“It's really important to me that PBS is here for the next generation.”

That's why LeeAnn Dickson has included KVIE in her will. Please consider making KVIE part of your lasting legacy.
Six years ago when the space shuttle Endeavor flew over Sacramento, everyone came out of their offices to get a glimpse and even cheer. It was exciting to see, and I was reminded of my great-grandmother telling me that when she was in school (in the early 1900s), the class and teacher would all run outside to see an airplane flying overhead. It was a new and amazing sight back then. Nana saw a lot in her lifetime!

Over the last year or so, it’s been fun to note my teenage nephew initiating conversations with my grandmother (his great-grandmother) about the history he was learning in school. He realized that while he was reading about significant events in a book, his great-grandmother was actually there and he could get her first-hand perspective. These conversations have been a fun part of family gatherings as we listen to my grandmother tell about what she was doing during WWII or my dad talk about his time in the army and more. It is nice seeing my nephew being able to connect what he was learning about in school to how certain events or eras affected his family.

My favorite part of producing publications for seniors for 19 years has been enjoying the great stories they’ve shared about their lives — past and present! I definitely know not to “judge a book by its cover” and that everybody has an engaging life story ... and that one never knows what decade of life will be the most interesting!

As Golden Pages marks its 25th anniversary as Sacramento’s popular senior resource, it is good to note again that the best “senior resources” are our readers themselves! The great stories, life perspective, vast experience and expertise in their work or hobbies are a valuable contribution to their families and the community which so many of them still serve — working, volunteering, playing, creating.

We hope you will read and share this magazine, and take advantage of the information available to make your life — or that of a loved one — healthier, less stressful and more fun. Please utilize the numerous resources and services that can help make the big decisions that come with retirement years more informed and everyday activities more convenient and enjoyable!

Susan Carlson, Publisher
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Financial Paperwork: What to Keep, What to Toss

Savvy Senior
By Jim Miller

Dear Savvy Senior,
How long should a person hang on to old receipts, stock records, tax returns and other financial documents? I have accumulated boxes full of such papers over the years and would like to get rid of some of it now that I’m retired.
—Getting Organized

After retiring is a great time to get rid of unnecessary or outdated paperwork and to organize your records. Here’s a checklist of what to keep and what to toss out, along with some tips to help you reduce your future paper accumulation.

Toss Out
- ATM receipts and bank-deposit slips as soon as you match them up with your monthly statement.
- Credit card receipts after you get your statement, unless you might return the item or need proof of purchase for a warranty.
- Credit card statements that do not have a tax-related expense on them.
- Utility bills when the following month’s bill arrives showing that your prior payment was received. If you wish to track utility usage over time, you may want to keep them for a year, or if you deduct a home office on your taxes keep them for seven years.

To avoid identity theft, be sure to shred anything you throw away that contains your personal information. It’s best to use a crosscut shredder.

— continued on page 45
ADULT DAY CARE & HEALTH CENTERS

City of Sacramento Triple R Adult Day Program
Locations in Midtown, North Sacramento and Greenhaven
................................. (916) 808-1591
www.tripler.org
See ad page 23

Eskaton Carmichael Adult Day Health Center
5105 Manzanita Ave.
Carmichael, CA 95608
................................. (916) 334-0296
www.eskaton.org/adult-day

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.ranchocordovaadhc.com

The Respite 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

Yolo Adult Day Health Center
20 N. Cottonwood St.
Woodland, CA 95695
................................. (530) 666-8828

AGEING/ADVOCACY GROUPS

AARP
1415 L St., Suite 960
Sacramento, CA 95814
................................. (916) 446-2223
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.caadds.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

You also will find the directory listings by category at srgoldenpages.com
Aging/Advocacy Groups

Mobile Home Ombudsman
Mobile Home Assistance Center
PO Box 31
Sacramento, CA 95812
(800) 952-5275
www.hcd.ca.gov

National Association of Retired Federal Employees
606 N. Washington St.
Alexandria, VA 22314
(800) 456-8410
www.narfe.org

National Silver Haired Congress
www.natshhc.org

Older Women’s League
PO Box 161646
Sacramento, CA 95816
(916) 832-6863
www.owlca.org

Retired Public Employees Association of California
300 T St.
Sacramento, CA 95811
(800) 443-7732
www.rpea.com

Sacramento County Adult and Aging Commission
P. O. Box 269131
Sacramento, CA 95826
(916) 874-9598
www.dhhs.saccounty.net

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

ApexCare
1333 Howe Ave., #206
Sacramento, CA 95825
(916) 924-9111
1100 Melody Lane, #123
Roseville, CA 95678
(916) 924-9111
www.apexcare.com
See ad page 31

A Senior Connection
5740 Windmill Way
Carmichael, CA 95608
(916) 208-3338
www.aseniorconnection.com
See ad page 43

A Voice For Seniors
1911 Douglass Blvd., 85-228
Roseville, CA 95661
(916) 626-7568
www.avoiceseniors.org
See ad page 21

Assistance, Referrals & More for Seniors (ARMS)
c/o Hart Senior Center
915 27th St.
Sacramento, CA 95816
(916) 808-5462
www.cityofsacramento.org/hart-center
See ad on back cover

California Assisted Living Association
455 Capitol Mall, Suite 222
Sacramento, CA 95814
(916) 448-1900
www.caassistedliving.org

California Health Collaborative Multipurpose Senior Services Program
2012 H St., #202
Sacramento, CA 95811
(916) 374-7739
www.healthcollaborative.org
We provide support services to seniors who are 65 or older who live in Sacramento, Yolo, Yuba & Placer Counties. Seniors must have Medi-cal without share of cost.

