



THE BEACON



Senior Coastsiders'
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Nutrition Assistant

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Care Manager

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Nutrition Assistant

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Assistant

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Administrative
Assistant

Manny Orozco
Chef

Cara Schmaljohn
Executive Director



HAPPY SPRING!



New and Upcoming!!

Save the Date

Farewell Reception for Cara Schmaljohn - Join other community members for a final farewell reception for 30-year Executive Director, Cara Schmaljohn. We will celebrate Cara's accomplishments on **Friday, March 29th from 2:00 to 3:30pm** at 925 Main Street in the Senior Coastsiders dining room. More details on Cara and new Executive Director, Sandra Winter on page 3.

Annual Home Repair Day - Saturday, June 1st from 8:30am to 4:00pm

During this one day event, over 100 volunteers will do minor home repair and basic gardening on up to 45 homes. Applications are available at our office, by mail, or email and are due by April 3rd. Please call 650-726-9056 for further details. If you are interested in volunteering, please contact Hope Atmore at 650-726-9056.

Tax Assistance - AARP Foundation Tax-Aide is the nation's largest, free, in-person tax preparation service. Volunteers are trained and IRS certified each year. They offer tax preparation help to anyone, and if you're 50 and older and can't afford a tax preparation service, they are especially for you! There are some restrictions such as rental property or large businesses, that cannot be completed. This service will again be offered Wednesdays starting **February 13th through April 10th** at Senior Coastsiders. Hourly appointments starting at **9:00am to 1:00pm** can be made by calling Senior Coastsiders at (650)726-9056.

Medicare Workshop - HICAP will be at Senior Coastsiders from **9am to noon on Friday, March 15th** to answer questions and help Medicare beneficiaries apply for Conditional Part A and the Qualified Medicare Beneficiary (QMB) program. This clinic is for those who do not qualify for free Medicare Part A because they do not have any or enough working credits on file with the Social Security Administration to qualify for free Medicare Part A. If you are eligible for the QMB program, the state will pay for the \$437 Medicare Part A monthly premium and other out of pocket expenses.

New and Upcoming Continued...

Film Night with Mission Hospice & Home Care - We will partner once again with staff from Mission Hospice & Home Care while we watch two short documentaries, *Extremis* and *New Rules for End of Life Care*. Following the films, there will be a Q&A to discuss end of life decisions. **Tuesday, April 16th from 6:30-8:30pm.**

Redi-Wheels/Redi-Coast Paratransit Services will be at Senior Coastsiders at 925 Main Street from **8:30am to 2:30pm on Friday, April 19th** 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.

Acupressure - Jin Shin Jyutsu will be offered the **1st and 3rd Thursday of each month from 11:00am to 1:00pm** by a trained massage therapist and Jin Shin Jyutsu practitioner. Jin Shin Jyutsu 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

New Bridge Group meeting **Mondays from 1:00-3:00pm**. This group is in addition to the long running Wednesday group. Both groups welcome beginners as well as veterans and provide a fun and not overly competitive opportunity for bridge.

New Mah Jong Group is meeting every **Friday afternoon from 12:30 to 2:30pm**. This group will meet in addition to our Thursday group which meets the 2nd and 4th Thursdays of each month.

Beacon Subscription Renewals are due by May 1st - If you would like to receive a copy of the Beacon at your home, please return the renewal form with your \$25.00 subscription fee to Senior Coastsiders, 925 Main Street, Half Moon Bay, CA 94019



Reminders

Senior Coastsiders partners with the Half Moon Bay Public Library on a number of projects. Every third Thursday of the month, staff from the library come during our birthday lunch and provide an opportunity to apply for a library card, pick up books, or chat about upcoming library events. Additionally, Senior Coastsiders has applications in the office for the library's Homebound Materials program. If you or someone you know is homebound and would like to have library materials delivered to them, stop by or call our office for more details and an application.

Following our January transportation fair, a number of attendees mentioned their desire to receive guidance on filling out a clipper card application. We are happy to print out those applications and make any photocopies of materials needed to help with that process. Come see us!

Farewell to Cara Schmaljohn after 30 years of service!



As executive director for Senior Coastsiders for over 30 years, Cara Schmaljohn has been one of the hardest working executives in the county. And even though she will be retiring at the end of March, her legacy supporting older adults up and down the coast will remain long into the future. Cara got a degree in Public Administration in 1983 from the University of Colorado with the specific objective of taking a leadership role

in a not-for-profit organization. She was hired by Senior Coastsiders in 1988. Within a year she recognized the need to create a board of directors and incorporate as a non-profit. Back then Senior Coastsiders operated out of the Ted Adcock center sharing the space with the city recreation department.

