual support to people who are in the last stages of a terminal illness — it does not speed up or slow down the process of dying. Hospice's goal is to simply keep the patient as comfortable and pain-free as possible, with loved ones nearby until death.

The various services provided by a hospice program comes from a team of professionals working together to accommodate all the patients' end-of-life needs.

The team typically includes hospice doctors that work with the primary physician and family members to draft a care plan; nurses who dispense medication for pain control; home care aids that attend to personal needs like eating and bathing; social workers who help the patient and the family prepare for end of life; clergy members who provide spiritual counseling, if desired; and volunteers that fill a variety of niches, from sitting with the patient to helping clean and maintain their property.

Some hospices even offer massage or music therapy, and nearly all provide bereavement services for relatives and short-term inpatient respite care to give family caregivers a break.

Most hospice patients receive care in their own home. However, hospice will go wherever the patient is — hospital, nursing home or assisted living residence. Some even have their own facility to use as an option.

To receive hospice, you must get a physician referral stating that their life expectancy is six months or less.

It's also important to know that home-based hospice care does not mean that a hospice nurse or volunteer is in the home 24 hours a day. Services are based on need and/or what you request. Hospice care can also be stopped at anytime if the patient's health improves or if he or she decides to re-enter cure-oriented treatments.

How to Choose

The best time to prepare for hospice and consider your options is before it's necessary.

To locate a good hospice in your area, ask the doctor or the discharge planner at your local hospital for a referral, call your state hospice organization (see hospicefoundation.org/hospice-directory for contact information), or search online at sites like the National Hospice and Palliative Care Organization at nhpc.org.

When choosing, look for an established hospice that has been operating for a few years and one that is certified by Medicare. To help you select one, the American Hospice Foundation provides a list of questions to ask at 16HospiceQuestions.us.

Who Pays

Medicare covers all aspects of hospice care and services for its beneficiaries. There is no deductible for hospice services although there may be a very small co-payment — such as \$5 for each prescription drug for pain and symptom control, or a 5 percent share for inpatient respite care. Medicaid also covers hospice in most states, as do most private health insurance plans.

For more information, see the "Medicare Hospice Benefits" online booklet. And if you have financial questions or concerns, talk to your hospice provider. Most hospices offer financial assistance to help families in need.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book. Visit SavvySenior.org.

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Mediation — continued from page 4

Good mediators can also assist your family in identifying experts such as estate-planners, geriatric care managers, or health care or financial professionals who can supply important information for family decision making.

Your family also needs to know that the mediation process is completely confidential and voluntary, and can take anywhere from a few hours to several meetings depending on the complexity of your issues. And if some family members live far away, a conference or video call can be used to bring everyone together.

If you're interested in hiring a private elder care mediator, you can expect to pay anywhere from \$100 to more than \$500 per hour depending on where you live and who you choose. Or, you may be able to get help through a nonprofit community mediation service which charges little to nothing.

Finding a Mediator

To locate an elder mediator, start by contacting your area aging agency (call 800-677-1116 to get your local number), which may be able to refer you to local resources, or search online at mediate.com. Another good option is the National Association for Community Mediation, which can help you search for free or low-cost community-based mediation programs in your area.

Unfortunately, there is currently no formal licensing or national credentialing required for elder mediators, so make sure the person you choose has extensive experience with elder issues that are similar to what your family is dealing with. Also, be sure you ask for references and check them. Most elder mediators are attorneys, social workers, counselors or other professionals who are trained in mediation and conflict resolution.

Send your senior questions to: *Savvy Senior*, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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Know someone who needs help? See special section on pages 44-47.

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Don't Keep it Quiet!

Libraries play host to myriad social, educational activities

By Jennifer K. Morita

Libraries hold a lot more than books these days.

Whether it's help tracing your genealogy, learning about the latest e-reader or even enjoying a spot of tea, the Sacramento Public Library gives older adults plenty of things to do.

"The library is a community gathering place, now," Friends of the Sacramento Public Library President Jeffrey Rubin said. "It really used to be just about books, but now it's become a place where folks of all ages can gather, exchange information and continue to learn no matter what their age or interests.

"...We're lucky here in Sacramento that the range of programs is really diverse."

Every year, the library system offers between 5,000 and 7,000 activities, classes and events throughout its 28 branches stretching from North Highlands to Galt, said Public Information Coordinator Tracie Popma.

"Our two strongest demographics, the groups that we see in the library most often, are seniors and families with children," Popma said. "From early literacy all the way to senior activities, what we provide is pretty extensive and exciting."

In addition to book clubs organized by local branches, every month the Sacramento Public Library sponsors the Notable Books series with local professors who lead discussions about classic works of literature, but without the pressure of taking a final exam.

Activities and classes vary from branch to branch.

"It all happens organically at each location with librarians noting what's of interest to the community," Popma said. "Sometimes it's seeing trends



and what will work ... Some of it's trial and error."

Several locations recently added coloring sessions for grown-ups.

Librarians at several branches picked up on a trend that's sweeping the nation — coloring for adults — and added the activity to their list of offerings. The library provides pens, crayons and colored pencils, as well as challenging coloring pages.

"The coloring thing is really taking off," Popma said. "It's a stress-reliever. People everywhere are starting to color. It sounds very strange, but it's a very new and trendy thing."

In this fast-paced, digital world, it's no surprise technology assistance is one of the most well-attended activities. Most branches offer one-on-one computer help, software workshops or lessons on how to use e-readers and even the most up-to-date mobile device.

"We're obviously not digital natives," said 68-year-old Rubin. "So for us to be able to understand how to access information, or using so-

cial media like Facebook because we have grandchildren, it's all somewhat foreign to us.

"It's not an easy transition. The technology assistance that the libraries provide is a really good thing."

One of the most popular activities is a monthly gathering for seniors at the Rancho Cordova library branch. Sponsored by the local Friends of the Library group, Coffee, Tea & Conversation for seniors is held on the first Saturday of every month from 10 to 11 a.m.. Light refreshments are served along with friendly chit chat.

"It's a good place for seniors to come and talk to other people," Friends of the Rancho Cordova Library Co-President Pam Whiteley said. "For some of them, it may be the only social outlet they have."

The senior tea usually draws between 50 and 60 people, and many of the regulars like to bring snacks and treats to share with everyone, according to Whiteley.

In this fast-paced, digital world, it's no surprise technology assistance is one of the most well-attended activities. Most branches offer one-on-one computer help, software workshops or lessons on how to use e-readers and even the most up-to-date mobile device.

"The librarian who organizes makes sure people have a chance to meet new friends all the time," Whiteley said. "One lady I spoke with goes quite often and likes to sit at different tables so she can meet other people. The last time she went, she met a gentleman who started tell-

— continued on next page

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— continued on page 21

ing her stories about World War II and she said they were fascinating.”

Whiteley got treated to courtly manners when she attended one of the teas.

“I was sitting there with another lady from our board, talking to two gentlemen for quite a while. When it was time to leave, we got up and the two men stood up for us,” she said. “I haven’t seen that outside of ‘Downtown Abbey.’”

“A gentlemen standing up when a lady leaves is something you just don’t see anymore.”

The monthly gatherings are free of charge, and participants don’t even have to listen to a spiel about the library.

“People can just come and enjoy the company of other people their own age. There’s no obligation, nothing

is required and it doesn’t cost anything,” Whiteley said. “The nice part is that it’s done at the library, so it brings seniors in and gets them familiar with it. They might find other reasons to come or maybe learn about other programs. So it does expose them to the library.”

Some branches, including the Valley Hi-North Laguna branch, work with AARP to host the Tax-Aide program, providing free tax assistance for seniors. Appointments can be made by calling 211.

“For most seniors, libraries are still a place that we hold dear,” Rubin said. “Even though they’re changing, in my mind it’s for the better.”

See page 36 for library locations.

Want more copies of Golden Pages for your organization or for upcoming events?



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Ready to Ride

Transportation options growing for non-driving seniors

By Jennifer K. Morita

Simple, everyday tasks such as grocery shopping or doctor appointments can be nearly impossible for people who no longer drive, so it's no surprise that their No.1 complaint is lack of transportation, particularly in sprawling suburban communities.

Public agencies, nonprofit organizations and private businesses throughout the Sacramento region offer a variety of transit options from riding the bus to door-to-door service.

"Of all the things we do, this is the one that we know helps seniors live independently at home for as long as possible," said Linda Revilla, program director for ACC Senior Services, which runs a door-to-door transportation service for adults over 60.

"It's really difficult for seniors to give up their car keys. Most people don't understand the importance of transportation unless they have to drive mom and dad to all their doctor appointments."

"It's really difficult for seniors to give up their car keys. Most people don't understand the importance of transportation unless they have to drive mom and dad to all their doctor appointments."

ACC Senior Services, formerly known as the Asian Community Center, started ACC Rides in February 2003 with a little grant money, a single van and six volunteers. Within the first month, the fledgling program had transported over 200 riders, according to Program Manager Virginia Wieneke.

Today, ACC Rides has about 10 staff members, 100 volunteers and a fleet of 15 vehicles.

"We provide over 4,000 one-way rides a month," Revilla said. "That's a lot. We cannot meet the demand."

ACC Rides serves adults over the age of 60 who live within the 95814, 95818, 95820, 95822, 95823, 95824, 95828, 95831, and 95832 zip codes as well as Walnut Grove, Locke and Courtland. The program recently expanded its hours from 6:30 a.m. to 5 p.m.

For some seniors, riding a public bus is difficult if they don't understand English well enough to follow the fixed-route transit system.

"But a lot of our riders have a physical or cognitive challenge that make getting to a fixed-route difficult, so they can't drive and they can't take the bus. We transport a lot of clients with dementia," Revilla said.

In addition to medical appointments ACC Rides transports seniors to congregate lunch centers for a hot meal as well as activities and socializing. Many riders use ACC to do their errands such as grocery shopping or banking.

Drivers are also trained to work with people with dementia, who often use ACC Rides to get to adult day programs for people with memory loss such as Triple R.

"ACC Rides really helps," Revilla said. "The volunteers love it, they love helping people and the seniors are really appreciative."

For more information about ACC Rides, go to www.accsv.org or call (916) 393-9026 ext. 333.

Silver Lining Transport provides private or contracted non-emergency medical transportation. The bulk of Silver Lining's clients are Medi-Cal patients, who ride free of charge.