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 41

Live Well at Home by Eskaton
1640 Eskaton Loop
Roseville, CA 95747
(916) 459-3220
www.livewellathome.com
Live Well at Home is Eskaton’s leading home care solution, providing trusted, committed and trained caregivers enabling you to maintain a safe and independent lifestyle wherever you call home.
See ad on back cover

On My Own Independent Living Services
(916) 726-0792
www.onmyown-web.com/elder-care.html
See ad page 33

Resources for Independent Living
420 I St., Level B, Suite 3
Sacramento, CA 95814
(916) 446-3074
www.ril-sacramento.org

Need support or information? See Support Organizations on page 43
Special tours at the Crocker Art Museum are giving people with Alzheimer’s or dementia a different way to remember.

Meet Me at the Museum is part of a non-profit organization founded by Tiffany Paige called Artisan Mind, which seeks to use art to help people with Alzheimer’s.

In addition to art workshops and other creative services, Artisan Mind offers Crocker Art Museum tours for people living with Alzheimer’s and dementia led by specially-trained docents.

“We approach the artwork in a very different way,” Paige said. “We don’t talk about the history, and we don’t talk about the artist’s life or technique.”

Instead, Paige and the docents use open-ended or “failure-free” questions, asking participants how the piece makes them feel, what they like about it and whether it makes them think of anything.

“These questions don’t require memory, and the amazing thing that happens is memory actually gets accessed,” Paige said. “People see things in the paintings that connect them to their past.”

One man who was taken by paintings of Lake Tahoe told Paige they reminded him of his childhood in upstate New York and the hours he’d spend riding his bike in the mountains, she said.

“He shifted from being very anxious and withdrawn to being very happy and engaged. It’s incredible to see. It’s really, really beautiful,” she said.

One person’s memory will often trigger conversations about similar experiences and soon participants are connecting with one another.

“The paintings help them remember who they are and where they come from, and it helps decrease some of that anxiety and depression because it takes away their confusion,” Paige said. “At that moment, they remember what was valuable and important to them.”

Paige added that art can be used as a drug-free way to treat the depression and anxiety often associated with Alzheimer’s and dementia.

Paige launched the first series of tours at the Crocker Art Museum, California Museum and the California Automobile Museum in 2012 with funding provided by Eskaton, a non-profit that provides support and services for seniors.

Today, tours are funded through private donations.

Artisan Mind offers three admission-free tours a year at the Crocker, and Paige is currently working with other local museums to set-up a similar program.

Tours are kept to no more than 15 participants, including caregivers.

“It’s important to keep the groups small so I can make sure I’m reading everybody,” she said. “One woman hardly said a word the entire tour, but she was sitting in front of one big painting, staring at the bottom right hand corner.”

When Paige asked the woman what she was looking at, it turned out she was taken by a small Christmas tree.

“It opened a whole conversation about different holiday traditions,” she said. “The tours need to be small so we can catch those nuances.”

The tours are also short, lasting about an hour, so no one becomes too fatigued.

“The paintings help them remember who they are and where they come from, and it helps decrease some of that anxiety and depression ...”

Meet Me at the Museum tours are scheduled for 10:30 a.m. June 19 and Oct. 16 at the Crocker Art Museum, 216 O St., in Sacramento. Admission is free. Advanced reservation is required.

For more information about Meet Me at the Museum, contact Tiffany Paige at (916) 792-3281 or tiffany.paige@artisanmind.org, or go to www.artisanmind.org.
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www.dha.saccounty.net

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(916) 874-9598

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Elder Care Management of Northern California
2355 Gold Meadow Way, Suite 270
Gold River, CA 95670
(916) 206-4420
www.ecmnca.com


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(916) 481-1002
www.carmichaelchamber.com

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

Sacramento Hispanic Chamber
1451 River Park Drive, 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.westsacramentochamber.com

Arts & Crafts Club
(916) 393-9026
Meets every Tuesday, 1-2:50 p.m., at Asian Community Center, 7334 Park City Drive, Sacramento.

Carmichael Cactus and Succulent Society
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, 10 a.m.-2 p.m., each month at Carmichael Park Club House, 5750 Grant Ave.

Cottage Senior Club
(916) 486-1338
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, 12:15 p.m., at Belle Coolidge Library, 5600 South Land Park Drive.

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(916) 446-7883
www.sacasiancc.org

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Sacramento, CA 95815
(916) 486-7700
www.sachcc.org

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“The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm.” — Aldous Huxley

---

**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 noon at Golden Corral Buffet, 4940 Watt Ave., North Highlands.

**Mahjong Club**
(916) 393-9026
Meet Every Friday, 1-4 p.m., ACC Greenhaven Terrace, 1180 Corporate Way, 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 Fridays, 11 a.m.-1 p.m., at North Highlands Community Center, 6040 Watt Ave., North Highlands.