Over the next several years Cara led a small paid staff to: expand the fledgling Daily Lunch and Meals-on-Wheels, create a home-repair program, initiate a care-management service providing counseling for older adults and their families, set up a senior transportation service and develop a thriving volunteer program. It is rare that any community can point to a single individual as having both the vision and skills to improve their quality of life for over 3 decades. In doing so, Cara Schmaljohn can look back on a career that truly made a difference.



Welcome to our new Executive Director, Dr. Sandra Winter, PhD, MHA

Sandi lives in Moss Beach, with her husband, Trevor, and has been a board member with Senior Coastsiders since 2014.

Sandi was raised in South Africa. She earned her Masters in Health Administration and PhD in Public Administration from the University of Kentucky.

For the past four years Sandi has been the Director of the WELL for Life research program at the Stanford Prevention Research Center, Stanford University School of Medicine. Well for Life is a program designed to improve health and well-being in the population and has over 19,000 participants in four sites globally. As a postdoctoral fellow at Stanford, Sandi's work in the Healthy Aging Research and Technology Solutions lab focused on the use of technology to promote physical activity among older adults, and the development of an approach that empowers older adults to improve their neighborhood environments to better support health and well-being.



Sandi begins her tenure on April 1st and after that time can be reached at :

**SWinter@seniorcoastsiders.org
Plans for a welcome reception for Sandi will be shared when they are finalized.**

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 to 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 (March 7th and April 4th). 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.

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 to noon. The next meeting is March 6th and the group will discuss *Twenty-One Days: A Daniel Pitt Novel* by Anne Perry. The April 3rd book is *The Woman in the Window* by A.J. Finn. The Monday book club meets the fourth Monday of the month at 11:00am. They will meet Monday, March 25th to discuss *There, There* by Tommy Orange. The April meeting will take place on April 22nd, book TBD. 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 to 3:00pm, Monday through Thursday and 9:00am to 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 12:30-2:30 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.

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 and 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.

Coffee Clatch - Join your peers for some lively discussion each week on current events, recent books (or old favorites) life events or whatever is on your mind! This is an open discussion group, no soap boxing allowed. Group will meet in the Senior Coastsiders dining room Wednesdays, 1:00-2:00pm.



Health and Well Being

Qigong takes place every Tuesday afternoon from 1:00 to 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 to 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.

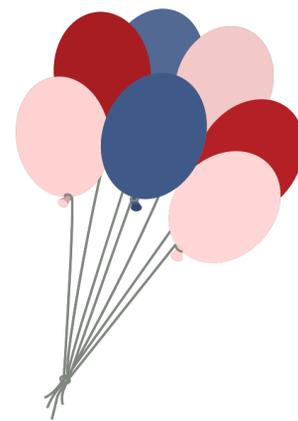
Gentle Exercise is a low to no impact class. Participants will use straps, bands, and body weight to go through a series of exercises for balance and mobility. Class is suitable for all levels and can be done standing or sitting. One hour class, meets Mondays at 10:30am, and is incorporated into the 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 to 11:45am. This quarter the class will take place on March 19th.



HAPPY BIRTHDAY TO OUR MARCH AND APRIL BABIES!



Remember to join us the third Thursday of your birthday month so we can celebrate your day! Also, 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 12:30 pm to 2 pm. 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 4:00 pm to 5:30 pm at CADHC.

Monday Morning Support Group

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

Parkinson's Group

Meets the first Friday of each month from 1 pm to 2 pm 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
2:00-3:45	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
1:00-2:00	Coffee Clatch	Dining 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.