Warning Signs of Declining Driving Skills

Drivers should begin to limit driving or stop driving altogether when they have trouble doing any of the following:

- Staying in one lane of traffic or judging gaps in traffic
- Reading road signs or pavement markings
- Responding to unexpected situations
- Moving their foot from the gas to brake pedal, or pressing the correct pedal
- Turning around to check over their shoulder while backing up or changing lanes

Drivers should also limit their driving accordingly when they experience an increase in the number of:

- "Close calls"
- Warning or tickets issued by the police
- Dents or scrapes on their car or garage door
- Other drivers honking or yelling at them
- Situations in which they find themselves angry with other drivers

Source: "When to Stop Driving," by AARP

— continued on page 26

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See ad inside back cover

Rides — continued from page 24

Riders who don't meet Medi-Cal criteria are charged roughly \$75 round trip.

Silver Lining drivers provides door-to-door service as well as assistance getting in and out of the vehicle.

"The state pays us to transport people who can't get into a cab or take a bus," Manager Allan Maroun said. "We do maybe 160 to 200 trips a day, just taking people to dialysis and medical appointments."

"...I've been doing this for 20 years and it seems like business is always there. It stays steady."

For more information about Silver Lining Transport, go to www.silverliningtransport.com or call (916) 333-5733.

Paratransit, Inc., a non-profit organization founded in 1978, offers another transportation option for seniors and people with disabilities.

Trips are available seven days a week, including holidays, from 5 a.m. through 12:30 a.m., and reservations can be made one to two days in advance. Same day services are not available, and Paratransit does not operate in Roseville or West Sacramento.

Fares are \$5 each way within the Paratransit service area.

Paratransit also operates RideQuest, a one-stop call center for transportation options. RideQuest agents can be reached at (916) 868-6220.

Public transportation such as Sacramento Regional Transit offers a low-cost alternative with special rates for adults 62 years and older.

For more information about Regional Transit services, go to www.sacrt.com or call (916) 321-BUSS.

Other transportation services in the region include Home Instead Senior Care door-to-door transportation (916) 237-5258.

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..... (916) 451-1212

www.ivyridgehome.com

Assisted Living

See ad page 3

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Midtown Oaks

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..... (916) 321-9440

Nursing Care

Mission Carmichael Health Care Center

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Carmichael, CA 95608

..... (916) 488-1580

Nursing Care

Oakmont of Carmichael

4717 Engle Road
Carmichael, CA 95608

..... (916) 919-8966

www.oakmontofcarmichael.com
Independent, Assisted Living,
Memory Care

Oakmont of Folsom

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Folsom, CA 95630

..... (916) 245-8362

www.oakmontoffolsom.com
Independent, Assisted Living,
Memory Care

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CarePatrol has been helping families find the safest and most appropriate senior living options across the country. We help families find Assisted Living, Independent Living, Memory Care and In Home Care. We 'match' your loved ones care needs to the most appropriate communities. We review the care and violation history of the facilities that we work with. We tour with the families to the recommended communities.

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Certain circumstances may suggest that your loved one needs a change in living arrangements. Above all, you want him or her to be safe and well. Although every situation is different, Eskaton can give you information to help decide whether it might be time to consider a move.

1. The big picture. Look for:

- Recent accidents or close calls.
- A slow recovery or worsening chronic condition.
- Increasing difficulty with activities of daily living (bathing, dressing, grooming).

2. Up close. Give your loved one a big hug. Clues aren't always visible from a distance. Look for:

- Noticeable weight loss, gain or change in appearance.
- Increased frailty.
- Strange body odor.

3. Social. Social circles tend to shrink with age, which can have health and safety implications. Look for:

- Signs of active friendships.
- Signs of reduced activities and interests or days spent without leaving the house.
- Someone who checks in on a regular basis.

4. Money. Mail can offer clues to managing money, an early warning sign of cognitive difficulty. Look for:

- Unopened mail in various places.
- Thank-you messages from charities.

5. Driving. Take a drive with your loved one behind the wheel, if he or she is still driving. Look for:

- Nicks or dents on the car.
- A properly fastened seat belt.
- Tension, preoccupation, or being easily distracted.
- Signs of dangerous driving.

Caregiver burnout. Some information is intangible — it has to do with feelings and emotional stress levels. Ask yourself, how am I doing? For example, are you experiencing difficulty sleeping, diminished social engagement, loss of enjoyment in life or increasing irritability?

What is my loved one's emotional state? If your loved one has a full life, community connections, and seems to be thriving, it's worth exploring in-home care options before pressing a move from a beloved home. If you see signs that living alone is a strain, it may be time for a talk. Broach the subject of where to live in a neutral way. You may find that your loved one harbors the same fears that you do. Find out what your loved one fears most about moving before launching into your own worries and what you think ought to be done.

Let us help you navigate this next step. At Eskaton, we're transforming the aging experience.

6. Kitchen. Go through the kitchen, from fridge to cupboards to oven. Look for:

- Stale or expired food.
- Broken appliances.
- Signs of fire.

7. Around the house. Look for:

- Lots of clutter.
- Signs of lax housekeeping.
- Bathroom grime and clutter.

8. Pet care / plant care. An ability to take care of pets and plants goes along with self-care. Look for:

- Plants that are dying.
- Animals that don't seem well tended.

9. Home maintenance. Yard maintenance or lack of it can yield clues. Look for:

- Signs of neglect.
- Multiple newspapers left outdoors.
- Mail piled up in the mailbox.

10. Get help. Gently probing about what others think isn't being nosy. You're being loving, concerned, and proactive. Look for:

- Input from those in your loved one's circle.
- Medical insight / a second opinion.
- An assessment by an Eskaton Care Manager (Call 916-459-3220).



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Mom's priority? *Independence*. Yours? *Peace of mind* knowing she is happy and healthy when you can't be by her side. At Eskaton, we've found the balance:

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Assisted Living
530-675-4005
License # 097001275

Eskaton Lodge Gold River
Assisted Living, Pre-Memory
and Memory Care
916-900-1999
License # 347001241

Eskaton Lodge Granite Bay
Independent Living with
Services and Assisted Living
916-970-8220
License # 317005628

Eskaton Monroe Lodge
Independent Living with Services
Land Park
916-265-4070

Eskaton Village Carmichael
Continuing Care Community
916-827-1531
License #340313383 | COA #202

Eskaton Village Grass Valley
Multi-Level Community
530-802-0144
License # 297001933

Eskaton Village Placerville
Multi-Level Community
530-206-0545
License # 097005046

Eskaton Village Roseville
Multi-Level Community
916-432-8220
License # 315002052

The Parkview
Assisted Living and Memory Care
Pleasanton
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License # 015601283

eskaton.org



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..... (530) 589-2969

Independent Living

Oakwood Village

3388 Bell Road
Auburn, CA 95603

..... (530) 889-8122

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Palm Gardens

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Woodland, CA 95695

..... (530) 661-0574

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See ad inside back cover

Looking for some fun? See page 42 for a senior center near you!



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www.sjrv.org

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Loomis, CA 95650

..... (916) 652-8000

www.seniorcarevilla.com

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Somerford Place

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Roseville, CA 95661

..... (916) 772-6500

Assisted Living, Alzheimer's Care

Sun City Roseville

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Roseville, CA 95757

..... (916) 774-3880

www.suncityroseville.org

Sunrise Assisted Living of Fair Oaks

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Fair Oaks, CA 95628

..... (916) 863-1499

Assisted Living, Dementia Care

Sunrise Assisted Living of Sacramento

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..... (916) 486-0200

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Rocklin, CA 95677

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Davis, CA 95616

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See ad inside back cover

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..... 916-877-4152

www.101mobility.com/sacramento

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See ad page 1

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www.avscares.com

See ad page 23

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..... (916) 563-3831

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Sacramento, CA 95841

..... (916) 678-5807

www.ahhsac.com

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..... (916) 339-7381

www.apexcare.com

Assistive Technology Network

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..... (916) 325-1690

TTY..... (800) 900-0706

www.abilitytools.org

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www.brightstarcare.com/roseville

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..... (916) 478-2828

www.CaliforniaCareGivers.net

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Roseville, CA 95678

..... (916) 784-9233

www.comforcare.com

Craig Cares

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Roseville, CA 95661

..... (916) 782-7121

www.craigcares.com

Eskaton Home Care

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..... (916) 536-3750

www.eskaton.org

Help at Home Senior Care

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Auburn, CA 95603

..... (530) 885-7444

www.hahcare.com

Home Care Assistance

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Carmichael, CA 95608

..... (916) 485-4663

Placer County Office

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Granite Bay, CA 95746

..... (916) 226-3737

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We provide skilled caregivers who attend to your needs in the comfort of your home. We focus on nutrition, physical and mental stimulation and overall wellness.

See ad page 33

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www.webpayee.com

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Live Well at Home provides in-home care and care management offering the necessary assistance to maintain a safe and independent lifestyle wherever you call home.

See ad on back cover

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Home Care (916) 488-8819

Home Health (916) 974-2599

www.maximhomecare.com

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..... (916) 803-8991
www.nursenextdoor.com
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www.personalizedhomecare.com
Personalized Homecare is a non-medical agency with 37 years of experience. We serve Sacramento, Placer, Yolo and El Dorado counties. Current rates are available on our website.

Sacramento County In-Home Support Services

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..... (916) 874-9471

Sacramento Life Force In-Home Health Care

5142 Schuyler Drive
Carmichael, CA. 95608
..... (916) 481-6825
www.SacLifeForce.com

Senior Care Solutions

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Fair Oaks, CA 95628
..... (916) 965-5565
www.seniorcs.com

Seniors Helping Seniors®

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West Sacramento, CA 95691
..... (916) 372-9640
www.seniorcaresacramentoca.com
See ad page 13

Support for Home

1333 Howe Ave., Suite 206
Sacramento, CA 95825
..... (916) 482-8484
www.supportforhome.com

Sutter Care at Home

1900 Powell St., Suite 300
Emeryville, CA 94608
..... (800) 698-1273
www.SutterCareAtHome.org

Sutter Health Lifeline & Senior Care

Sacramento & Yolo counties
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Placer, El Dorado & Nevada
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www.HomeCareAssistance.com

What's Your Favorite Subject?

Renaissance Society Celebrates 30 Years of Lifelong Learning

By Jennifer K. Morita

Every Friday, the Q-tips invade California State University Sacramento.

“We’re referred to as the Q-tips because of the gray hair,” Sacramento Renaissance Society President John P. Walker said. “We kind of take over the campus on Fridays, because that’s when tenured professors do not teach and a lot of students take the day off.

“So the classrooms are ours.”

It’s a tradition going back 30 years.

The Sacramento Renaissance Society was established in 1986 in partnership with CSUS to provide lifelong learning and community engagement for older adults. Now celebrating its 30th anniversary, the Renaissance Society boasts a membership of nearly 2,100 and a full line-up of more than 50 seminars on subjects ranging from germ theory to rock ‘n’ roll.

