



# THE BEACON



Senior Coastsiders was celebrated in the Capitol in early June as the Nonprofit of the Year in California's 13th Senate District. State Senator Jerry Hill welcomed Senior Coastsiders Executive Director Sandra Winter and Board President Carol Joyce to the Capitol where the California Association of Nonprofits held a luncheon honoring over 100 nonprofits selected throughout California by their local legislators. "For more than 40 years, Senior Coastsiders has been a mainstay for older adults and adults with disabilities," said Senator Hill, D-San Mateo and Santa Clara Counties. "I'm proud to have selected this community gem as the 13th Senate District's Nonprofit of the Year for 2019."



## Senior Coastsiders' Staff

*Hope Atmore*  
Program Manager

*Jose DeSousa*  
Nutrition Assistant

*Tracey Gould*  
Care Manager

*Edna Martinez*  
Nutrition Assistant

*Judith Matienzo*  
Administrative Assistant

*Kim Olivares*  
Administrative Assistant

*Manny Orozco*  
Chef

*Sandra Winter*  
Executive Director

*We will be closed on Thursday, July 4th, in Observance of Independence Day.*

## New and Upcoming!!

***The staff would like to extend a sincere thank you to the many volunteers that made our 29th Annual Home Rehab Day a success! We had approximately 125 volunteers working on over 30 homes! Volunteers are the backbone of this organization and we can't thank you enough!***

**Movie Night with Mission Hospice & Home Care - "Solace, Wisdom of the Dying,"** grew from hospice nurse Camille Adair's intimate experiences with people facing the end of their lives. As a hospice nurse, she has worked closely with patients, families, hospitals, cancer treatment centers, and many health care professionals to address the needs of dying people as well as the needs of the health care community. She explores how to integrate the end of one's life as a natural and sacred human process rather than as a medical failure. Movie will be followed by a Q&A. Event is free but please reserve your spot by calling (650)726-9056. **Tuesday, July 16th, 6:30-8:30pm.**

**Beauty Seminar** - Join industry expert, Aida Manning, to learn about current beauty and fashion trends for women over 50. She will discuss options and best practices for healthy, glowing skin and how best to utilize skin care products. This will be followed by a Q&A before moving on to makeup. Aida will show participants how to apply a fresh daytime look that will transition into an evening look for dinners and evenings out. **Monday, July 29th, 1:00-2:30pm.**

**Take Charge Workshop** - How can your loved ones follow your wishes if they don't know what they are? This two part workshop will help you plan for your future care and bring peace of mind to you and your loved ones. **Mondays, August 5th & 12th from 6:30-8:30pm** at the Adult Day Health Center, 925 Main Street. FREE but please reserve your spot by contacting Lynn Siracusa at 650-726-5067 or by email at [siracusa.cadhc@gmail.com](mailto:siracusa.cadhc@gmail.com).



# New and Upcoming Continued...

**Monthly Blood Pressure and Blood Glucose screening PLUS class on Blood Pressure** - Take advantage of a free blood pressure and blood glucose screening with nurses from Mills-Peninsula from **9:30-11:00am** on the third Tuesday of each month. Following the July screening, there will also be a class on Blood Pressure from **11:15-11:45am**. Screenings will be **July 16th and August 20th**.

**Redi-Wheels/Redi-Coast Paratransit Services** will be at Senior Coastsiders at 925 Main Street from **8:30am to 3:30pm on Wednesday, August 14th** for enrollment renewal and new enrollment in the program. Appointments are required and can be made by contacting Redi-Wheels/Redi-Coast at 650-366-4856.

**Conscious Aging** - During the retirement phase of our life we continue to experience spiritual, emotional, and psychological growth. It is a time to celebrate our life journey, to gather the wisdom of those experiences, and to share and connect what was meaningful in the company of others. Conscious Aging is an emotional wellness program designed to offer seniors a chance for reflection and provides tools to deal with the stresses of aging. For more information or to register, contact Sally LoPrete by email at [sallopr@gmail.com](mailto:sallopr@gmail.com). Session will run **Wednesdays, September 4th thru October 23rd from 1:00-3:00pm**.