**Organic Gardening Club of Sacramento County**
(916) 635-6724
Call for meeting places and times.

**Old Times Fiddlers Association**
www.csotfa.com
Meets second Sunday of every month at Orangevale Grange, 5807 Walnut Ave.

**Overalls Square Dance Club**
www.overallssquaredance.org
Meets Thursdays at the Royer Park Veterans Memorial Hall in Roseville.

**The Renaissance Society**
7750 College Town Road, Adams Bldg. Rm. 106
Sacramento, CA 95819
(916) 278-7834
www.csus.edu/org/rensoc

**Root Cellar Sacramento Genealogical Society**
PO Box 265
Citrus Heights, CA 95611-0265
www.rootcellar.org
info@rootcellar.org

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Caring for a family member who is sick, elderly or disabled is a labor of love and generally a task taken on due to circumstance.

For this reason family caregivers are rarely prepared for the challenges they face once they become responsible for the day-to-day care of another person.

But understanding the potential pitfalls — and the resources available to overcome them — can empower family members to provide better care for both the person they love, and themselves.

The number one challenge faced by carers can be how to access and navigate the information and resources needed to care for another person.

“The challenge really is stepping into something like this and you have no idea what it entails,” says Lynette Weaver of Rio Linda. “If you don’t know what you don’t know, you just wander around until someone points you to it or you stumble across it.”

When Weaver found herself responsible for her mother’s daily care due to complex health concerns, a friend told her about the Del Oro Caregiver Resource Center.

The Del Oro Caregiver Resource Center is a private, non-profit organization founded more than 30 years ago with a singular goal: to improve the wellbeing of family caregivers as they navigate the complexities of caring for a loved one.

“That looks different for each person,” explains Michelle Nevins, the center’s executive director.

Del Oro provides family consultation, education and training, support groups, counseling, legal services and respite care to those who qualify for their free services in a 13-county area.

“We meet (caregivers) where they’re at, present some options and resources, and empower them to make their own decisions,” says Nevins. “The best way (to start) is for a primary caregiver to give us a call.”

Support groups can help caregivers struggling with feelings of isolation and overwhelm that come with caring for another person 24 hours a day.

When a family contacts Del Oro, an assessment by a clinician will determine their most pressing needs — whether it’s getting legal documents in order or some intensive counseling for the caregiver.

“We try to pinpoint what they are missing out on because their caregiving situation has taken the front seat and try to get them back into some of those things they once enjoyed to fill their cup,” Nevins says. “A lot of times, (caregivers) need someone to process and brainstorm with.”

Support groups offered by the Del Oro Caregiver Resource Center and other area agencies can also help caregivers struggling with feelings of isolation and overwhelm that come with caring for another person 24 hours a day, seven days a week.

“Somebody will be holding a support group that works for you — I think they’re magic,” says senior advocate Maxine Milner Krugman, who attended support groups when caring for her husband who suffered from Parkinson’s Disease. “I could see the changes in people when they came, the caregivers.”

Caregiver support group moderator Julie Interrante says group sessions are an opportunity to be honest with other people who understand the feelings of sadness, fear, anger and some joy that sometimes come with being a carer.

“They get feedback, help and tools,” Interrante explains. “A lot of this is ‘accepting my own humanity’...
and that ‘I can’t do it perfectly.’ Most caregivers’ biggest crit-
cics are themselves.”

Over the years, the city of Sacramento’s Triple-R Adult
Day Program has offered various support groups for carers.
“(Caregivers) get a lot of comfort knowing they are not
alone,” Triple-R program director Stephanie Wilson says.
“None of us gets training for (caregiving).”

In addition to traditional support groups, Triple-R has
been offering groups led by Interrante which are meant to
help carers develop emotional and physical resilience while
being a caregiver and after.
“It can be a long-term commitment and we want them
to try not to get lost or lose themselves along the way when
providing care for a loved one,” Wilson explains.

Interrante adds that caregivers get so focused on making
sure the person they’re caring for doesn’t suffer that they
give way too much of themselves.
“People will often say ‘you just need to take care of your-
self’,” says Interrante. “That sounds loving, but creates more
pressure because you’re already doing so much to care for
someone else.”

Milner Krugman agrees it’s critical caregivers have
something for themselves.
“Something that feeds you emotionally,” she says, “that’s
really important.”

Another challenge for family members is acknowledg-
ing their own limitations as a caregiver, says Carol Kinsel,
owner of Senior Care Solutions.
“Some people are not comfortable doing certain things,”
Kinsel explains. “If you’re not comfortable in the role you’re
in, it’s also not good for your loved one.”

Senior Care Solutions has teamed up with Del Oro Car-
egiver Resource Center to provide an “Anticipating the
Transition” workshop to help carers prepare for the time
they can no longer care for a family member at home and
consider placing their loved one in a residential setting.
“It’s so hard, to get to that point,” says Tara Leonhardt,
co-owner of Guiding Hand Senior Placement Services.
“Just being open to the idea, ‘if it’s not me, what am I com-
fortable with?’ Giving yourself permission for someone
else to help your loved one.”

For more information and upcoming workshops:
Del Oro Caregiver Resource Center — www.deloro.org/
Senior Care Solutions — www.seniorcs.com
Triple-R Adult Day Program — www.TripleR.org

SHARE WITH YOUR FAMILY ...