For \$80 a year, Renaissance Society members can take morning and afternoon seminars on Fridays during the fall and spring semesters, as well as some Saturday courses. Taught by volunteers and members themselves, seminar subjects run the gamut, including the history of Iran, the U.S. Civil War, as well as travel tips and how to invest wisely.

Other classes include magic tricks for grandparents, knitting, crochet, tai chi, and ballroom dancing as well as iPad, iPhone and Android basics.

“It’s totally unique because we design the curriculum ourselves,” longtime member Bob Taylor said. “Here we are, rubbing shoulders with a bunch of young folks, walking back and forth to classes.”

Classes end at 3 p.m. and are followed by a featured guest speaker.

Walker, 74, joined the Renaissance



Society in 2003 after retiring as vice president of sales and marketing for U.S. Foods.

“It was a way to learn new things,” Walker said. “I never graduated from college. I took lots of night courses, but I just worked my business life, so this was an opportunity to learn new things.”

Taught by volunteers and members themselves, seminar subjects run the gamut, including the history of Iran, the U.S. Civil War, as well as travel tips and how to invest wisely.

Walker added that the group is about more than education. Many off-campus activities include getting together at someone’s house to play games or try out different area restaurants. There’s also a weekly walking group.

“There’s something for everybody,” Walker said. “I’ve met many

new friends there. I’ve met a lot of different people from different backgrounds and they’re all pretty interesting. They have in common the desire to learn.”

The Renaissance Society does more than use empty classrooms at CSUS. Members volunteer to serve as ushers for performances put on by the music, theater and dance programs.

They even act as guinea pigs on occasion.

“The university established a Department of Gerontology several years ago, and we’re raw material for the young folks who are going into that field, which is really needed with the explosion of baby boomers,” Taylor said.

The Renaissance Society also raises money to provide scholarships to CSUS students. Since 1993, the group has provided \$106,000 to 67 students.

Membership has been booming as well.

— continued on next page

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 Sacramento, CA 95823
 (916) 424-8412
www.sutterseniorcare.org
See ad page 30

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 Sacramento, CA 95823
 (916) 388-6200
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America's choice in homecare! Our variety of services provide individualized care to fit your needs and schedule with caregivers you are comfortable with having in your home.

INFORMATION

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 211
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www.211sacramento.org

California Registry
 PO Box 5202

Back in 2003, when Walker and Taylor first joined, the Renaissance Society had roughly 500 members. Today, the group has nearly 2,100 members.
 “Just by word of mouth, we’ve

Santa Monica, CA 90409
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Live Well at Home provides in-home care and care management offering the necessary assistance to maintain a safe and independent lifestyle wherever you call home.
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**The 50+ Wellness Program,
 City of Sacramento
 Older Adult Services**
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 Sacramento, CA 95833
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InfoLine CARES (IHSS)
 (916) 442-5450

**Sacramento County Network
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www.sacramento.networkofcare.org

been growing about 10 percent a year for the last five years,” Walker said.
 As if lifelong learning and a college parking pass weren’t enough, Sacramento Renaissance Society membership is free once you hit 90.

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 (916) 551-2140
 (800) 222-1753
www.seniorlegalhotline.org

Senior Link of Yolo County
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 Woodland, CA 95616
 (530) 207-4250

**Suzanne Shephard
 Attorney at Law**
 2775 Cottage Way, Suite 13
 Sacramento, CA 95825
 (916) 484-3929

Feeling social? See clubs and organizations on page 9.

LIBRARIES

Sacramento Public Library

See listings for a location near you.

..... (916) 264-2920

www.saclibrary.org

Arcade Library

2443 Marconi Ave.

Sacramento, CA 95821

..... 916-264-2920

Arden-Dimick Library

891 Watt Ave.

Sacramento, CA 95864

..... 916-264-2920

Carmichael Library

5605 Marconi Ave.

Carmichael, CA 95608

..... 916-264-2920

Central Library

828 I St.

Sacramento, CA 95814

..... 916-264-2920

Colonial Heights Library

4799 Stockton Blvd.

Sacramento, CA 95820

..... 916-264-2920

Belle Coolegge Library

5600 South Land Park Drive

Sacramento, CA 95822

..... 916-264-2920

Del Paso Heights Library

920 Grand Ave.

Sacramento, CA 95838

..... 916-264-2920

Elk Grove Library

8900 Elk Grove Blvd.

Elk Grove, CA 95624

..... 916-264-2920

Fair Oaks Library

11601 Fair Oaks Blvd.

Fair Oaks, CA 95628

..... 916-264-2920

Franklin Library

10055 Franklin High Road

Elk Grove, CA 95757

..... 916-264-2920

Martin Luther King, Jr. Library

7340-24th Street Bypass

Sacramento, CA 95822

..... 916-264-2920

Ella K. McClatchy Library

2112-22nd St.

Sacramento, CA 95818

..... 916-264-2920

McKinley Library

601 Alhambra Blvd.

Sacramento, CA 95816

..... 916-264-2920

North Highlands - Antelope

4235 Antelope Road

Antelope, CA 95843

..... 916-264-2920

North Natomas Library

4660 Via Ingoglia

Sacramento, CA 95835

..... 916-264-2920

North Sacramento - Hagginwood

2109 Del Paso Blvd.

Sacramento, CA 95815

..... 916-264-2920

Orangevale Library

8820 Greenback Lane, Suite L

Orangevale, CA 95662

..... 916-264-2920

Rancho Cordova Library

9845 Folsom Blvd.

Sacramento, CA 95827

..... 916-264-2920

Rio Linda Library

631 L St.

Rio Linda, CA 95673

..... 916-264-2920

www.saclibrary.org

Robbie Waters Pocket Library

- Greenhaven

7335 Gloria Drive

Sacramento, CA 95831

..... 916-264-2920

South Natomas Library

2901 Truxel Road

Sacramento, CA 95833

..... 916-264-2920

Southgate Library

6132-66th Ave.

Sacramento, CA 9582

..... 916-264-2920

Sylvan Oaks Library

6700 Auburn Blvd.

Citrus Heights, CA 95621

..... 916-264-2920

Vally Hi - North Laguna Library

7400 Imagination Pkwy.

Sacramento, CA 95823

..... 916-264-2920

Braille and Talking Book Library

900 N St., Suite 1

Sacramento, CA 95814

..... (916) 654-0640

www.library.ca.gov

Davis Branch Library

315 East 14th St.

Davis, CA 95616

..... (530) 757-5593

Elk Grove Library

8900 Elk Grove Blvd.

Elk Grove, CA 95624

..... (916) 264-2700

Roseville Public Library

225 Taylor St.

Roseville, CA 95678

..... (916) 774-5221

Sacramento Public Library

Central Library

828 I St.

Sacramento, CA 95814

Call for branch location near you

..... (916) 264-2700

www.saclibrary.org

West Sacramento Branch Library
1212 Merkley Ave.
West Sacramento, CA 95691
..... (916) 375-6465

Yolo County Library
226 Buckeye St.
Woodland, CA 95695
..... (530) 666-8005
www.yolocountylibrary.com

MEDICARE INFORMATION

California Department of Insurance
300 Capitol Mall, Suite 1700
Sacramento, CA 95814
..... (800) 927-4357
www.insurance.ca.gov

Health Insurance Counseling and Advocacy Program (HICAP)
3950 Industrial Blvd., Suite 500
West Sacramento, CA 95691
..... (916) 376-8915
..... (800) 434-0222
www.hicapservices.net

Medicare
Chico, CA 95976-0099
..... (800) MEDICARE
www.medicare.gov

MENTAL HEALTH

Consumers Self-Help Patients' Rights
9719 Lincoln Village Drive, Suite 300
Sacramento, CA 95827
..... (916) 485-4175
www.consumersselfhelp.org

Mental Health America
1908 O St.
Sacramento, CA 95811
..... (916) 366-4600
www.mhanca.org

Mental Health Treatment Center
2150 Stockton Blvd.
Sacramento, CA 95817
..... (916) 875-1000

SeniorLink, El Hogar, Inc.
..... (916) 369-7872
email: slreferral@elhogarinc.org
Linking seniors to community resources and activities
See ad page 9

Suicide Prevention
Sacramento.....(916) 368-3111
Roseville(916) 773-3111
..... (800) 273-8255
www.wellspacehealth.org

What veterans need to know about burial options

Are you a veteran or do you know one?
Veterans are entitled to many benefits. One benefit available to qualified veterans is a burial plot at a VA cemetery. The closest one to Sacramento is Sacramento Valley National Cemetery (although it's not in Sacramento) located in Dixon in Solano County.

There are some misconceptions about veterans getting a "free burial." Please note that although you may be entitled to be buried in the VA cemetery, you still must be "prepared" for burial and taken to the VA cemetery by a funeral home. This is where people sometimes get confused.

Simply put, your burial plot at the VA cemetery is free of fees and yours to use if you qualify. If you do qualify, you still need to make your final arrangements through a mortuary or funeral home. This means you need to be brought into the care of the funeral home after you pass away and your body must be prepared through either cremation or casketing. And these fees are not free or paid for by the VA.

To find out if you qualify, call a licensed funeral home and they can tell you. It is always a good choice to get information and make arrangements in advance.

Contributed by Lisa West, community outreach director for East Lawn, www.eastlawn.com.



