

# Vintage House

NEWSLETTER

Winter 2012



The Jerry Casson Multipurpose Senior Center

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264 First Street East • Sonoma California 95476 • tel: 707-996-0311 • [www.vintagehouse.org](http://www.vintagehouse.org)

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## It's a New Year – Membership Updates

**Our Annual Membership Meeting** at 9:30 am on **Monday, January 23** offers a recap of 2011 and a look into the upcoming year, and holds an election for new and returning board members. As we go to press the nominees include: *Art Fichtenberg, Liz Kane, Jack Nisson* and *Bill Oneal* (new), and *Randy Derwingson* (returning). Everyone is welcome to attend; members of at least 30 days standing are eligible to vote. *Please RSVP so we can plan appropriately.*

**Message from our Membership Committee** – *Jean Sara Knapp, Membership Committee Chair*

I am Jean Knapp, chair of the membership committee and just wanted to say thank you to the so many of you who have already renewed your membership to the “house with a heart” – and encourage the rest of you to use the enclosed membership renewal envelope to do so now!

Vintage House offers a huge variety of programs, classes and activities and is constantly looking for ways to add to the list. Your membership dollars are what makes so much of it possible (see the list of current and upcoming activities in this newsletter) but I want to mention the upcoming **New Member Reception** on April 26<sup>th</sup> from 4:00–6:00 pm. Last year was the first time we had had this event and I am comfortable saying it was enjoyed by all so save the date.

For those who are not currently members, I urge you to join this year – *your dues do make a difference!*

## Fun Events with an Important Purpose

*Sign up Now to Support Vintage House!*

### **Sterling and Lunch: February 10**

Learn the art of jewelry making and go home with 3 pair of sterling silver earrings to keep or give as gifts (Valentine's Day is just around the corner!) followed by a wonderful lunch at the home of Marcie Waldron. Need transportation to get there? Our LIMO service can assist! \$100 includes instruction, materials and lunch.

### **Mangia Italiano: March 30**

A delectable Italian feast lovingly prepared by our very own *Mary Evelyn Arnold*, 2011 Sonoma Alcaldessa and 2011 Vintage House Board President. A gourmet cook in her own right, Mary Evelyn also has a devoted crew of cooking friends from Meals on Wheels so we are assured of a meal not-to-be missed! \$50 per person.

Reservations can be made online at [www.vintagehouse.org](http://www.vintagehouse.org) or by calling the Front Desk: 996-0311. And be sure to check our website and subsequent newsletters for details on these additional events occurring later in the year: *Headlands Hike, Photography Workshop, Art in the Vineyard, Oktoberfest.*

## Help us Be Good Stewards of Our Resources

Please let us know if your contact info changes, especially your mailing address – you'll be helping us save unnecessary return service postage costs!

## Let's All Stay Healthy

Cold and flu season is upon us - please be considerate and stay home if you are ill, for both your own well-being and that of others! Remember what mom said: wash your hands often! And don't forget to get your flu shot and ask your physician about a pneumonia vaccination.

## Safe Medicine Drop Off Now Available Year-Round at Vintage House!

The two drop-off days we hosted in 2011 collected an amazing total of 476 lbs of unused medications (!) and clearly established the need for a permanent site in Sonoma Valley. We are delighted to be working with *City of Sonoma* and *Sonoma County Water Agency* in maintaining a new permanent location here Monday-Friday, 9:00 am–4:00 pm. A second drop-off site is available 24/7 in the Emergency Room at Sonoma Valley Hospital.



### How to drop off unwanted medicine:

- 1 Remove unwanted medication from containers
- 2 Put all pills together in a zip lock bag; liquids and creams must remain in sealed containers
- 3 Remove labels or mark out personal information.
- 4 Insert the zip lock bag of pills or sealed containers into the drop off bin.
- 5 Recycle empty medication containers in your home curbside blue recycling cart.