Who is the oldest relative you remember?
What is your favorite childhood memory?
Did any family members have a special talent?
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........................................ (916) 921-0569
www.sacioofhall.com

Sacramento Senior Citizen’s Club Dance
........................................ (916) 967-8670
........................................ (916) 371-1091
Held every Sunday (except holidays), 2-4 p.m. at Hart Center, 915 27th St., Sacramento.

Sacramento Walking Sticks
........................................ (916) 792-1720
www.sacramentowalkingsticks.org
Monthly membership meeting on the second Thursday of each month at 7 p.m, location TBD.

Society of Military Widows, Sacramento Chapter #5
........................................ (916) 635-6724
Meets monthly at Lions Gate Hotel, McClellan Park.

Sons in Retirement - SIR
www.sirinc.org

Soroptimist Sacramento Club
www.soroptimistsacramento.com
Meets every Friday 11:30 a.m. to 12:45 p.m. at the Casa Garden Restaurant, 2760 Sutterville Road, from Sept. through June.

Western Swing Society
........................................ (916) 635-9310
www.westernswingociety.net
Meets first Sunday of every month at the Machinist Hall, 2749 Sunrise Blvd., Rancho Cordova.

WAC (Women’s Army Corps) Veterans Association, Chapter 96
3916 Arderly Court
Sacramento, CA 95826
........................................ (916) 361-9026

Widowed Persons Association
2628 El Camino Ave., Suite D-18
Sacramento, CA 95821
........................................ (916) 972-9722
No-host newcomers buffet and social held the third Monday of every month at Plaza Hof Brau, 2500 Watt Ave., Sacramento.

American Red Cross
1565 Exposition Blvd.
Sacramento, CA 95815
........................................ (916) 993-7070
www.redcross.org/ca/sacramento

Canine Companions for Independence
PO Box 446
Santa Rosa, CA 95402
........................................ (800) 572-2275
www.cci.org

Del Oro Caregiver Resource Center
8421 Auburn Blvd., Suite 265
Citrus Heights, CA 95610
........................................ (916) 728-9333
www.deloro.org
Caregiver resources and support.

The Jewish Federation of the Sacramento Region
2130 21st St.
Sacramento, CA 95818
........................................ (916) 486-0906
jewishsac.org

Kaiser Permanente Senior Advantage
1545 River Park Drive, Suite 202
Sacramento, CA 95815
........................................ (888) 448-9400
See ad on page 29

KVIE Public Television
2030 W. El Camino Ave.
Sacramento, CA 95833
........................................ (916) 929-5843
www.kvie.org
See ad on inside cover

Neighborhood Services Dept.
915 I St., 3rd Floor
Sacramento, CA 95814
........................................ (916) 808-6789
www.cityofsacramento.org

Project GO, Inc.
801 Vernon St.
Roseville, CA 95678
........................................ (916) 782-3443
www.projectgoinc.org

Emergency Utility Bill Assistance
........................................ (888) 524-5705

Home Energy Weatherization Assistance Program
........................................ (916) 782-3443

Affordable Independent Senior Housing
........................................ (916) 773-4050
Project GO, Inc. is a non-profit community action organization that advocates for and enhances the quality of life of low to moderate income and at-risk families and seniors by providing them with affordable housing, energy conservation and emergency assistance.

River City Community Services Food Bank
1800 28th St.
Sacramento, CA 95816
........................................ (916) 446-2627
www.rivercityfoodbank.org

Sacramento County In-Home Support Services
P.O. Box 269131
Sacramento, CA 95826
........................................ (916) 874-9471

Sacramento Society for Prevention of Cruelty to Animals (SPCA)
6201 Florin-Perkins Road
Sacramento, CA 95828
........................................ (916) 383-7387
www.sspca.org

SeniorLink, El Hogar, Inc.
........................................ (916) 369-7872
www.elhogarinc.org
email: slreferral@elhogarinc.org
Linking seniors to community resources and activities
See ad page 39
Consumer Assistance

Senior Companions Program
PO Box 269131
Sacramento, CA 95826
(916) 875-3622
www.scp sacramento.org

Senior Peer Counseling Program
NorCal Mental Health America
1908 O St.
Sacramento, CA 95811
(916) 366-4600
www.norcalmha.org

Shores of Hope
110 Sixth St.
West Sacramento, CA 95605
(916) 372-0200

Yolo County Adult Protective Services
137 N. Cottonwood St.
Woodland, CA 95695
(530) 443-6843
www.necal.bbb.org

CONSUMER ASSISTANCE

Better Business Bureau of Northeast California
10399 Old Placerville Road
Sacramento, CA 95827
(916) 443-6843
www.necal.bbb.org

California Department of Consumer Affairs
1625 N. Market Blvd., Suite N112
Sacramento, CA 95834
(916) 445-1254
(800) 952-5210
www.dca.ca.gov

California Telephone Access Program (CTAP)
PO Box 30310
Stockton, CA 95213
(800) 806-1191
www.californiaphones.org

Want more copies of Golden Pages for your club or church?
Please email your request to publisher@srgoldenpages.com while supplies last!
From fires to floods, Californians are no strangers to disasters, and older adults as well as people with disabilities can be particularly vulnerable during these life-threatening emergencies.