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Mortuaries

Sutter Center for Psychiatry
7700 Folsom Blvd.
Sacramento, CA 95826
..... (916) 386-3000

MORTUARIES

Andrews & Greilich Funeral Home
3939 Fruitridge Road
Sacramento, CA 95820
..... (916) 732-2026
www.EastLawn.com
See ad page 25

**East Lawn Memorial Park
& Crematory**
4300 Folsom Blvd.
Sacramento, CA 95819
..... (916) 732-2000
www.EastLawn.com
See ad page 25

**East Lawn Pet Loss Center
& Pet Cemetery**
6700 Verner Ave.
Sacramento, CA 95841
..... (916) 732-2037
www.EastLawn.com
See ad page 25

**Elk Grove Memorial Park
& Mortuary**
9189 E. Stockton Blvd.
Elk Grove, CA 95624
..... (916) 732-2031
www.EastLawn.com
See ad page 25

Lind Brothers
4221 Manzanita Ave.
Carmichael, CA 95608
..... (916) 482-8080

**Sierra Hills Memorial Park & East
Lawn Mortuary**
5757 Greenback Lane
Sacramento, CA 95841
..... (916) 732-2020
www.EastLawn.com
See ad page 25

**Sunset Lawn Chapel
of the Chimes**
4701 Marysville Blvd.
Sacramento, CA 95838
..... (877) 248-5679

NURSING HOME INFORMATION

**After Hours Emergencies
CRISIS line** (800) 231-4024

Aging Services of California
1315 I St., Suite 100
Sacramento, CA 95814
..... (916) 392-5111
www.aging.org

**California Association
of Health Facilities**
2201 K St.
Sacramento, CA 95816
..... (916) 441-6400
www.cahf.org

**California Department
of Health Services
Nursing Home Complaints**
3901 Lennane Drive, Suite 210
Sacramento, CA 95834
..... (916) 263-5800
..... (800) 554-0354

Health Facility Licensing
..... (800) 554-0354

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www.livewellathome.com
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essary assistance to maintain a safe and
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home.*
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Agency on Aging/Area 4**
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Northern California

..... (530) 755-2018
Yolo County
..... (530) 668-5775

NUTRITION

All Seasons Cafés
See page 39

California Emergency Foodlink
5800 Foodlink St.
Sacramento, CA 95828
..... (916) 387-9000
..... (800) 283-9000
www.cafoodlink.org

Elk Grove Food Bank Services
9820 Dino Drive, Suite 140
Elk Grove, CA 95624
..... (916) 685-8453
www.egfbs.org

Food Bank Sacramento
3333 Third Ave.
Sacramento, CA 95817
..... (916) 456-1980
www.sacramentofoodbank.org

Central Downtown Food Basket
1701 L St.
Sacramento, CA 95814
..... (916) 761-5624
www.cdfb.org

Meals on Wheels by ACC
7375 Park City Drive
Sacramento, CA 95831
..... (916) 444-9533
www.mowsac.org
See ad page 39

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All Seasons Cafés serve hot noontime meals to seniors 1 to 5 days a week

If you are 60 years old or better and are interested in getting out of the house and meeting others over a delicious hot lunch, please take a look at

this list of café sites to find one close to you. Please call the center’s number to let them know you’re coming! Transportation help may be avail-

able. Please call (916) 393-9026 (ext. 342) for more information on the transportation program.

Chabolla Community Center
660 Chabolla Avenue Galt, CA 95632
M-F (209) 745-7332

Creekside Village Senior Apts.
6465 Village Center Drive, Sacramento
M-F (916) 801-7081

Delta Cove Senior Community
6800 Woodbine Ave., Sacramento
M-F (916) 427-0772

Eskaton Jefferson Manor
5959 66th Ave., Sacramento
M-TH (916) 428-6325

Folsom City Senior Center
48 Natoma St., Folsom
M-F (916) 351-3386

Fruitridge Community Center
4000 Fruitridge Road, Sacramento
M-F (916) 422-7610

Hagginwood Community Center
3271 Marysville Blvd., Sacramento
T & Th (916) 922-4770

Hart Senior Center
915 27th St., Sacramento
M-F (916) 808-5462

Japanese United Methodist Church
6929 Franklin Blvd., Sacramento
Wednesdays only..... (916) 421-1017

Mission Oaks Community Center
4701 Gibbons Drive, Carmichael
M-F (916) 972-0336 ext. 227

Neil Orchard Senior Activities Center
3480 Routier Road, Sacramento
M-F (916) 361-1262

North Highlands Community Center
6040 Watt Ave., North Highlands
M,W & F (916) 344-6249

Orangevale Community Center
6826 Hazel Ave., Orangevale
T, W&Th (916) 988-4373

Rio Linda Parks and Recreation District
810 Oak Lane, Rio Linda
T & Th (916) 991-3405

Riverview Plaza
600 I Street, 15th Floor, Sacramento
M-F (916) 801-7028

Rusch Park Community Center
7801 Auburn Blvd., Citrus Heights
M-F (916) 801-7019

Sacramento Buddhist Church
2401 Riverside Blvd., Sacramento
Fridays only (916) 446-0121

Samuel & Bonnie Pannell Community Center
2450 Meadowview Road, Sacramento
M,W & F (916) 808-6680

Stanford Settlement
450 W. El Camino Ave., Sacramento
M-F (916) 927-1819

The Comstock Senior Community Center
1725 K St., Sacramento
M-F (916) 801-7378

Women’s Civic Improvement Club
3555 3rd Ave., Sacramento
M-F (916) 452-9167

Senior Center of Elk Grove, Inc.
8830 Sharkey Ave., Elk Grove
M-F (916) 685-4804

Meals for Seniors

Healthy meals are served to older adults 60 years and better throughout Sacramento and Placer Counties. Home-delivered meals are served by well trained and friendly drivers who visit our homebound participants, share in friendship and provide critical services when necessary.

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California Department of Fish and Game - License and Revenue

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Sacramento, CA 95834

..... (916) 928-5805
www.dfg.ca.gov/licensing

California State Parks and Recreation Campground Reservations.....

(800) 444-7275
www.parks.ca.gov

City of Rocklin

Community Services & Facilities

5460 5th St.,
Rocklin, CA 95677

..... (916) 625-5200

Cottage Senior Citizens Club

2201 Cottage Way
Sacramento, CA 95825

..... (916) 927-3802
www.fecrecrepark.com

Community Services

23 Russell Blvd., Suite 5
Davis, CA 95616

..... (530) 757-5626
www.cityofdavis.org

Fair Oaks Recreation and Park District — Program for Active Senior Adults

4150 Temescal St.
Fair Oaks, CA 95628

..... (916) 966-1036
www.fairoakspark.org

Federal Recreation Passport Program (BLM)

2800 Cottage Way, Suite W1623
Sacramento, CA 95825

..... (916) 978-4400
TDD (916) 978-4419
www.ca.blm.gov

National Forest Reservation Center

..... (877) 444-6777
www.recreation.gov

National Park Information

..... (415) 623-2100

Robinson's Taekwondo

Silver Tigers

17 Sacramento regional locations

..... (916) 783-3191
www.robinsonstkd.com

Sacramento County Parks and Recreation

4040 Bradshaw Road
Sacramento, CA 95827

..... (916) 875-7275
www.sacparks.net

City Excursions — City of Sacramento Parks and Recreation

4623 T St.
Sacramento, CA 95819

..... (916) 808-8687
www.cityofsacramento.org/safari

Park and Recreation Departments and Districts in Sacramento

County:

Arcade Creek

4855 Hamilton St.
Sacramento, CA 95841

..... (916) 482-8377
www.arcadecreekrecreation.com

Seniors, Four-legged Friends Find Helpful Programs at the SPCA



Studies show that people who have pets are happier, healthier and live longer. The Sacramento SPCA waives the adoption fee for adult pets (1+ year) for approved adopters age 65 and older. Adoption counselors can help you find the best pet for your lifestyle.

Other services offered by the Sacramento SPCA include free vaccine clinics for pets owned by seniors 65 and older. These clinics are held on the first Tuesday of each month from 10 a.m.–1 p.m. at its location on 6201 Florin-Perkins Road, Sacramento. Please call (916) 504-2845 for more information.

Free pet guardian and estate planning seminars are offered quarterly to provide information about provid-

ing care for your pet when you are no longer here to do so. Call the Sacramento SPCA Development Office at (916) 504-2805 for more information.

The Love on Loan program volunteers bring their own certified pets to senior and special care facilities to visit with residents. For more information call (916) 504-2845.

Seniors can also get a discount on dog training. The Sacramento SPCA also offers six one-hour dog training classes just for seniors for only \$75.

For more information about the Sacramento SPCA and all of its senior programs and discounts, call 916-504-2845 or visit their website at www.sspca.org.

Arden Manor

1415 Rushden Drive
Sacramento, CA 95864
..... (916) 487-7851
www.amrpd.org

Arden Park

1000 La Sierra Drive
Sacramento, CA 95864
..... (916) 483-6069
www.aprpd.org

Carmichael Park

5750 Grant Ave.
Carmichael, CA 95608
..... (916) 485-5322
www.carmichaelpark.com

Cordova Recreation and Park District

2197 Chase Drive
Rancho Cordova, CA 95670
..... (916) 362-1841
www.crpdpd.com

Cosumnes Community Service District

8820 Elk Grove Blvd., Suite 3
Elk Grove, CA 95624
..... (916) 405-5300
www.yourcsd.com

Fair Oaks

4150 Temescal St.
Fair Oaks, CA 95628
..... (916) 966-1036
www.fairoakspark.org

Folsom

50 Natoma St.
Folsom, CA 95630
..... (916) 355-7285
www.folsom.ca.us

Fulton — El Camino

2201 Cottage Way
Sacramento, CA 95825
..... (916) 927-3802
www.fecrecpark.com

Howe Community Center

2201 Cottage Way
Sacramento, CA 95825
..... (916) 927-3802
www.fecrecpark.com

La Sierra Community Center

5325 Engle Road
Carmichael, CA 95608
..... (916) 485-5322
www.carmichaelpark.com

Mission Oaks

3344 Mission Ave.
Carmichael, CA 95608
..... (916) 488-2810

North Highlands

6040 Watt Ave.
North Highlands, CA 95660
..... (916) 332-7440
www.NHRPD.org

Orangevale

6826 Hazel Ave.
Orangevale, CA 95662
..... (916) 988-4373
orangevalecommunitycenter.com

Rio Linda

810 Oak Lane
Rio Linda, CA 95673
..... (916) 991-5929
www.riolindaelvertaparks.org

Southgate

6000 Orange Ave.
Sacramento, CA 95823
..... (916) 428-1171
www.southgaterecandpark.net

Sunrise

7801 Auburn Blvd.
Citrus Heights, CA 95610
..... (916) 725-1585
www.sunriseparks.com

West Sacramento

Parks and Community Services
1075 W. Capitol Ave.
West Sacramento, CA 95691
..... (916) 617-4620

Woodland Parks and Recreation

2001 East St.
Woodland, CA 95776
..... (530) 661-2000

Yolo County Parks and Recreation

120 W. Main St., Suite C
Woodland, CA 95695
..... (530) 406-4880

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Email: home@housing-options.com (916) 977-0188

Visit our website: housing-options.com

Senior Centers

Bingo takes a backseat to the large variety of other activities — like dancing and writing classes — offered at community centers. Most senior centers in the greater Sacramento area provide entertaining and educational activities, health information, classes, meal programs and many more social opportunities. It's time to fill your calendar with fun. Meet friends and make new ones — visit the senior center nearest you!