**Concert in the Park** - Senior Coastsiders will once again join in the fun during the City of Half Moon Bay's Concerts in the Park series. Staff and volunteers will be popping popcorn and chatting with concertgoers on **August 24th from 4:00-6:00pm** at Mac Dutra Plaza while enjoying the Alpha Rhythm Kings Swing Band! A shuttle bus will be running starting at 3:00pm from the back of 925 Main Street up to the concert. Come join us and get your boogie on!

**Save the Date - Pumpkin Run - October 20th** - This year will mark the 41st Annual Pumpkin Run which takes place on the Sunday of Pumpkin Festival weekend. And this year, we are very excited to be adding a half marathon to the offering! This event is one of our biggest fundraisers of the year and we rely on approximately 100 volunteers to make it successful. Please consider volunteering for this fun event and helping Senior Coastsiders at the same time! To volunteer, please contact Hope Atmore at [hatmore@seniorcoastsiders.org](mailto:hatmore@seniorcoastsiders.org) or 650-726-9056. Or, if running is more your speed, go to [seniorcoastsiders.org](http://seniorcoastsiders.org) and click on upcoming events where you will be directed to our registration site.

**Ridesharing** - Are you interested in learning more about rideshare options like Uber and Lyft, or, even becoming a part time driver for a rideshare company? If so, we would love to talk to you about your needs and help you utilize these options. Come by our office or give us a call at (650)726-9056. Once we've established an interest list, we will provide new learning opportunities.



## Community Bulletin Board



In this new section, we will post community notices that we think will be of interest to our Beacon readers. If you have information you would like to see listed, please contact Hope Atmore at 650-726-9056

Wednesday is Senior Discount Day at New Leaf. If you are 65 and over, be sure to ask for your discount card!

**And be sure to grab your Envirotokens for your reusable bags and put them in the Senior Coastsiders slot!** We are excited to be participating in New Leaf's Envirotokens program and hope you'll help us!

The Half Moon Bay History Association is looking for volunteers and docents.

If you're interested in local history The History Association would love to have you join as a docent! The training is fun and new classes are available regularly. Just email [info@halfmoonbayhistory.org](mailto:info@halfmoonbayhistory.org) or call (650) 763-3231

SSI recipients are now eligible for CalFresh food benefits. CalFresh (previously known as food stamps) is California's largest social service program to help relieve hunger and malnutrition in the state. Food benefits are issued monthly on an easy-to-use Electronic Benefit Transfer (EBT) card. There is no change to SSI amounts and the CalFresh benefits will not count as income or resources. For more information on how to apply, call Tracey at (650)726-9056.

PG&E wants customers to be ready for power outages that may arise due to extreme weather and extreme fire danger conditions. In order to help customers prepare, PG& E recommends you update your contact information at [pge.com/mywildfirealerts](http://pge.com/mywildfirealerts) or by calling 866-743-6589. Be ready with a plan for medical needs like medications that require refrigeration, identify backup charging methods for phones, build or restock your emergency kit with flashlights, fresh batteries, supplies and cash, and know how to manually open your garage door.



# Arts at the Center

**Coastal Arts League Drawing Class** meets Fridays from 12:45-2:45pm. Class topics change from week to week and cover anything from oil pastels to cartooning and still-life to collage. Class is free and run by volunteers from the California Arts League.

**Painting Group:** The morning painting group meets on Wednesdays from 9:30am-noon. This group is for all levels and you must bring your own supplies.

**Stamping & Handmade Cards** with Cindy McCool. Learn new techniques to refine your skills and enjoy creating seasonal cards the first Thursday of the month (July session will take place on **July 18th** due to 4th of July holiday) August class will take place on **August 1st**. Class is from 1:00-3:00pm. This class is free of charge and priority is given to those age 60 or better. Class size is limited. Please drop by the front desk to sign up or call us at (650) 726-9056. Walk-ins are welcome provided that class size is not exceeded. No tools required - everything will be provided for your use by the instructor.

**Watercolor Wednesdays** with Mary Kay Jolley meets Wednesday afternoons from 12:30-3:30pm. All levels are welcome. Cost is \$10.00 per class. **No class 7/3, 7/10, 7/17, 7/24. Class resumes 7/31.**

**Ukulele Jam Group:** Come to strum old and new songs we will find on the web. We will look for easy chord progressions. Not a class but will help new players along. This is not a choral group. Ukulele Jam will be on the 1st and 3rd Monday of the month from 10:45-11:45am. If you want some additional practice, there is an additional ukulele group that meets at the HMB Public Library on Mondays at 7:00pm.