The Sacramento County Office of Emergency Services and other agencies offer vital tips for surviving an emergency, including being ready to leave your home at a moment’s notice.

“It is important to be prepared for any disaster, learn about what can happen in the area and take steps to be prepared,” said Mary Jo Flynn, emergency operations coordinator for the Sacramento County Office of Emergency Services.

The more time you have to evacuate the better, so be sure to sign up for emergency alert notices.

“You may need additional time to evacuate or engage your support network, so registering for SacramentoAlert.org is one way to stay informed during disasters.”

Sacramento Alert serves Sacramento, Yolo and Placer Counties, and includes all listed and unlisted telephone numbers serviced by AT&T and Verizon. To ensure you receive emergency notifications at home and work, sign up through the Sacramento Self-Registration Portal and include all landline and mobile phone numbers as well as email addresses and TTY device information.


Here’s how to stay prepared:

Make an emergency kit and store the items in a sturdy bag with a comfortable shoulder strap. Take time to think about what you use everyday and would need if you had to leave your home suddenly.

- Flashlight with extra batteries
- First aid kit
- Three-day supply of non-perishable food and water
- Whistle to signal for help
- Wind-up or battery-operated radio with extra batteries
- Dust mask to filter contaminated air
- Non-electric can opener
- Moist towelettes, toothbrush, soap and other personal hygiene supplies
- Wallet card with emergency and family phone numbers
- Electronic copies of important papers such as insurance policies stored on small USB flash-memory drive
- Medicare and other medical insurance cards
- Extra supplies for medical equipment such as wheelchair batteries, oxygen, eyeglasses and hearing-aid batteries
- List of serial numbers and styles of medical devices
- Extra supply of medication
- Personal identification
- Change of clothes for each person
- Medications with prescription directions
- Batteries for cell phones and other devices
- Plastic bags
- Canned or bagged food for pets
- Blankets or sleeping bag

Adopt a communication plan that includes a way for each person to make a phone call, list of out-of-town contacts and a designated emergency meeting place.

Sign up with the national Next of Kin Registry at www.nokr.org.

Know how to keep your pets safe, and learn first aid.

Develop a support team, including someone who can help you if you need assistance, and tell your team where you keep your emergency kit. Be sure to provide someone with a key to your home and show your team how to operate medical devices you use.

If you have a disability, wear a medical alert tag or bracelet.

For more information, including more tips and suggestions for communication plans as well as videos, go to www.sacramentoready.org, or call (916) 874-4670.
Safety course may qualify senior drivers for insurance discounts

Students taking the Safety Center’s Mature Driver Course review basic defensive driving techniques and learn new skills to help recognize and make adjustments for the cognitive and physical changes that affect aging drivers. Initial eight-hour class and four-hour refresher are DMV approved for insurance discounts. Each class is led by an engaging, trained instructor and includes a continental breakfast.

For more information contact the Safety Center at (916) 438-3385 or go to www.safetycenter.org/senior-safety.

Don’t let them fool you!

With scammers getting more creative all the time, it’s good to be skeptical of phone calls from the IRS or someone who sounds like your “grandson Michael.”

Don’t get flustered by urgent requests for personal or account information or money — remind yourself that it could be a scam. Delete e-mail messages that ask you to verify your account information as well.

Go to www.seniors.ca.gov for more tips and information about fraud and abuse.

Clearpoint Credit Counseling Solutions
(800) 750-2227
www.clearpoint.org

Deaf & Disabled Telecommunications Program (voice and TTY)
1300 Ethan Way, Suite 105
Sacramento, CA 95825
(800) 806-1191
www.ddtp.org

Funeral Consumers Alliance of Northern California
PO Box 60266
Sacramento, CA 95860
(209) 756-2421
www.fca-calif.org

Seniors Against Investment Fraud
California Department of Business Oversight
1515 K St., Suite 200
Sacramento, CA 95814
(916) 445-7205
(866) 275-2677
www.dbo.ca.gov

Cosumnes River College
8401 Center Parkway
Sacramento, CA 95823
(916) 691-7344
www.crc.losrios.edu

Elk Grove Adult & Community Education (EGACE)
EGUSD
8401-B Gerber Road
Sacramento, CA 95828
(916) 686-7717
www.egusd.net

Folsom Cordova Unified School District Adult Education
10850 Gadsten Way
Rancho Cordova, CA 95670
(916) 635-6810
www.fcusd.org/adulted

Osher Lifelong Learning Institute at Sierra College
316 Vernon St.
Roseville, CA 95678
(916) 781-6290
www.csus.edu/org/rensoc

Road Scholar
11 Avenue de Lafayette
Boston, MA 02111
(800) 454-5768
www.roadscholar.org

Roseville Joint Union High School District — Roseville Adult School
200 Branstetter St.
Roseville, CA 95678
(916) 782-3952
www.rjuhsd.k12.ca.us

Sacramento City College
Re-Entry Center
3835 Freeport Blvd.
Sacramento, CA 95822
(916) 558-2063
www.scc.losrios.edu

American River College
4700 College Oak Drive
Sacramento, CA 95841
(916) 484-8011
www.arc.losrios.edu

California State University, Sacramento — Re-Entry Services
60+ Fee Waiver Program
6000 J St.
Sacramento, CA 95819
(916) 278-6011
www.csus.edu