A. Warren McClaskey

Adult Center

5241 J St.
Sacramento, CA 95819
.....(916) 277-6625

Asian Community Center

7334 Park City Drive
Sacramento, CA 95831
.....(916) 393-9026
www.accsv.org

Auburn Senior Center

550 High Street
Auburn, CA 95603
.....(530) 823-8172

City of Rocklin Community Services & Facilities

5460 Fifth St.
Rocklin, CA 95677
.....(916) 625-5275

Davis Senior Center

646 A St.
Davis, CA 95616
.....(530) 757-5696

Dixon Senior Center

201 S. Fifth St.
Dixon, CA 95620
.....(707) 678-7022

Ethel Hart Senior Center

915 27th St.
Sacramento, CA 95816
.....(916) 808-5462

Fruitridge Community Center

4000 Fruitridge Road



Sacramento, CA 95820
.....(916) 422-7610

The Gables — Springfield at Whitney Oaks Recreation & Activity Center

2801 Springfield Drive
Rocklin, CA 95765
.....(916) 630-4330

Hagginwood Community Center

3271 Marysville Blvd.
Sacramento, CA 95815
.....(916) 808-6439

Jose P. Rizal Community Center

7320 Florin Mall Drive
Sacramento, CA 95823
.....(916) 395-0601

Maidu Community Center

1550 Maidu Drive
Roseville, CA 95661
.....(916) 774-5950

Mission Oaks Senior Citizen/Community Center

4701 Gibbons Drive
Carmichael, CA 95608
.....(916) 972-0336

Neil Orchard Senior Activities Center

3480 Routier Road
Sacramento, CA 95827
.....(916) 366-3133

North Highlands Community Center

6040 Watt Ave.
North Highlands, CA 95660
.....(916) 332-7440

Samuel C. Pannell Meadowview Community Center

2450 Meadowview Road
Sacramento, CA 95832
.....(916) 808-6680

Senior Center of Elk Grove

8830 Sharkey Ave.
Elk Grove, CA 95624
.....(916) 685-3160
www.thescg.org

Sierra II Center

2791 24th St.
Sacramento, CA 95818
.....(916) 452-3005
www.sierra2.org

South County Services

539 N. Lincoln Way
Galt, CA 95632
.....(209) 745-9174

Stanford Settlement Senior Center

450 W. El Camino Ave.
Sacramento, CA 95833
.....(916) 927-1303
www.stanfordsettlement.org

West Sacramento Senior Center

1075 W. Capitol Ave.
West Sacramento, CA 95691
.....(916) 373-5819

Women's Civic Improvement Club

3555 Third Ave.
Sacramento, CA 95817
.....(916) 451-8870
www.wcicinc.org

Woodland Senior Center

2001 East St.
Woodland, CA 95695
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TDD (916) 326-3240

www.calpers.ca.gov

California State Retirees

1108 O St., Suite 300

Sacramento, CA 95814

..... (916) 326-4292

www.californiastateretirees.org

See ad page 27

**California State Teachers’
 Retirement System**

100 Waterfront Place

West Sacramento, CA 95605

..... (800) 228-5453

www.calstrs.com

**National Active and Retired
 Federal Employees**

..... (916) 689-5334

..... (800) 456-8410

Railroad Retirement Board

910 Cirby Way, Suite 100

Roseville, CA 95661

..... (916) 987-6200

..... (877) 772-5772

www.rrb.gov

— listings continued on page 49



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Safe. Happy. Healthy.

Adult Protective Services helps local adults in need

by Brittany Wesely

With an ever-growing population of older adults, maintaining health, independence and security into later life is on the minds of many — including older adults themselves and their families. When navigating the challenges aging can present, help is available through Sacramento County Adult Protective Services (APS).

Ruth MacKenzie, APS program manager, says the program plays an important role in both empowering older adults (65 years and older) and dependent adults (18-64 years old and disabled) and protecting them from mistreatment.

When these adults are unable to

meet their own needs or suspected to be victims of mistreatment, the responsibilities of APS are similar to those of Child Protective Services. The program receives reports, investigates allegations and arranges for

“We all want people to age in place on their own terms and as safely as possible.”

emergency and supportive services to reduce or eliminate the risk of harm. Unlike CPS, however, compliance with APS intervention is voluntary.

“Our staff works tirelessly to provide effective and meaningful solutions to keep seniors safe,” MacKen-

zie says. “Their safety and well-being is the driving force behind our work.”

APS collaborates with local organizations and public agencies to provide emergency and supportive services, such as health care, shelter and nutrition. In doing so, MacKenzie says APS honors the dignity of all older and dependent adults so that they may live in respectful, safe and caring environments.

“We all want people to age in place on their own terms and as safely as possible,” MacKenzie says. “I am proud our Board of Supervisors also prioritizes the safety of seniors. They have increased staffing for the last three years to help improve the quality of investigations performed.”

Is it a scam? Be wary and recognize the signs

Fraud and scams aimed at seniors and disabled adults come in many forms. Here are some examples of scams making their way through Sacramento County:

IRS: Victims are told they owe money to the IRS and it can be paid through a wire transfer.

Grandparent Scam: Caller claims to be the victim’s grandchild traveling in a foreign country who has been arrested and needs money.

Sweepstakes/lottery Scams: Caller says the victim is a winner and needs to make a payment to unlock the supposed prize.



If you suspect you or a loved one has been the victim of a scam, call the Sacramento County APS Hotline at 916-874-9377 or your local police department.

All people, regardless of age or level of dependence, deserve to live in a safe, healthy and stable environment, free from abuse, neglect and exploitation. If you are experiencing mistreatment or suspect that an older or dependent adult might be a victim, seek help immediately. Every hour, every day is critical when a person is experiencing a crisis. You don't need to have proof or even know the individual's name, just their location. Sacramento County Adult Protective Services staff will examine the situation carefully and then take appropriate action.



Sacramento County Adult Protective Services *special section*

APS network extends a helping hand

by Cora Vay

For a variety of reasons, some older adults find they're not able to care for themselves as easily or independently as before.

"Ten years ago they used to be able to mow the lawn, clean the house, go grocery shopping — and now they just can't get around like they used to," says Ruth MacKenzie, Adult Protective Services program manager. "They'll stop eating, going to the doctor, taking their medication."

These are examples of what APS calls self-neglect: self-care habits or living conditions that may jeopardize an individual's health, safety or well-being. Other examples include hoarding possessions or animals, a lack of cleanliness around the home, poor personal grooming, dehydration, refusing needed medical care, not cashing monthly checks, lacking home utilities like heating or electricity, or dressing inappropriately for the weather.

Volunteers for Meals on Wheels, a program that delivers about 26,000 meals a month to older adults in need in the Sacramento area, are often the first line of defense in spotting the signs of self-neglect. Lenise Curtis, social service manager for Meals on Wheels, says although referrals are made, people sometimes initially decline help from APS, which they have the legal right to do. But if problems in self-care persist, so does APS' involvement.

"Our [Meals on Wheels] drivers may see the participant five days a week for meal deliveries," Curtis says. "If their situation is not improving, we will then make ongoing reports to notify APS and they will go out again and again to see if they can provide that person with some assistance."

Self-neglect cases make up 44 per-

cent of calls made to APS. APS can help by forming a plan to link clients to services, including meal delivery, in-home care, or medical and professional help. By connecting to the right services, many older adults are able to maintain their independence and stay in their own homes, while also ensuring their basic needs are met.

If you or someone you know is having trouble caring for basic needs, there's something you can do to help. "Absolutely report it to APS," says MacKenzie. "We are one component of a community safety net for seniors; our goal is safe, happy and thriving seniors."

Signs of self-neglect

The following signs could indicate that a person has habits or living conditions that threaten his or her health, safety or well-being. Contact APS to connect the individual with services and support if you observe any of these signs:

- Inadequate heating, plumbing or electrical service disconnected
- Refusal of necessary medical care
- Extremely dirty or cluttered home; pathways or entrances blocked by objects
- Animal droppings in home
- Lacking fresh food; eating spoiled food or going hungry
- Refusing to allow visitors inside residence
- Dressing inappropriately for the weather
- Disheveled personal appearance or lack of clean clothing
- Having a strong odor of feces or urine

Call 9-1-1 immediately if you observe a life-threatening situation.

Financial abuse is often carried out by family or friends

by Jennifer Bonnett

Joy* was 88 and living alone in the Roseville area. When she needed someone to care for her following a surgery, she welcomed the kindness of a friend from church, Betty*, who offered to help.

“Joy was a trusting person,” recalls Joy’s friend Trudy Mazer. But little did Joy know, what seemed like kindness would turn into a textbook example of financial abuse and manipulation, Mazer says.

Betty moved Joy to an assisted living facility, and though the care was needed, Joy now lived far from her familiar, comfortable environment. What was worse, Betty also started trying to cut people out of Joy’s life, including Mazer, another longtime friend, and a woman who had become like a daughter to Joy. Joy suddenly wanted

to change all of the legal documents for distributing her sizable estate and hired a new attorney to alter the documents.

Older adults may be less inclined to mistrust others and may be more optimistic, which can place them at higher risk of being targeted by financial predators.

When Mazer visited Joy and started to realize Betty had designs on Joy’s estate, she knew what to do. As a registered nurse, she’s a mandated reporter of abuse or neglect of older adults. She also teaches certified nursing assistants about recognizing and reporting the signs of abuse. Mazer immediately called Adult Protective Services to report Betty’s suspicious behavior. Financial abuse cases like Joy’s are all too common.

According to a study by the Investor Protection Trust, more than 7.3 million Americans over 65 have been victims of fraud. Financial abuse can

include fraud, theft and an array of scams, many of which are targeted specifically at older adults.

Recent studies suggest older adults may be less inclined to mistrust others and may be more optimistic, which can place them at higher risk of being targeted by financial predators. Older adults or their loved ones who suspect they’ve fallen victim to financial fraud should report the incident immediately to APS.

APS works with older adults, their families and law enforcement to investigate and stop financial abuse. When Mazer reported Joy’s situation, APS staff took the report over the weekend, with a level of dedication that impressed Mazer. APS staff provided ongoing support and offered Mazer and her friends resources to remedy the situation and make sure Joy’s best interests were being served.

“We were able to get her to sign the papers and eliminate the other person and the other attorney right before she passed away. In the end, [Joy] knew this circle of friends were her true friends,” Mazer says.

*Names have been changed.



Protection starts at home

Dealing with financial abuse within the family is difficult. Ed Corey — co-founder of Sacramento Financial Abuse Specialist Team, and legal expert in elder financial abuse — says this happens to older adults far too often.

“You have to be very prudent and cautious,” Corey says of seniors and their children. “And you have to hope the other kids are also paying attention.”

He says that roughly \$39 billion is taken from older adults through

financial abuse each year, an estimated \$7 billion of it from family members.

Financial abuse committed against older adults by family members may be under-reported because of the complexities of family dynamics when accusations are made.

Corey says it’s important for all parties to watch accounts for suspicious activity. If anything is amiss, contact Sacramento County APS.

“It seems like common sense, but you’d be surprised,” Corey says.

Reporting abuse or neglect of older adults

by Matt Jocks

Who generally makes reports of older adult abuse?