## The Written Word

**Book Clubs** - We have two book clubs offered through a collaboration with the HMB Public Library. The mystery book club meets the first Wednesday of the month from 11:00am-noon. On **July 3rd** the group will discuss *If the Dead Rise Not* by Philip Kerr and on **August 7th**, *Cave of Bones* by Anne Hillerman. The Monday book club meets the fourth Monday of the month at 11:00am. They will meet Monday, **July 22nd** to discuss *American Spy* by Lauren Wilkinson and on **August 26th** the book will be *Lost Girls of Paris* by Pam Jenoff. If you need a library card, bring current ID and sign up there. Please call Senior Coastsiders for more information at (650) 726-9056.

**Library Lunch Visits** – Staff from the Half Moon Bay Library will join us in the dining room the third Thursday of each month to help people sign up for library cards and to offer a variety of items for check out.

**Creative Writing Workshop** - Share your poetry, fiction and essays with a friendly group of senior writers on Thursdays from 10:00-11:30am. All seniors are welcome.

**Free Lending Library** - Share a book or read a new title. DVDs and puzzles are available as well. The lending library is open to all seniors and is located in the computer lab which is open from 9:00am-3:00pm, Monday through Thursday and 9:00am-2:00pm on Friday.





# More Offerings

**Bridge Groups** - Meet every Monday and Wednesday from 1:00-3:00pm. These groups welcome beginners as well as veterans and provide a fun and not overly competitive opportunity for bridge.

**Mah Jong** - Players of Chinese Mah Jong meet every Friday from 12:30-2:30pm as well as the second and fourth Thursdays of the month from 1:00-3:30pm.

**Legal Advice** - If you have concerns about elder fraud, financial abuse or any other issues of concern to seniors, you can call the offices of Attorney Jay White at Legal Aid (650) 558-0915 for help or advice.

**Computer Tutoring** - Computer tutoring is available by appointment when tutors are available. Each free session is 30 minutes. Please sign up at the front desk or call (650) 726-9056.

**Boardgames Group** - Join others over a fun boardgame and lively conversation during the once a month boardgame group. Group will meet **Tuesday, July 23rd at 1:00pm**. Dates vary some from month to month, please check bulletin board or call our office at (650) 726-9056 for future dates.

**HICAP (the Health Insurance Counseling & Advocacy Program)** - Provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. Counseling is provided on the 2nd and 4th Fridays of the month between 10:00am-noon and are by appointment only. **Please call (650) 627-9350 to schedule an appointment.**

**Transportation** - Redi Coast provides door-to-door service for frail adults. Please call them at (650) 560-0360 for more information. Senior Coastsiders provides transportation to and from our center during the week for classes, lunch, and grocery shopping. Please call us at (650) 726-9056 for more information.



## *A note from the Executive Director*

*My first three months as Executive Director at Senior Coastsiders have flown by. I am so grateful to be stepping in to an organization that has such a firm foundation: an engaged and committed Board, an enthusiastic and highly effective staff, a motivated and caring group of volunteers, loyal donors, a lovely building and a great reputation for providing quality services to older adults for over 40 years.*

*We've had a number of great successes in the last couple of months. We met our goal of raising more than \$30,000 during the Coastside Gives campaign – thank you to all our wonderful donors! We also received approval for another year of funding from the Community Block Development Grant of San Mateo County that supports our home repair program. The majority of our home repair activities took place on Saturday June 1st – and what a marvelous day that was. Over 125 volunteers worked to improve the safety, accessibility and appearance of 28 homes located as far South as La Honda and as far North as Moss Beach. And in early June Senior Coastsiders was recognized by Senator Jerry Hill who nominated our organization as the 13th Senate District's Nonprofit of the Year for 2019.*

*I look forward to future opportunities to share our successes with you – and to thank you for all the ways you support Senior Coastsiders. Feel free to stop by my office any time for a chat.*



*Sandi*



# Health and Well Being

**Qigong** takes place every Tuesday afternoon from 1:00-2:00pm with Judy Pruzinsky, teacher and acupuncturist. Learn this ancient art, develop flexibility and balance. For registration and information please contact Betty Zographos at (650) 726-2891 or email her at bettyz@coastside.net.