Charles A. Jones Skill Center
5451 Lemon Hill Ave.
Sacramento, CA 95824
(916) 643-7400
www.cajscusd.edu

EDUCATION

The Renaissance Society
7750 College Town Road, Adams Bldg.
Rm. 106
Sacramento, CA 95819
(916) 278-7834
www.csus.edu/org/rensoc
Sacramento City Unified School District Older Adult Program
A. Warren McClaskey Adult Center
5241 J St.
Sacramento, CA 95819
(916) 277-6625
www.scusd.edu/adult-education

Safety Center
3909 Bradshaw Road
Sacramento, CA 95827
(916) 438-3385
www.safetycenter.org/senior-safety/
DMV-approved Mature Driver course develops defensive driving techniques for adapting to the effects of aging. Course includes continental breakfast and qualifies for insurance discounts.

San Juan Unified School District
Adult Education School
4640 Orange Grove Ave.
Sacramento, CA 95841
(916) 971-7419
www.sanjuan.edu

Sunrise Tech Center and Creekside
Adult Center
7322 Sunrise Blvd.
Citrus Heights, CA 95610
(916) 971-7654
www.sanjuan.edu

EMPLOYMENT

AARP Senior Employment Services
735 Sunrise Ave., Suite 218
Roseville, CA 95661
(916) 749-4165
www.aarpworksearch.org

Sacramento Employment and Training Agency
925 Del Paso Blvd.
Sacramento, CA 95815
(916) 263-3800
www.seta.net

Senior Employment Program
Agency on Aging/Area 4
1401 El Camino Ave., 4th Floor
Sacramento, CA 95815
(916) 486-1876
www.agencyonaging4.org

Work Incentives
Education Project
517 12th St.
Sacramento, CA 95814
(916) 551-2150
www.lsnc.net

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Sacramento, CA 95815
(916) 206-4458
www.schiffestateservices.com
www.estatesalebuilding.com

FINANCIAL SERVICES

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Reverse Mortgage Group
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NMLS#235078
3000 Lava Ridge Court, Suite 103
Roseville, CA 95661
(916) 624-3144
www.aprmg.com

Ed Outland’s
Family Heritage Group, LLC
8261 Greenback Lane, Suite 100
Fair Oaks, CA 95628
License # 0A97790
(888) 313-1010
www.EdOutland.com

The Light for Seniors, Inc.
8250 Vickers St., Suite G
San Diego, CA 92111
(858) 751-0752
www.lightsourceis.com

FUNERAL SERVICES

Andrews & Greilich Funeral Home
3939 Fruitridge Road
Sacramento, CA 95820
(916) 732-2026
www.EastLawn.com
See ad on page 13
10 GREAT REASONS TO JOIN CALIFORNIA STATE RETIREES

1. **Advocacy:** CSR has 86 years of experience representing retired state employees. Protecting your rights and benefits is our top priority. We strongly oppose legislation that threatens to undermine the CalPERS system. We work with a highly influential and educated team to protect your rights.

2. **Member discounts:** We have discounts ranging from emergency assistance and insurance to recreational activities and legal services. If you are not a member, you are at risk of losing your CSEA benefits.

3. **CalPERS coverage:** Not everyone can attend CalPERS Board and committee meetings. Our staff and leadership do the work for you. We speak on behalf of our members and make sure your voice is heard.

4. **Monthly newspaper:** The California State Retiree provides valuable information about issues affecting your pension and benefits; services for retirees; and features about retirees like you.

5. **Community:** There are 26 chapters throughout the state. Attend your chapter’s meetings to hear interesting guest speakers, find out about possible changes to your pension and medical benefits, partake in social activities, and enjoy a low-cost lunch! Your peers are your best resource. Stay informed and be a part of an amazing community.

6. **Retired Annuitant Program:** Looking to keep busy? Only CSR members are eligible for the CSR Retired Annuitant Program List. State officials at around 200 state offices throughout California contact our annuitant members for temporary, part-time jobs with the state.

7. **36,000 members strong:** Our opinion matters to legislators, our governor, CalPERS and other agencies that can impact the pensions and benefits of state retirees. We are 36,000 members strong ... and growing. Join us!

8. **Minimal monthly dues:** Our dues are minimal, but the benefits are significant. Our dues range from $1 to $12 per month, depending on your CalPERS monthly allowance.

9. **Giving back:** Our members are active in their communities. They participate in food drives, give student scholarships, work with charities, attend seasonal parties and so much more. Make a difference after retirement while having fun!

10. **All are welcome:** While we concentrate specifically on state issues that affect your health and your pensions, there are so many other perks of membership from which all public employment retirees can benefit. Any California public employment retiree can be a member and get access to some of the exceptional member benefits and strong retiree community.

To view a complete list of member benefits, please visit: [www.calcsea.org/benefits](http://www.calcsea.org/benefits)

Join today [calretirees.org/joinus](http://calretirees.org/joinus)
(BPT) - So often we hear about people trying to cut back on the amount of salt in their diets, but it’s good to recognize all the many benefits of salt. Salt, or sodium chloride, is essential for life. In fact, no mineral is more essential to human survival than sodium because it allows nerves to send and receive electrical impulses, helps your muscles stay strong and keeps your cells and brain functioning. However, sodium chloride (salt) is a nutrient that the body cannot produce, and therefore it must be consumed.