There are two categories of reporters: mandated and nonmandated. A mandated reporter is anyone who has assumed responsibility of the care or custody of an older or dependent adult, whether or not he or she receives compensation. This includes administrators, supervisors and any licensed staff of a public or private facility that provides care or services for older or dependent adults. Also, any older- or dependent-adult care custodian, health practitioner, clergy member or employee of a county adult protective services agency or a local law enforcement agency. Mandated reporters are required to report by phone immediately or as soon as practicably possible, followed by the written report within two working days.

What constitutes abuse that should be reported?

Mandated reporters are required to report suspected physical abuse, neglect, financial abuse, abandonment, abduction and isolation. Mandated reporters are permitted to report psychological or emotional abuse. For voluntary reports, here's a good definition: Anything we see happening to an older or dependent adult that we wouldn't want to happen to someone we love.

What is the process of reporting?

People can call the hotline at 916-874-9377, 24 hours a day. For a crisis where someone is in immediate danger, call local law enforcement.

What happens if an older or dependent adult does not want assistance?

APS is voluntary. However, if a crime is being committed, we will investigate because perpetrators will try to silence their victims. And, if there is advanced cognitive impairment, we need to make sure the person is safe.

How does APS work with law enforcement agencies?

APS social workers collaborate with law enforcement daily — for example, by helping victims report crimes or enforce restraining orders. Occasionally, APS and law enforcement visit the victim together. APS is required to report suspected crimes to law enforcement and law enforcement is required to report older or dependent adult abuse to APS so that a social worker can follow up with the victim to offer support and services.

Older adults may sometimes be in their home for long periods of time without leaving. The victims of abuse are often invisible. That's why it's so important for anyone who suspects abuse to report it.



Signs of Cognitive Impairment

If you recognize these signs in yourself or a loved one, discuss them with a medical or mental health care provider.

- Progressive problems driving
- Pattern of difficulty managing or making informed decisions about medications and finances
- Memory loss
- Frequently repeating the same story or questions
- Trouble recognizing familiar people or places
- Changes in mood or behavior
- Difficulty planning and carrying out tasks, like paying bills or following recipes

People who report suspected abuse or concerning situations involving older and senior adults should know that your report will be confidential, and you can remain anonymous.

Tips for a safer, more user-friendly kitchen

Savvy Senior
By Jim Miller

A number of simple modifications and inexpensive add-ons can make a big difference in making your kitchen more age-friendly. Depending on your needs, here are some tips for each aspect of the kitchen.

Floors: If you have kitchen throw rugs, to reduce tripping or slipping, replace them with non-skid floor mats or consider gel mats, which are more comfortable to stand on for long periods. GelPro.com and WellnessMats.com offer a nice selection.

Lights: If the kitchen lighting is dim, replace the old overhead fixture with a bright new ceiling light, and add under-cabinet task lighting to brighten up kitchen countertops.

Cabinets and drawers: To reduce bending or reaching, organize kitchen cabinets and drawers so that the items you most frequently use are within comfortable reach. You can also make your cabinets and pantry easier to access by installing pull-out shelves or lazy susans. And D-shaped pull-handles for the cabinets and drawers are also recommended because they're more comfortable for arthritic hands to grasp than knobs.

Faucet: If you have a twist-handle kitchen faucet, replace it with an ADA compliant single handle faucet. They're easier to use, especially for seniors with arthritis or limited hand strength. There are also kitchen faucets on the market today (like the Delta Touch20 faucet and Moen MotionSense) that will turn themselves on and off by simply touching the base or moving your hand over a motion sensor. And, for safety purposes, set your hot water tank at 120 degrees to prevent possible water burns.

Microwave and stove: If your mi-



crowave is mounted above the stove, consider moving it to a countertop. This makes it safer and easier to reach. There are also automatic stove shut-off devices you can purchase and install to prevent a fire. See cookstop.com, stoveguardintl.com and pioneeringtech.com for some different options.

If you're looking to upgrade some of your appliances too, here are some different senior-friendly features you should look for when shopping.

Refrigerator and freezer: Side-by-side doors work well for seniors because the frequently used items (refrigerated and frozen) can be placed at mid-shelf range for easy access. Pullout adjustable height shelves and a water/ice dispenser on the outside of door are also very convenient.

Stove or cooktop: Look for one with controls in the front so you won't have to reach over hot burners to turn it off, and make sure the controls are easy to see. Flat surface electric or induction burners, or con-

tinuous grates on gas stoves are also great for sliding heavy pots and pans from one burner to the next. And ask about automatic shut off burners.

Oven: Self-cleaning ovens are a plus, and consider a side-swing door model. They're easier to get into because you don't have to lean over a hot swing-down door. Also consider a wall-mounted oven, installed at your preferred height to eliminate bending.

Dishwasher: Consider a dishwasher drawer that slides in and out, and is installed on a 6 to 10-inch raised platform. These require less bending to load and unload.

Washer and dryer: Front-load washers and dryers with pedestals that raise the height 10 to 15 inches are also back-savers and easy to access.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book. Visit SavvySenior.org.

Please be sure to tell businesses listed in this book that you saw them in the *Golden Pages!*

Retiree Activities Office

5342 Dudley Blvd., Bldg. 949
McClellan, CA 95652

..... (916) 640-8446
www.airforcechiefs.org/rao-office

Sacramento County Employees' Retirement Systems

980 Ninth St., Suite 1900
Sacramento, CA 95814

..... (916) 874-9119
www.retirement.saccounty.net

Social Security Administration Office of Public Inquiries

6401 Security Blvd.
Baltimore, MD 21235

..... (800) 772-1213
www.ssa.gov

SENIOR CENTERS

See page 42

SOCIAL SECURITY

Social Security Administration Office of Public Inquiries

6401 Security Blvd.
Room 4-C-5 Annex
Baltimore, MD 21235

..... (800) 772-1213
www.ssa.gov
www.socialsecurity.gov

Local Social Security Offices:

8581 Folsom Blvd., Suite A
Sacramento, CA 95826

..... (877) 274-5419

40 Massie Circle
Sacramento, CA 95823

..... (866) 708-3208

910 Cirby Way
Roseville, CA 95661

..... (866) 348-7830

825 Riverside Parkway, Suite 1000
West Sacramento, CA 95605

..... (866) 726-8136

SOCIAL SERVICES & WELFARE

El Dorado County

3057 Briw Ridge Court
Placerville, CA 95667

..... (530) 642-7100

Placer County

11542 B Ave.
Auburn, CA 95603

..... (530) 889-7141

Sacramento County Senior and Adult Services

P.O. Box 269131
Sacramento, CA 95826

..... (916) 874-9598

See pages 44-47

Yolo County - Adult Services

25 N. Cottonwood St.
Woodland, CA 95695

..... (530) 661-2955

SUPPORT ORGANIZATIONS

AARP

1415 L St., Suite 960
Sacramento, CA 95814

..... (866) 448-3614
www.aarp.org/states/ca

A Touch of Understanding

5280 Stirling St., Suite 102
Granite Bay, CA 95746

..... (916) 791-4146
www.TouchOfUnderstanding.org

Disability awareness program

Al-Anon

5429 Palm Ave., Suite A
Sacramento, CA 95841

..... (916) 334-2970
..... (916) 334-2971
www.ncwsa.org

Alcoholics Anonymous

9960 Business Park Drive, Suite 110
Sacramento, CA 95827

..... (916) 454-1771
www.aasacramento.org

Alzheimer's Aid Society of Northern California

2641 Cottage Way, Suite 4
Sacramento, CA 95825

..... (916) 483-2002
..... (800) 540-3340
www.alzaid.org

Alzheimer's Association Northern California

1455 Response Road, Suite 190
Sacramento, CA 95815

..... (916) 930-9080
..... (800) 272-3900
www.alznorcal.org

American Cancer Society

1545 River Park Drive, Suite 100
Sacramento, CA 95815

..... (916) 446-7933
..... (800) 227-2345
www.cancer.org

American Chronic Pain Association

PO Box 850
Rocklin, CA 95677

..... (916) 632-0922
..... (800) 533-3231
www.theacpa.org

American Council of the Blind

2200 Wilson Blvd., Suite 650
Arlington, VA 22201

..... (800) 424-8666
www.acb.org

American Diabetes Association

4600 Roseville Road, Suite 130
North Highlands, CA 95660

..... (916) 924-3232
www.diabetes.org

American Heart Association

2007 O St.
Sacramento, CA 95811

..... (916) 446-6505
www.americanheart.org

Time on Your Hands?

Find a volunteer opportunity to match your interests

By Jennifer K. Morita

Just retired? Twiddling your thumbs, trying to figure out what to do with all your spare time? There are plenty of non-profit organizations and agencies looking for a few good volunteers.

“Our volunteers are making a big difference in the classrooms, in people’s homes, and they’re making a difference out in the community at large,” said Mark Snaer, program director for the Senior Companion Program in Sacramento County.

“... We’re going to utilize your skills and experience so you can make a difference.”

The Senior Companion Program falls under the umbrella agency Senior Volunteer Services, a one-stop-shop for older adults in Sacramento County looking to give back to the community.

Snaer’s program pairs volunteers age 55 and older with frail and isolated adults to help them maintain their independence by providing regular visits and respite to their primary caregivers.

Senior Volunteer Services also administers the Foster Grandparents program, which puts senior volunteers in schools, children’s homes and juvenile detention centers in order to help at-risk youth.

Both the Senior Companion and Foster Grandparents program are aimed at engaging low-income seniors in community service by offering non-taxable stipends.

“I like to think of it as helping to make it possible for them to serve,” Snaer said. “This small stipend helps erase some of the barriers that sometimes get in the way of low-income seniors that have a lot to offer.”

Senior Volunteer Services also runs RSVP, or Retired Senior Volunteer



Program, which provides a clearing-house for anyone over 55 looking for a reputable organization to serve.

“The idea is to connect seniors that have lots of life experience to share with important needs in the community ... and the person looking doesn’t have to go out and find a place. We find one for them.

“They just tell us what activities they’re interested in and RSVP works with a variety of organizations in the community that have those different needs.

They kind of broker the connection between the volunteer and the agency.”

“They just tell us what activities they’re interested in and RSVP works with a variety of organizations in the community that have those different needs. They kind of broker the connection between the volunteer and the agency.”

Volunteers only have to commit to serving one hour a month, and RSVP has 50 partner agencies that it works with.

“RSVP has a much larger reach than our other programs, so they’re always in recruitment mode. They’re always looking for people to serve,” Snaer said. “There’s a lot of potential need that they’re trying to fill.”

Local libraries, and the non-profit foundations that help to provide funding for them, are also constantly recruiting volunteers.