**Gentle Yoga** with Linda Grace Frost, Mondays, 8:45-10:15am. This fantastic class is composed of vibrant, active seniors who wish to develop strength and maintain mobility and flexibility. Students should be comfortable getting up and down from the floor and will also use chairs and other tools to further practice. Four-class packets can be purchased for \$20 from instructor before start of class. Priority is given to people over 60 and better, but everyone is welcome.

**Inner Fitness** is fitness for the mind and soul through the building of relationships, dialogue, and sharing of common goals and challenges that come with aging. The group seeks to build relationships during a period in life that can be lonely or isolating by having an open conversation about aging. This open group provides a safe and nurturing atmosphere for reflection and exploration. Group meets at 10:00am on Tuesdays.

**Parkinson's Exercise Class** is for individuals with Parkinson's Disease and is designed to delay symptoms. Students will go through a series of exercises that will adjust to individual needs and will be both challenging and fun. Class is held every Tuesday from 11:15am-noon.

**Pilates Plus** builds core strength and stability. Classes are held every Tuesday and Thursday at 8:45am and 10am and last one hour. You can buy a series of tickets or pay for individual classes.

**Reiki Energy** sessions by appointment on the 2nd and 4th Fridays between 10:00am and noon. Twenty minute sessions are free of charge. Call us at (650) 726-9056 to schedule an appointment.

**Rosen Movement** - weekly one hour classes are held at the center using fluid motion to increase joint mobility and flexibility. Mondays at 9:30 am, Wednesdays at 10:30 am, and Fridays at 11:00am.

**Gentle Exercise** is a low to no impact class. Participants will use straps, bands, and body weight to go through a series of exercises for balance and mobility. Class is suitable for all levels and can be done standing or sitting. One hour class, meets Mondays at 10:30am, and is incorporated into the Rosen Wednesday class at 10:30am.

**Zumba Gold** is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Join instructor Laurie Becker Friday mornings from 9:00-9:45am and get your weekend off to a great start! Please bring water and wear proper fitness attire and shoes. \$5.00/class with 10 class pass, \$7.00 for drop in.

**Health Screenings** - In partnership with Sutter Health Mills Peninsula Health Services, the Senior Coastsiders Wise and Well program takes place the third Tuesday of each month from 9:30-11:00am and once a quarter is followed by a Heart Health Nutrition Class from 11:15-11:45am.

**Accupressure - Jin Shin Jyutsu** is offered the 1st and 3rd Thursday of each month from 11:00am-1:00pm by a trained massage therapist and Jin Shin Jyutsu practitioner. Jin Shin Jyutusu is a timeless healing art that uses gentle touch to harmonize the spirit, mind, and body. Half hour appointments can be made by contacting the Senior Coastsiders office at 650-726-9056.

# HAPPY BIRTHDAY TO THE JULY AND AUGUST BIRTHDAY PEEPS!



*Remember to join us the third Thursday of your birthday month so we can celebrate your day! Birthday lunches always have live entertainment and you'll get a special birthday treat during lunch! It is always fun to celebrate birthdays together!*

## Grief & Bereavement Support Groups



### Caregiver Support Group

Meets the last Wednesday of the month from 12:30pm-2:00pm. Please call CADHC at (650) 726-5067 for more information.

### Coastside Adult Day Health Center & Mission Hospice

Meets the second and fourth Thursday of the month from 4:00pm-5:30pm at CADHC.

### Monday Morning Support Group

Meets every Monday from 10:00am-11:30am at Senior Coastsiders - except the 2nd Monday

### Parkinson's Group

Meets the first Friday of each month from 1:00pm-2:00pm at Senior Coastsiders. Call Jetta Van Hemert at (650) 863-2451 to sign up.

## Endowment Fund



Did you know that Senior Coastsiders has an endowment fund?

It will help ensure that we can continue providing services into the future. You can make a contribution to the fund in a variety of ways:

- A direct gift
- A memorial contribution
- Naming Senior Coastsiders as a beneficiary in your Will, Living Trust, Life Insurance Policy, Pension Plan, or Charitable Trust

All contributions are tax deductible for estate tax purposes. For the best method of remembering Senior Coastsiders in a will, please consult with your accountant or legal advisor. Please remember Senior Coastsiders Endowment Fund when you do your estate planning.