The other component of salt, chlorine, is also essential to survival and good health. It preserves acid-base balance in the body, aids potassium absorption, improves the ability of the blood to move harmful carbon dioxide from tissues out to the lungs and most importantly, supplies the crucial stomach acids required to break down and digest the foods we eat.

Because the level of salt consumption is so stable, it is an ideal medium to fortify with other essential nutrients such as iodine. Iodized salt was first produced in the U.S. in 1924 and is now used by 75 percent of the world’s population to protect against intellectual disability due to Iodine Deficiency Disorders (IDD). Iodine is an essential element in healthy human life, enabling the function of thyroid glands to produce needed hormones for proper metabolism. When children in the womb don’t get enough iodine from their mother, fetal brain development may be impaired. Iodized salt remains one of the greatest public health success stories.

Salt is also essential in hospital IV saline, which is standard therapy and the fastest way to deliver fluids and medications throughout the body. This saline drip doesn’t just keep patients hydrated, it delivers a 0.9 percent solution of salt. Without this saline drip, patients can end up with low levels of sodium in the blood, resulting in a condition known as hyponatremia. This serious condition can lead to seizures, coma, permanent brain damage, respiratory arrest and death, and it is why the shortage of saline in hospitals is of such critical importance.

Salt is also a vital component of hydration. After exercise, it is critical to replace both water and salt lost through perspiration. That is why all athletes make sure they are consuming sufficient salt during and after a workout.

The average American eats about 3,400 mg per day of sodium, according to The National Health and Nutrition Examination Survey, and this may be on the low side of the safe range. A 2014 study, published in the New England Journal of Medicine, tested sodium consumption in more than 100,000 people in 18 countries. The study found that the healthy range for sodium consumption was between 3,000 and 5,000 mg per day.

Seniors can be especially susceptible to the dangers of low-salt diets. In 2013 a task force of 12 professional medical, nursing and nutritional organizations assembled by the Pioneer Network published the “New Dining Practice Standards.” Their report concluded that low-salt diets were contributing to malnutrition and weight loss among a significant percentage of seniors in assisted living facilities. Low-salt diets can also cause seniors to suffer from mild hyponatremia, an electrolyte imbalance in the blood that can lead directly to walking impairment, attention deficits and a much higher frequency of falls.

Salt is the flavor of life, and we should all recognize its many benefits as part of a healthy diet.

To learn more, visit www.saltinstitute.org.

Do you want to be included in the next edition of Golden Pages?

If you provide valuable resources or information for seniors and would like your business or organization included in this publication and posted on our website, please email publisher@srgoldenpages.com
East Lawn Memorial Park & Crematory
4300 Folsom Blvd.
Sacramento, CA 95819
(916) 732-2000
www.EastLawn.com
See ad on page 13

East Lawn Pet Loss Center & Pet Cemetery
6700 Verner Ave.
Sacramento, CA 95841
(916) 732-2037
www.EastLawn.com
See ad on page 13

Elk Grove Memorial Park & Mortuary
9189 E. Stockton Blvd.
Elk Grove, CA 95624
(916) 732-2031
www.EastLawn.com
See ad on page 13

George L. Klumpp Chapel of Flowers
FD360
2691 Riverside Blvd.
Sacramento, CA 95818
(916) 443-7917
www.cfcssacramento.org

Sierra Hills Memorial Park & East Lawn Mortuary
5757 Greenback Lane
Sacramento, CA 95841
(916) 732-2020
www.EastLawn.com
See ad on page 13

U.S. Senate  www.senate.gov
U.S. Sen. Kamala D. Harris (D)
(916) 448-2787
www.harris.senate.gov
U.S. Sen. Dianne Feinstein (D)
(415) 393-0707
www.feinstein.senate.gov
Rep. Ami Bera (D)
(916) 635-0505
www.bera.house.gov
Rep. John Garamendi (D)
(530) 753-5301
www.garamendi.house.gov
Rep. Mike Thompson (D)
(202) 225-3311
www.thompson.house.gov
Rep. Tom McClintock (R)
(916) 786-5560
www.mcclintock.house.gov

GOVERNMENT — LOCAL

Please visit the city websites to find names and contact information for your local elected officials or find them at www.srgoldenpages.com.

City of Davis
23 Russell Blvd.
Davis, CA 95616
(530) 757-5602
www.cityofdavis.org

City of Elk Grove
8401 Laguna Palms Way
Elk Grove, CA 95758
(916) 683-7111
www.elkgrovecity.org

City of Folsom
50 Natoma St.
Folsom, CA 95630
(916) 461-6000
www.folsom.ca.us

City of Rancho Cordova
2729 Prospect Park Drive
Rancho Cordova, CA 95670
(916) 851-8700
www.cityofranchocordova.org

City of Roseville
City Clerk’s Department
311 Vernon St.
Roseville, CA 95678
(916) 774-5200
www.roseville.ca.us

City of Sacramento
915 I St. 5th Floor
Sacramento, CA 95814
www.cityofsacramento.org
(916) 808-5407

City of West Sacramento
1110 West Capitol Ave.
West Sacramento, CA 95691
(916) 617-4683
www.cityofwestsacramento.org