Friends of the Sacramento Public Library is the volunteer and community-based organization that supports area libraries by raising money to fund collections, services and facilities. In addition, each library branch has its local Friends group.

“We’re continually looking for people to provide volunteer service, whether it’s sitting on the local Friends group board or the county-wide board, or helping to pass a tax measure,” Friends President Jeffrey Rubin, 68, said.

Friends also operates a used book store called The Book Den, 8250

— continued on page 52

American Red Cross

1565 Exposition Blvd.
Sacramento, CA 95815

..... (916) 993-7070
www.sacsierraredcross.org

American Stroke Association

2007 O St.
Sacramento, CA 95811

..... (916) 446-6505
..... (800) 242-8721
www.strokeassociation.org

Amyotrophic Lateral Sclerosis Association

Greater Sacramento Chapter
2717 Cottage Way, Suite 17
Sacramento, CA 95825

..... (916) 979-9265

Arthritis Foundation

1851 Heritage Lane, Suite 183
Sacramento, CA 95815

..... (800) 571-3456
..... (916) 368-5599
www.arthritis.org

Bereavement Network Resources of Sacramento

901 G St.
Sacramento, CA 95814

..... (916) 557-5882

Del Oro Caregiver Resource Center

8421 Auburn Blvd., Suite 265
Citrus Heights, CA 95610

..... (916) 728-9333
www.deloro.org
Caregiver resources and support.

Easter Seals Society — Superior California

3205 Hurley Way
Sacramento, CA 95864

..... (916) 485-6711
www.myeasterseals.org

Elk Grove Neuropathy Support Group — meets monthly

Elk Grove Senior Center
8830 Sharkey Ave.
Elk Grove, CA 95624

..... (916) 685-3160

Friends for Survival Inc.

PO Box 214463
Sacramento, CA 95821

..... (916) 392-0664
www.friendsforsurvival.org
Support group for people who have lost family or friends to suicide

Gamblers Anonymous

..... (855) 222-5542

Gold Star Wives of America, Inc. Sacramento Chapter

..... (916) 721-1462
..... (916) 723-2339
www.goldstarwives.org

Leukemia Society

7750 College Town Drive, Suite 210
Sacramento, CA 95826

..... (916) 929-4720
www.leukemia-lymphoma.org

Lupus Foundation of American, California Office

18000 Studebaker Road, Suite 700
Cerritos, CA 90703

..... (800) 558-0121
www.lupuscalifornia.org

Mental Health America

1908 O St.
Sacramento, CA 95811

..... (916) 366-4600
www.mhanca.org

Multiple Sclerosis Society

4221 Northgate, Suite 4
Sacramento, CA 95834

..... (916) 927-9113

Muscular Dystrophy Association

3010 Lava Ridge Court, Suite 160
Roseville, CA 95661

..... (916) 921-9518
www.mdaua.org

National Brain Tumor Foundation

..... (800) 770-8287
www.braintumor.org

NorCal Center on Deafness

4708 Roseville Road, Suite 111
North Highlands, CA 95660

..... (916) 349-7500
www.norcalcenter.org

Parkinson Association of Northern California

7840 Madison Ave. Suite 107
Fair Oaks, CA 95628

..... (916) 534-7279
..... (800) 473-4636
www.parkinsonsacramento.org

Society for the Blind

1238 S St.
Sacramento, CA 95818

..... (916) 452-8271
www.societyfortheblind.org

Stroke Support Group

c/o Sutter General Hospital
2800 L St., Fifth floor
Sacramento, CA 95816

..... (916) 454-6976
Also available in Roseville and Auburn

United Cerebral Palsy Association Of Greater Sacramento

4350 Auburn Blvd.
Sacramento, CA 95841

..... (916) 565-7700
www.ucpsacto.org

Widowed Persons Association of California

2628 El Camino Ave., Suite D-18
Sacramento, CA 95821

..... (916) 972-9722
www.sacwidowed.org

TRANSPORTATION

ACC Rides – Asian Community Center

7375 Park City Drive
Sacramento, CA 95831

..... (916) 393-9026 ext. 333/342
www.accsv.org

Transportation

Amtrak

401 I St.
Sacramento, CA 95814

..... (800) 872-7245
www.amtrak.com

840 Second St., Davis, CA 95616
201 Pacific St., Roseville, CA 95678

Department of Motor Vehicles

2415 First Ave. MS-F101
Sacramento, CA 95818

Driver's License

..... (916) 657-6525

Vehicle Registration

..... (800) 777-0133
www.dmv.ca.gov

Driver Safety Program (AARP)

..... (888) 227-7669

Elk Grove E-Tran

10250 Iron Rock Way, Suite 200
Elk Grove, CA 95624

..... (916) 683-8726
www.e-tran.org

The Jewish Federation of the Sacramento Region

2130 21st St.

Sacramento, CA 95818

..... 916-486-0906
jewishsac.org

Live Well at Home by Eskaton

1640 Eskaton Loop
Roseville, CA 95747

..... (916) 459-3220
www.livewellathome.com

Live Well at Home provides in-home care and care management offering the necessary assistance to maintain a safe and independent lifestyle wherever you call home.

See ad on back cover

Volunteering — continued from page 50

Belvedere Ave. Suite E, Thursday through Saturdays, that is run by volunteers.

“Seniors tend to be the group that makes up the majority of our volunteers. We have hundreds of volunteers working throughout the county. You can sort or shelve books at the library, or you can become more involved and raise money and advocate for libraries.”

With the so-called Silver Tsunami, the wave of baby boomers who have already retired or are about to, non-profit groups and agencies nationwide are hoping to take advantage of the influx of volunteers.

But recent years have also shown that they need to look at how to keep those baby boomer volunteers.

Baby boomers volunteer at higher rates than past generations at roughly the same age, according to the Corporation for National & Community Service.

A 2007 study showed that over 30 percent of baby boomers, age 46 to 57, volunteer their time, compared to 25.3 percent of people who were aged 46 to 57 in 1974.

In addition, their interests are different than past generations.

Longtime library volunteer and a baby boomer himself, Rubin said volunteerism is changing across the

country in part because his generation want to work on a particular project then move on to another one.

“They don’t want to sit through meeting after meeting ad nauseum,” Rubin said. “They want to have a book sale and raise money, or advocacy work for a new tax measure ...

“To get a baby boomer in the door, you’ve got to make sure they feel like what they’re doing is important. To keep a baby boomer in the door, they’ve got to see that what they’re doing is having some kind of result.”

They want to feel that their volunteer service is more immediately put to good use.

“Baby boomers are to date the most educated, most public-service oriented generation and they’re retiring. It’s a challenge to figure out how to go out and grab them.”

Snaer agrees, adding that previous generations were more focused on length of service.

“One of the things that was common in the past was a focus on how many years a person has served. With the previous generation, it was a badge of honor to have worked for x amount of years,” Snaer said.

“The baby boomers seem to focus more on making a difference. They don’t want to just say, ‘I showed up.’ They want to know that they’re doing something with their time, that it’s helping and making a difference.”

As a result, Snaer and others in the volunteer services recognize the need to change the way they do things.

“To get a baby boomer in the door, you’ve got to make sure they feel like what they’re doing is important. To keep a baby boomer in the door, they’ve got to see that what they’re doing is having some kind of result,” he said.

“Volunteers are human capital and they’re amazingly valuable,” Snaer said.

For more information about Senior Volunteer Services, including Senior Companion, Foster Grandparents and RSVP, call (916) 875-3631.

If you’re interested in joining Friends of the Sacramento Public Library, go to www.saclibfriends.org or call Membership Coordinator Denise Watts at (916)264-2880.

ACC Senior Services is also looking for volunteers. For more information, go to www.accsv.org or call (916) 393-9026.

Also, check out www.volunteer-match.org to search for other volunteer opportunities in your area.

See Volunteer Services on page 55.

Folsom Stage Line – Dial-a-Ride
 50 Natoma St.
 Folsom, CA 95630
 (916) 355-8347
 www.folsom.ca.us

Greyhound Bus Lines
 (800) 231-2222
 www.greyhound.com

420 Richards Blvd.
 Sacramento, CA 95811
 (916) 444-7270

201 Pacific St.
 Roseville, CA 95678
 (916) 783-4101

Medic Ambulance Services
 2349 Lexington St.
 Sacramento, CA 95815
 (916) 564-9011
 medicambulance.net

Paratransit Inc.
 2501 Florin Road
 Sacramento, CA 95822
 (916) 429-2009
 www.paratransit.org

Roseville Transit
 401 Vernon St.
 Roseville, CA 95678
 (916) 745-7560
 www.roseville.ca.us/transit

Sacramento International Airport
 6900 Airport Blvd.
 Sacramento, CA 95837
 (916) 929-5411
 www.sacairports.org

Sacramento Regional Transit District
 1400 29th St., Sacramento, CA 95816
 (916) 321-2800

Bus and Light Rail Information
 (916) 321-2877
 www.sacrt.com

Yolo Bus
 350 Industrial Way
 Woodland, CA 95776

srgoldenpages.com

..... (530) 661-0816
 www.yolobus.com

TRAVEL

City Excursions, City of Sacramento Parks and Recreation
 4623 T St.
 Sacramento, CA 95819
 (916) 808-8687
 www.cityofsacramento.org/safari
Day trips that offer a variety of activities at an affordable price.

VETERANS RESOURCES

American Legion Department of California
 205 13th St., Suite 3300
 San Francisco, CA 94103
 (415) 431-2400
 www.calegion.org

California Department of Veterans Affairs
 1227 O St., Suite 300
 Sacramento, CA 95814
 (800) 952-5626
 www.cdva.ca.gov

Disabled American Veterans Department of California
 13733 E. Rosecrans Ave.
 Santa Fe Springs, CA 90607
 (562) 404-1266
 www.davmembersportal.org/ca

Mather VA Outpatient Clinic
 10535 Hospital Way
 Mather, CA 95655-1200
 (916) 843-7000

Sacramento County Veterans Services Office
 2007 19th St.
 Sacramento, CA 95818
 (916) 874-6811

Sacramento Veterans Resource Center
 7270 E. Southgate Drive
 Sacramento, CA 95823
 (916) 393-8387
 www.vetsresource.org

Sacramento County Network of Care On-Line Resource
 (855) 838-8255
 www.sacramento.networkofcare.org

United States Department of Veterans Affairs
 810 Vermont Ave. NW
 Washington DC, 20420
 (800) 827-1000
 www.va.gov

Veterans of Foreign Wars
 9136 Elk Grove Blvd., Suite 100
 Elk Grove, CA 95624
 (916) 509-8720
 www.vfwca.org



Don't flush your meds

To prevent misuse and keep medications from entering our waterways, please dispose of unused or expired medications responsibly.