March 2019 Menu



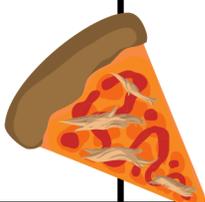
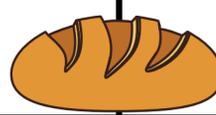
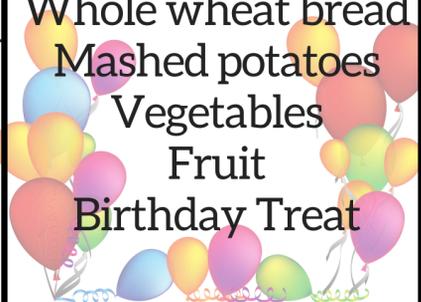
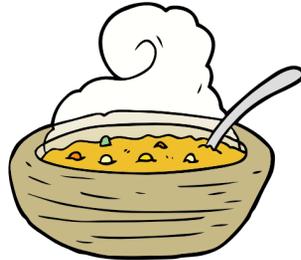
Monday	Tuesday	Wednesday	Thursday	Friday
				1
<i>This menu is subject to change without notice. In the event of a menu substitution, an item of equal nutritional value will be served. Milk is served with every meal.</i>	<i>Senior dining is for those 60 years and over. Lunch is served at Noon. \$4.00 is the voluntary donation. No one will be denied a meal if they are unable to donate.</i>			Tuna Salad Sandwich* Whole wheat bread Coleslaw Fruit
4	5	6	7	8
Cabbage Rolls Brown rice Vegetables Fruit	Meat Lasagna Vegetable Fruit 	Turkey Wrap Sweet potato fries Coleslaw Fruit	Pulled Pork Sandwich Whole wheat bun Coleslaw Fruit	Cheese Pizza w/ veggies Vegetables Salad Fruit 
11	12	13	14	15
Cheese Omelet Whole wheat bread Roasted potatoes Vegetables Fruit	Beef & Cheese Ravioli* Whole wheat bread Vegetables Fruit	Stuffed Chicken Breast Brown rice Vegetables Fruit	Beef Stew w/carrots, peas & potatoes Whole wheat bread Fruit 	Chicken Wrap Whole wheat tortilla Coleslaw Fruit
ST. PATTY'S PARTY 18	19	20	BIRTHDAY 21	22
Corned Beef Whole wheat bread Cabbage & potatoes Fruit 	BBQ Pork Loin Whole wheat bread Vegetables Fruit 	Chicken Enchiladas Brown rice Vegetables Fruit	Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit Birthday Treat 	Fish & Chips Whole wheat bread Coleslaw Fruit
25	26	27	28	29
Spaghetti w/ Meat Sauce Vegetables Fruit	Egg Salad Sandwich Whole wheat bread Roasted potatoes Vegetables Fruit 	Fried Chicken Whole wheat bread Mashed potatoes Coleslaw Fruit	French Dip Sandwich Whole wheat bun Coleslaw Fruit	Baked Salmon w/ Sauce Brown rice Vegetables Fruit

*> 1000 mg. sodium



April 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Lasagna Whole wheat pasta Vegetables Fruit	Roasted Chicken Brown rice Vegetables Fruit 	Hamburgers Whole wheat bun Coleslaw Fruit	BBQ Pulled Pork Macaroni salad Vegetables Fruit 	Fish Croquette Brown rice Vegetables Fruit
8	9	10	11	12
Sausage Omelet Whole wheat bread Roasted potatoes Vegetables Juice	Hot Turkey Sandwich Whole wheat bread Mashed potatoes Vegetables Fruit	Roasted Pork Loin Polenta Vegetables Fruit	Meat Stuffed Peppers Brown rice Vegetables Fruit 	Baked Swai Fish Brown rice Vegetables Fruit
15	16	17	BIRTHDAY! 18	19
Meat Lasagna Vegetables Fruit 	Chicken Enchiladas Brown rice Vegetables Fruit	Fried Chicken Whole wheat bread Mashed potatoes Coleslaw Fruit	Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit Birthday Treat 	Cheese Pizza w/ veggies Vegetables Salad Fruit
22	23	24	25	26
Veggie Omelet Whole wheat bread Roasted potatoes Vegetables Fruit	Spaghetti & Meat Sauce Vegetables Fruit	Pork & Vegetable Stew Whole wheat bread Fruit 	Turkey Wrap Whole wheat tortilla Coleslaw Fruit	Fish Veracruz Brown rice Vegetables Fruit
29	30			
Sausage Frittata Whole wheat bread Roasted potatoes Vegetables Fruit	Chicken Quesadilla* Whole wheat tortilla Vegetables Fruit	<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.</p>	<p>Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging.</p>	

* > 1000 mg. sodium



NEWSLETTER SUBSCRIPTION/RENEWAL FORM

Subscription renewals to our newsletter, **The Beacon**, are every May. The cost of a yearly subscription is \$25. By subscribing to The Beacon, you will be the first to receive notice of special events, a copy of our monthly class schedule & menus in addition to other interesting news.

To subscribe or renew your subscription, please fill out this form and drop it off with your payment attached at the front desk or you can mail it to:

Senior Coastsiders
925 Main Street
Half Moon Bay, CA 94019

Name: _____

Mailing Address: _____

Phone Number: _____ Email: _____

****BIRTHDATE:** _____ (Month & Day Only)

Please ONLY complete the birthday portion of this form if you would like your birthday published in The Beacon.

Please check at least one of the following:

____ I have enclosed a \$25.00 Subscription Fee*

____ I have enclosed an additional donation in the amount of \$ _____ to support Senior Coastsiders.

*This represents the cost of an **annual** subscription. Renewal forms are included in the Beacon each May. Subscriptions can be prorated after the May/June edition, as follows:

July/August	\$20.80
September/October	\$16.60
November/December	\$12.40
January/February	\$8.20
March/April	\$4.00

Thank you for your support!



925 Main Street
Half Moon Bay, CA 94019
(650)726-9056
www.seniorcoastsiders.org

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A decorative horizontal border consisting of six identical floral motifs. Each motif features a large red flower, a smaller light pink flower, and green foliage.

*Check out the new offerings at
the Center!*

- **Acupressure**
- **Monday Bridge**
- **Friday MahJong**
- **Redi-Wheels eligibility appointments**