# Weekly Activities

## Monday

8:45-10:15	Gentle Yoga*	35% Room
9:30-10:30	Rosen Movement*	Media Room
10:00-11:30	Support Group	Art Room
10:30-11:30	Gentle Exercise*	35% Room
10:45-11:45	Ukulele Jam Group (1st and 3rd Monday)	Media Room
1:00-3:00	Bridge Group	35% Room
1:30-3:30	Craft Group	Art Room



## Tuesday

8:45 & 10:00	Pilates Plus*	35% Room
10:00-Noon	Inner Fitness	Media Room
10:00-Noon	Computer Tutor (by appt. only)	Computer Room
11:15-12:00	Parkinson's Exercise Class	35% Room
1:00-2:00	QiGong*	35% Room



## Wednesday

9:30-Noon	Painting Group	Art Room
10:30-11:30	Rosen Movement w/Gentle Exercise*	35% Room
12:30-3:30	Watercolor Class*	Art Room
1:00-3:00	Bridge Group	35% Room

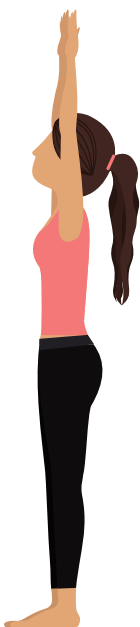


## Thursday

8:45 & 10:00	Pilates Plus*	35% Room
10:00-11:30	Creative Writing Workshop	Media Room
10:00-Noon	Computer Tutor (by appt. only)	Computer Room
11:00-1:00	Acupressure/Jin Shin Jyutsu (1st and 3rd Thursdays)	Art Room
1:00-3:30	Mah Jong (2nd and 4th Thursdays)	Art Room

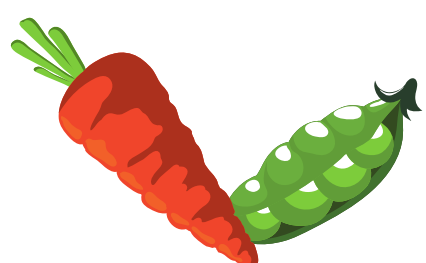
## Friday

9:00-9:45	Zumba Gold*	35% Room
10:00-Noon	HICAP (by appt. 2nd and 4th Fridays)	Art Room
10:00-Noon	Reiki (by appt. 2nd and 4th Fridays)	Media Room
11:00-Noon	Rosen Movement*	35% Room
12:45-2:45	CAL Drawing Class	Art Room
12:30-2:30	Mah Jong	35% Room
1:00-2:00	Parkinson's Support Group (1st Friday each month)	Media Room
1:00-2:00	Stages Peer Counseling Group (2nd and 4th Friday)	Media Room

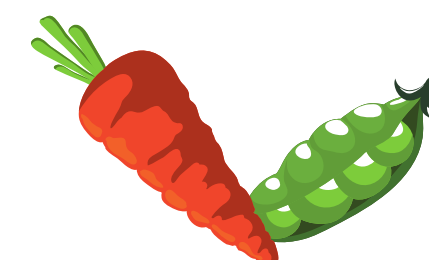


Please remember to show up a little early if you are attending a class for the first time so you can sign any necessary waivers and/or arrange payment with your instructor.

\*All classes with fees are subject to change, consult w/ instructor. Most class fees range between \$4 and \$7 per class.