### Items accepted at the drop off locations include:

- Prescription and over-the-counter pills and capsules
- Liquid medications, including ointments, lotions and creams (in sealed containers please!)
- Veterinary medications
- Vitamins, supplements, homeopathic remedies
- Medical patches
- Inhalers (empty)
- Medical samples

### Items not accepted:

- Epi-pens, sharps and/or needles – no needles of any sort at this location
- Controlled substances
- IV bags
- Bloody or infectious waste
- Personal care products (body lotion, shampoo etc.)
- Aerosol cans
- Thermometers
- Illegal drugs
- Medical marijuana
- Any other waste or medication not listed under items accepted

*Bring us your unused medications instead of putting them in the garbage or flushing down the toilet and help us keep our landfills and waterways healthy!*

## LIMO needs your help!

Local Independent Mobility Options gets local seniors who can no longer drive where they need to go. We need support in two ways: spreading the word about LIMO to those who could benefit from the program and have not yet done so, and volunteering one day or two half days a week to drive. Because we are healthier and living longer, most of us will outlive our ability to drive ourselves. Creating and maintaining innovative ways of providing transportation for non-driving seniors is a goal we all can participate in, both for now and for our future. Please call us for more information.

## Do You Volunteer at Vintage House?

Save the date for our **Volunteer Appreciation Celebration** on Friday, February 17<sup>th</sup>. Details of this festive celebration of volunteering will be provided in the invitations sent to all 2011 volunteers. We look forward to the opportunity to express our heartfelt gratitude for all of your talents, time and dedication so generously given to Vintage House!

**Upcoming Volunteer Opportunity** as we observe **St. Patrick's Day** on Friday, March 16<sup>th</sup>, celebrating everyone's Irish roots (we're *all* Irish for the day) with a nutritious hearty home-cooked Irish stew with Irish soda bread, a surprise Irish dessert, and live entertainment! You can join our St. Patrick's Day team as kitchen prep assistant, decorator, greeter, beverage tender, server, or table cleaner and more. You might even have the luck of the Irish and win a spot on the team of the most sought after job of all – the cleanup crew! Just call to sign on for one of the jobs!

*There will be many other volunteer opportunities coming up in 2012, and we look forward to working with you for another successful year of Vintage House events, activities and programs. Please drop in or call Sondra for details.*

### Credits

Editor  
Cynthia Scarborough  
Production  
Sage Computing  
Printing  
Wine Country Design & Imaging

### Contributors

Sondra Costello  
Linda Gavron  
Jean Knapp  
Dolores McEntee  
Beverley Odell

## OLLI: Osher Lifelong Learning Institute

What better way to start the new year than with one or both of these stimulating new classes designed specifically for people 50 years old or better! OLLI is a unique learning community offering the very best in continuing education with no prerequisites, tests or grades. From January 19–February 23 *Kayleen Asbo* teaches **Muses in Their Own Right** in the morning and *Robert Kirk* teaches **Bobbed Hair and Model Ts** in the afternoon. Fees are \$80 per course or \$150 for both, and a limited number of scholarships are available. Check the activity schedule for these Winter Session times.

And please make note now of the Spring Session **Open House** on **Thursday, March 22nd** as it occurs before our next newsletter. *Bruce Elliott* and *Charlene Lohmeier* will provide overviews of their respective classes that will run from April 5–May 17 (no class April 19): **Shady Characters** and **The Stuart Dynasty**.

## Thanksgiving & Christmas Dinner Thanks

A hearty thank you to the amazing donors and volunteers who helped us make the season bright for Sonoma Valley seniors on Thanksgiving and Christmas. Our traditional holiday dinners were lovingly prepared by volunteers and both served here in a festive family-style ambiance and home-delivered by Sonoma Plaza Kiwanis Club drivers to those unable to leave home.

This year each home-delivered meal included a gift of a hand-knit scarf from Vintage House, thanks to *Sandi Wilson* and her crew of volunteer knitters. Note: Sandi was our deserving honoree at the 2011 Sonoma Valley Fund Star Volunteer Recognition Program.

## Program Notes

*I have this theory that chocolate slows down the aging process...it may not be true, but dare I take a chance?*

**VH Book Club** now meets on the 3<sup>rd</sup> Thursday (instead of 4<sup>th</sup>) each month from noon - 1:00 pm. The welcome sign is out to anyone interested in joining this entertaining group for lively discussion and socializing, and the 2012 reading list is available upon request at the front desk.

*Cat Petru* teaches **Arthritis Foundation Exercise Program** on Tuesdays & Thursdays, from January 3–February 9 from 3:00 – 4:00 pm. This improved multi-level version of the old PACE program is designed for anyone wanting to increase range of motion and flexibility, reduce pain and stiffness, improve strength and endurance and have fun doing it. The cost for this 12 session workshop is \$60 for VH members and \$96 for non-members. Class size is limited so early registration is encouraged.