Use other methods for proper disposal rather than flushing them down the sink or toilet.

- Check for local medication collection bins near you.
- Check for local take-back events.
- Check with your local Household Hazardous Waste Facility for a disposal program. Sacramento County: (916) 875-5555.

For disposal options and locations, please call (916) 875-9393 or visit www.dontflushyourmeds.com.

VOLUNTEER PROFILE

Sacramento resident Ann Okamura's volunteer service began after yoga at the ACC Senior Services community center.

The retired school teacher heard the non-profit, formerly known as the Asian Community Center of Sacramento Valley, needed volunteers so she quickly put her name down after class.

"I thought I'd help with newsletters or special occasions, but when someone mentioned a program to help seniors get to their doctor appointments, meet friends and just get out of the house and not be so isolated, I jumped at the chance to help," Okamura said.

Today, the 70-year-old volunteers five hours a week for ACC Rides, which provides door-to-door transportation for adults over 60 living within nine zip codes in the Sacramento area as well as Delta region.

What do you do for ACC Rides?

I lost my vision in one eye, so I can't drive, but I can escort. A lot of the volunteer drivers have an escort, so one person does the driving and the other person can help with directions, work the wheelchair lift, go get the riders and find addresses or walk with the riders and help with their walkers and wheelchairs and so forth.

My hat's off to the drivers because when they go to the downtown area, there are no parking spaces and not all the vehicles have handicap stickers, so they're circling around. As an escort, I can jump off and go into the officer and by the time I'm downstairs again, the driver has gone around the block.

How often do you volunteer?

Every Thursday. On Wednesday night I get the schedule so I can look up the places. Some people volunteer every other week, some people do it once a month, just whatever their schedule allows, which is really great.

The amount of time varies. I was doing eight hours, but now I do about five hours a week, which is fine.



Ann Okamura volunteers with ACC Rides each week and enjoys conversing with passengers on the way to their destination. *Photo: Jennifer Morita*

Why did you choose ACC Senior Services as a way to serve the community?

ACC started out as a community organization, trying to help the community. They see various needs and they work their hardest to see what they can do about meeting those needs. It started out as a close-group of people, who said we needed a nursing home, so they started a nursing home.

They saw a need for a community center, because not everyone lives in a nursing home and they need a place to go for activities. So they added the ACC Community Center and offered classes.

Then they realized that not all seniors can get to ACC, and were not within walking distance, so then came the rides. It's a need-driven organization that is always expanding. They're problem-solvers.

Even though ACC is not just for Asians and doesn't just have Asians working there, it began as a small group of Asians. I'm very proud of being Asian and volunteering for an organization that began that way.

What do you find the most rewarding about volunteering?

That's easy. It's talking with the seniors that we have on the rides.

I worry about them because they're

seniors who are mostly living by themselves, and if they didn't have the rides they would not be able to get to their doctor appointments or leave the house. And they're just so appreciative.

In some cases, we're taking seniors to see their loved ones in a nursing home so they can have regular visits. We see seniors who are not just going to their medical appointments, but getting their hair done. As women, we love that little extra treatment, that little bit of pampering like getting your hair washed and styled. So when they come out, I always tell them they're hair looks beautiful and for some people that's the only compliment they get all week.

Some people are lonely, and I get to talk to them. I'm a chatterbox and the driver keeps on driving while I converse and laugh with the passengers. Some people see seniors only as frail, older citizens, but when you talk with them you find out they marched with Martin Luther King, Jr. or fought through a war. You learn about the struggles and joy in their lives, and it just makes my day to meet them.

It's a two-way street. I'm helping them, and they're helping me, but I think I get more out of it than I give to anyone else.

VOLUNTEER SERVICES

City of Sacramento Volunteer Program

915 I St., First floor
Sacramento, CA 95814

..... (916) 808-8317
www.sacvolunteers.org

Foster Grandparents Program

P.O. Box 269131
Sacramento, CA 95826

..... (916) 875-3569
www.fgpsacramento.org

Hands On Superior California

..... (916) 447-7063 ext. 101
www.handsonsuperiorcal.org

Retired Senior Volunteer Program (RSVP)

P.O. Box 269131
Sacramento, CA 95826

..... (916) 875-3631
www.rsvpsacramento.org

Sacramento Food Bank & Family Services

3333 Third Ave.
Sacramento, CA 95817

..... (916) 456-1980
www.sacramentofoodbank.org

Sacramento Foster Grandparents

2433 Marconi Ave.
Sacramento, CA 95821

..... (916) 875-3569
www.fgpsacramento.org

Senior Companions Program

P.O. Box 269131
Sacramento, CA 95826

..... (916) 875-3622
www.scpsacramento.org

Volunteers of America

3434 Marconi Ave.
Sacramento, CA 95821

..... (916) 265-3400
http://www.voa-ncnn.org

VOLUNTEER PROFILE

Mia Smitt didn't wait for retirement to volunteer.

A full-time nurse practitioner, Smitt rises before dawn once a week to serve breakfast to the homeless at St. Francis of Assisi Parish in Midtown. Occasionally, on weekends or evenings, she and her husband can be found at the airport welcoming troops home as part of the Patriot Guard Riders.

The PGR is a nationwide group that formed in 2005 to protect mourning families from Westboro Baptist Church members staging anti-homosexual protests at military burials. Riders also greet returning service men and women.

"I'm very blessed. I have a lot of energy," Smitt said.

What do you do as a volunteer?

St. Francis has a really wonderful outreach program for homeless people. They let people sleep in their courtyard. They have a team come in and get them tucked in and talk to them, and there's a guard that stays there usually until 4 or 5 a.m. I'm part of the Breakfast Ministry. I come in at 5 a.m. and I make breakfast and

sgoldenpages.com



Mia Smitt waits at the airport with other members of the Patriot Guard Riders to welcome home troops. PGR's only mission is to honor our military service members.

feed people and clean the kitchen. I'm out by 7 a.m.

Why did you start volunteering?

I think it's very important. Volunteerism is something that everybody should be attuned to. We have so many blessings that we don't really realize how much we have. Giving back is so important, and really good for the soul.

I have always been very involved with my church in some capacity, and

when I learned of this Breakfast Ministry, I thought, 'How perfect.' I've been doing it since 2003.

Tell me about your work with the Patriot Guard Riders.

They're a nationwide group primarily of motorcyclists ... They'd go to military funerals with their motorcycles and big, tall American flags,

— continued on page 56

and as soon as protesters showed up, they'd rev their engines and raise their flags so the family and mourners couldn't see or hear them.

It just took off all over the U.S. and it wasn't just to protest these guys, it became an honor thing. They'd go to funerals and hold flags as a gesture of respect. When you have a whole grassy area surrounded by people holding large flags, it's very moving and pretty nice.

We've been very fortunate that we haven't had as many funerals here, so besides the sad stuff, we also do welcomes at the airport. They're just a blast ... Watching people's reactions

is really a hoot. Some people smile, some ask if they can stand with you. One lady burst into tears.

"We have so many blessings that we don't really realize how much we have.

Giving back is so important, and really good for the soul."

I never belonged to an organization that was less about yourself and more about the mission. There's no agenda. It's not political. It's not religious. It's all about honoring the service people. I love this group.

How did you become involved with the PGR?

My son was in the service, in Iraq and he emailed us and said we should look into this group. So we did. My husband became more involved than I did because he had more free time. I go to as many welcomings as I can.

What do you enjoy most about volunteering?

I feel like I'm doing something. I love my work, but I get paid for it. There are some tangible rewards for it. When you volunteer, the rewards are intangible, but you feel like you're doing something that makes a difference and it gives you a good feeling.

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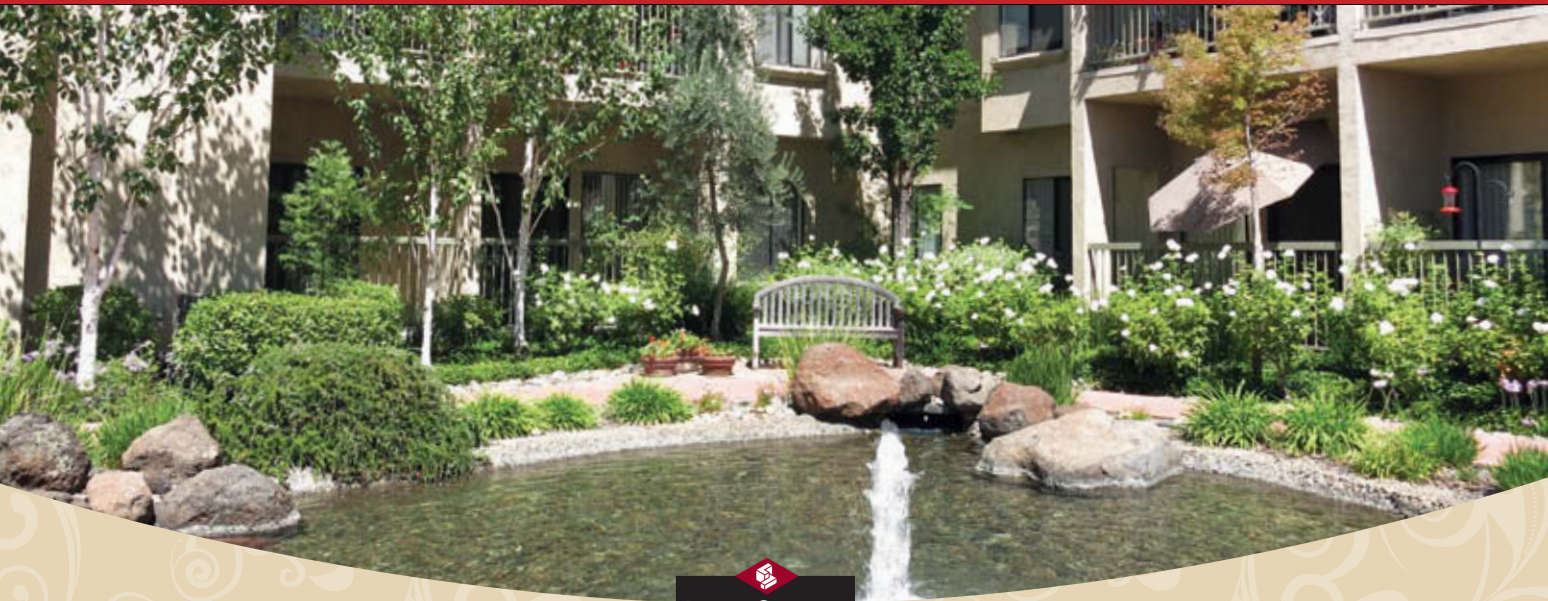
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