# July 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>BBQ Chicken w/ Brown Rice Vegetables Fruit</b> 	<b>Sausage Fritata</b> Roasted potatoes Vegetables Fruit 	<b>Hamburger</b> Whole wheat bun Coleslaw Salad Fruit	<b>Closed for Independence Day</b> 	<b>Chicken Tortellini Pasta*</b> Whole wheat bread Vegetables Salad Fruit
8	9	10	11	12
<b>Meatloaf</b> Whole wheat bread Mashed potatoes Vegetables Fruit	<b>Denver Omelet*</b> Whole wheat bread Roasted potatoes Vegetables Fruit 	<b>Chicken Parmesan</b> Brown rice Vegetables Salad Fruit	<b>Meat Lasagna</b> Vegetables Salad Fruit 	<b>Fish Veracruz</b> Brown rice Vegetables Salad Fruit
15	16	17	<b>BIRTHDAY</b> 18	19
<b>BBQ Pork Loin</b> Brown rice Vegetables Fruit 	<b>Meatballs</b> Whole wheat pasta Vegetables Fruit	<b>Pork Chop</b> Polenta Vegetables Fruit 	<b>Chicken Pot Pie</b> Whole wheat biscuit Vegetables Fruit Birthday cake 	<b>Pulled Pork Open Face Sandwich</b> Macaroni Salad Vegetables Fruit
22	23	24	25	26
<b>Spaghetti with Meat Sauce</b> Vegetables Fruit 	<b>Chicken Teriyaki</b> Brown rice Vegetables Fruit	<b>Breaded Pork Loin</b> Polenta Vegetables Salad Fruit	<b>Chicken Cacciatore</b> Polenta Vegetables Salad Fruit 	<b>Tuna Wrap*</b> Whole wheat tortilla Coleslaw Fruit
29	30	31		
<b>Fish &amp; Chips</b> Whole wheat bread Coleslaw Fruit	<b>Open Face Breakfast Sandwich*</b> Whole wheat bread Roasted potatoes Vegetables Fruit 	<b>Cheese Pizza</b> Vegetables Salad Fruit	<p><i>This menu is subject to change without notice. In the event of a menu substitution, an item of equal nutritional value will be served. Milk is served with every meal.</i></p>	

*Senior dining is for those 60 years and over. Lunch is served at Noon. \$4.00 is the voluntary donation. No one will be denied a meal if they are unable to donate.*





# August 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p><i>Senior Dining is for those 60 years and over. Lunch is served at Noon. \$4.00 is the voluntary donation. No one will be denied a meal if they are unable to donate.</i></p>	<p><i>This institution is an equal opportunity provider</i></p> 	<p><i>Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging.</i></p>	<p>Shepherd's Pie w/o potatoes Whole wheat bread Vegetables Fruit</p> 	<p>Fish Veracruz Brown rice Vegetables Salad Fruit</p>
5	6	7	8	9
<p>Veggie Omelet Whole wheat bread Roasted potatoes Vegetables Fruit</p>	<p>BBQ Pork Loin Polenta Vegetables Fruit</p> 	<p>Turkey Sandwich* Whole wheat bread Coleslaw Fruit</p>	<p>Chicken Macaroni Vegetables Salad Fruit</p> 	<p>Meat Lasagna Vegetables Salad Fruit</p>
12	13	14	<b>BIRTHDAY!</b> 15	16
<p>Spaghetti w/ Meat Sauce Vegetables Fruit</p> 	<p>Roast Chicken Brown rice Vegetables Fruit</p>	<p>Hamburger Whole wheat bun Coleslaw Fruit</p>	<p>Roast Turkey Whole wheat bread Mashed potatoes Vegetables Fruit Birthday Treat</p> 	<p>Chicken Wrap Coleslaw Fruit</p> 
19	20	21	22	23
<p>Turkey Sloppy Joes Open Face Whole wheat bun Vegetables Fruit</p>	<p>Bolognese Sauce with Pasta Vegetables Fruit</p> 	<p>Tuna Wrap* Whole wheat tortilla Coleslaw Fruit</p>	<p>Chicken Enchiladas Brown rice Vegetables Salad Fruit</p>	<p>Stuffed Pepper Brown rice Vegetables Salad Fruit</p>
26	27	28	29	30
<p>Eggs Benedict Roasted potatoes Vegetables Orange juice</p>	<p>Fish Croquettes Brown rice Vegetables Fruit</p> 	<p>Chicken a la King Whole wheat bread Vegetables Salad Fruit</p>	<p>Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit</p>	<p>Roasted Pork Loin Polenta Vegetables Salad Fruit</p>

\*> 1000 mg. sodium





925 Main Street  
Half Moon Bay, CA 94019  
(650)726-9056  
[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org)

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**We are so honored to have  
been chosen by Senator Jerry  
Hill as Nonprofit of the Year!**

**Take a look inside for more details  
about this fabulous distinction!**