**Hula Mai** with *Betty Ann Bruno* returns Friday, January 6–March 2 (no class February 17) with Continuing Hula class from 11:00 – 2:30 pm and Intermediate Hula from 12:30 – 2:00 pm. The cost is \$45 per student for the 8 week workshop (includes \$5 materials fee).

*Wayne Gordon* offers a 9 week **Bridge Series** on Thursdays, January 12 – March 8 from 6:30 – 9:00 pm based on American Contract Bridge League's PLAY bridge series for improving declarer competence. The 9<sup>th</sup> week will introduce the Jacoby Transfer, a very popular and useful convention over no trump opening bids to help you get to the right contract. Course content is covered in free handouts, and the PLAY text and companion flip guide are available for those who wish to purchase it (not required). There is no charge for the first week so come

and decide if you wish to take this series. The course fee is \$120.00 for non-members, \$100.00 for Vintage House members. Former students only can attend on a space available review basis for a per class charge of \$12.00 non-members, \$10.00 VH members. FYI for youngsters you may know: costs for full time students under age 26 will be paid by the American Contract Bridge League and the Vintage Duplicate Bridge Club.

In March a new 9 week series will be based on American Contract Bridge League's DEFENSE series designed to improve your ability to read your partner's cards and defeat declarer's contract. The 9<sup>th</sup> week will introduce the Negative Double, a very useful tool for improving competitive bidding. Class fees are the same as listed above. Please register for classes at the front desk. For more information, contact Wayne directly at [sonomabridge@sbcglobal.net](mailto:sonomabridge@sbcglobal.net) or (707) 935-3764.

*Bill Churchill* returns on Monday, January 23 with a **Beginning Spanish** class from 10:30–11:30 am and multi-level **Conversational Spanish** class from noon – 1:00 pm. The cost is \$5 for VH members and \$8 for non-members. Bill uses a syllabus instead of a text book and his dynamic classes are creative, interactive and make learning fun!

The **Redwood Caregiver Resource Center** will offer two workshops this quarter. *To Place Or Not To Place* on Wednesdays, January 25 to March 7. Deciding if, when and where to place a loved one in out-of-home care can be a heart wrenching experience. Many caregivers continue to provide direct care far beyond their physical and emotional limits before even considering long term placement. Yet in many cases, placement may become the most realistic and loving way to provide the best level of

## Program Notes

(continued)

care. *Managing Frustration* is an 8 week workshop on Wednesdays, March 21 to May 9. Being a caregiver for a loved one is tremendously demanding and stressful. This course teaches skills which have the potential to positively impact every aspect of the caregiver's life through learning self care, changing unhelpful thoughts, improving communication and learning to be assertive. Classes are 2:00–4:00 pm. Please call RCRC at (800) 834-1636 for reservations.

Our **AARP** sponsored **Tax Assistance Program** runs from 9:00 am–noon on Mondays and Wednesdays from February 1 – April 18 on a first-come first served basis. Designed to help low and middle income taxpayers prepare and file their federal and state income tax returns, this free service is provided by AARP trained and certified volunteers. Donations are welcome and always appreciated.

*Manfred Theilig-Speer*, who has been teaching advanced and conversational German at Vintage House for the past two years, will start a new **Beginning German** class on Monday, February 6 from 9:00 –10:00 am. This class is strictly for beginners ONLY! If you have no or little knowledge – this class would be right for you.

The **Center for Well-Being** presents *Healthier Living*, a 6 week interactive workshop on managing ongoing health conditions. Living with an ongoing health condition such as diabetes, obesity, arthritis, or anxiety doesn't mean you have to be ruled by it. Learn to accomplish habit changing behaviors and coping strategies to deal with frustration, fatigue, pain and isolation. Wednesdays, February 22–March 28 from 9:00 to 11:30 am. Preregistration required–call (707) 565-6043. A donation of \$20 is requested to cover the cost of materials.

Join **Sonoma Blanket Brigade** and be part of a group making fleece blankets to donate to homeless shelters, children's groups and charities. No sewing is required for these cut & tie blankets that can be completed in under 3 hours. To join the Blanket Brigade on Thursday, March 1 from 1:00 – 4:00 pm simply bring: scissors and two pieces of fleece for each blanket – two 2 yard pieces for a large blanket, two 1 ½ yard pieces for a small blanket. *Participants are asked to make a minimum of 2 blankets to donate to the Blanket Brigade.* Class size is limited, so please call to reserve your spot.

The 8-hour **AARP Driver Safety Program** will be offered on Tuesdays, March 6 & 13 from 9:00 am to 1:00 pm with instructor *George Weiss*. This DMV approved course is designed for drivers aged 55 years and above. The cost is \$12 for AARP members and \$14 for non-members. Please have your drivers' license and AARP membership card available when making your reservation.

The **Alzheimer's Association** presents *Compassionate Communication and Challenging Behaviors* on Friday, March 9 from 10:00–11:30 am. Communication is more than the ability to exchange words—it is the ability to connect with someone. This program will provide strategies on improving overall communication skills in connecting with memory-impaired individuals and helping prepare caregivers for possible behavioral changes as well as ways to respond should they occur. Free, call to register.

**St. Patrick's Day** will be observed on Friday, March 16 with a delicious home cooked Irish stew luncheon. The cost is \$15 pp and reservations are required. Plan to join us for a festive afternoon celebration!

**Q.U.I.L.T.** (*Quilters United In Loose Threads*) showcases an incredible collection of quilt art on Saturday and Sunday, March 17 & 18 from 10:00 am–4:00 pm. This is the 11<sup>th</sup> anniversary of Q.U.I.L.T. at Vintage House and the exhibit has grown in such popularity that it is now a sought out event for lovers of this art form. This year's Raffle Quilt is stunning and it's on display in the lobby with ticket purchase available at the front desk. All proceeds from the raffle and admission to the show benefit Vintage House.

### Upcoming Trip Destinations

*Please call for trip details and reservations.*

*"Masters of Venice"* at the **de Young** on Friday, February 3. A worldwide exclusive presentation of 50 paintings by 16<sup>th</sup>-century Venetian artists including Titian, Giorgione, Veronese, Tintoretto and Mantegna on loan from the Kunsthistorisches Museum in Vienna. Bruce Elliott, Ph.D. will accompany and provide commentary on the exhibit in his unique "History through Art" approach.

**California Academy of Sciences** on Wednesday, March 7. The Academy is a single structure but contains multiple venues including the aquarium, the planetarium, the natural history museum and the 4-story rainforest. In addition, there's a 3D theater, a lecture hall, a Naturalist Center, two restaurants, an adjacent garden and aviary, a roof terrace and an Academy store.

**Walt Disney Museum** and lunch at **Presidio Cafe** on Wednesday, March 28. Walt Disney was one of the most influential figures of the 20<sup>th</sup> century and his worldwide popularity lives on. The WD Museum was conceived to present the real story of Walt Disney, the man, told by him and others who knew him well.

**Trips Policy:** Payment required to guarantee reservations, refunds offered less \$10 processing fee only if we can resell your ticket. We appreciate your understanding and cooperation as we strive to sustain this popular service.

## HONORS & MEMORIALS

Vintage House gratefully acknowledges the following gifts received between 8/16/2011 & 12/15/2011 given in honor or in memory of friends and loved ones. The individual being remembered in this special way is listed first, followed by the generous donor(s).

### IN HONOR OF

**CONNIE BAER**  
*Dee Mathews – HONOR*

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We recently received bequest gifts from the estates of *Liz Garrard* and *Alberta Getchell*.

Liz and husband *Ed Garrard* (pre-deceased) long ago established their desire to assist Vintage House in perpetuity. Their gift, prudently invested, will help build our reserves and improve our ability to survive challenging fiscal times while planning for dramatic growth in demand for senior programs.

As a result of Alberta's gift, given in support of those living with Parkinson's Disease, we look forward to offering Parkinson's education and support in the coming year.

For more information about bequests, charitable trusts or establishing an endowment in your name please contact executive director *Cynthia Scarborough*.

**VINTAGE HOUSE SENIOR CENTER**

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Sonoma, CA 95476  
Return Service Requested

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Vintage House is dedicated to providing Sonoma Valley with activities and services for its 55+ population that enhance dignity • promote well-being & independence • encourage participation in community life.

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Linda Gavron - *Program Director*  
Dolores McEntee - *Front Desk Coordinator*  
Sondra Costello - *Volunteer Coordinator*  
Beverley Odell - *LIMO Coordinator*

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