Sacramento County Board of Supervisors
700 H St., Room 1450
Sacramento, CA 95814
(916) 874-2691
www.saccounty.net

GOVERNMENT — FEDERAL

President Donald Trump (R)
1600 Pennsylvania Ave.
Washington, D.C. 20500
(202) 456-1414
www.whitehouse.gov

City of Citrus Heights
7927 Auburn Blvd.
Citrus Heights, CA 95610
(916) 725-2448
www.citrusheights.net

Sacramento Region Golden Pages 2018 19
Sacramento County Voter Registration and Elections
7000 65th St., Suite A
Sacramento, CA 95823
.................................... (916) 875-6451
www.elections.saccounty.net

Yolo County Board of Supervisors
625 Court St., Room 204
Woodland, CA 95695
.................................... (530) 666-8195
www.yolocounty.org

Yolo County Voter Registration and Elections
625 Court St., Room B-05
Woodland, CA 95695
.................................... (530) 666-8133
www.yoloelections.org

GOVERNMENT — STATE

Gov. Jerry Brown (D)
State Capitol, Suite 1173
Sacramento, CA 95814
.................................... (916) 445-2841
www.gov.ca.gov

State Capitol office room numbers are listed. The mailing address for state senators is State Capitol, Room Number, Sacramento, CA 95814.

State Senate  www.sen.ca.gov

Sen. Ted Gaines (R)
First District (Roseville)
State Capitol Room 3076
.................................... (916) 651-4001

Sen. Jim Nielsen (R)
Fourth District (Rocklin, Lincoln, Yuba City)
State Capitol Room 2068
.................................... (916) 651-4004

Sen. Cathleen Galgiani (D)
Fifth District (Stockton)

Sen. Richard Pan (D)
Sixth District (Sacramento)
State Capitol Room 5114
.................................... (916) 651-4006

Assembly  www.assembly.ca.gov

The mailing address for state assembly members is: State Capitol, Room Number (listed under Assembly-member’s name), Sacramento, CA 95814.

Assemblyman James Gallagher (R)
Third District (Yuba City, Chico)
State Capitol Room 2158
.................................... (916) 319-2003
assemblymember.gallagher@assembly.ca.gov

Assemblywoman Cecilia M. Aquiar-Curry (D)
Fourth District (West Sacramento, Davis)
State Capitol Room 5144
.................................... (916) 319-2004
assemblymember.aquiar-curry@assembly.ca.gov

Assemblyman Franklin Bigelow (R)
Fifth District (Jackson)
State Capitol Room 4158
.................................... (916) 319-2005
assemblymember.bigelow@assembly.ca.gov

Assemblyman Kevin Kiley (R)
Sixth District (Roseville)
State Capitol Room 2136
.................................... (916) 319-2006
assemblymember.kiley@assembly.ca.gov

Assemblyman Kevin McCarty (D)
Seventh District (Sacramento)
State Capitol Room 5097
.................................... (916) 651-4005

Assemblyman Ken Cooley (D)
Eighth District (Rancho Cordova)
State Capitol Room 3013
.................................... (916) 319-2008
assemblymember.cooley@assembly.ca.gov

Assemblyman Jim Cooper (D)
Ninth District (Elk Grove, Sacramento)
State Capitol Room 6025
.................................... (916) 319-2009
assemblymember.cooper@assembly.ca.gov

HEALTH/MEDICAL PRODUCTS & SERVICES

Del Oro Caregiver Resource Center
8421 Auburn Blvd., Suite 265
Citrus Heights, CA 95610
.................................... (916) 728-9333
www.deloro.org

Health for All, Inc.
Adult Day Health Care Centers
2730 Florin Road
Sacramento, CA 95822
.................................... (916) 391-5591
www.health-forall.org

Health Net Inc.
1535 River Park Drive
Sacramento, CA 95815
.................................... (916) 604-4901
www.healthnet.com

Kaiser Permanente Senior Advantage
1545 River Park Drive, Suite 202
Sacramento, CA 95815
.................................... (888) 448-9400
See ad on page 29

Mercy Home Health
3400 Data Drive
Rancho Cordova, CA 95670
.................................... (916) 281-2300
www.dignityhealth.org
Healthy and at home: 5 ways to prevent a life-changing fall

(BPT) - As people age, becoming more aware of balance and mobility issues, as well as specific ways to modify habits and living environments, can go a long way toward preventing a fall.

The good news is advancements in healthcare and other technology are increasingly allowing aging Americans to live longer at home. The bad news is many are unable to continue to do so once they take a serious fall and injure themselves. One in four Americans age 65 and older fall each year, and falling once doubles their chances of falling again, according to the Centers for Disease Control and Prevention (CDC). Falls also are the number one cause of fatal and nonfatal injuries among older adults.

“We treat many older patients who lived happily and productively at home until they tripped and broke a hip,” notes orthopaedic trauma surgeon and American Academy of Orthopaedic Surgeons (AAOS) spokesperson Lisa Cannada, MD. “A broken hip or other fall-related injuries make it difficult for people to live at home again without assistance of some kind. With a little foresight and planning, many of these injuries could be prevented.”

Consider how the following tips may help you or your loved ones maintain the comforts of home and live independently for a longer period of time:

• Recognize your risk. A number of health issues can make a person more prone to falling, ranging from arthritis to neurological conditions to vision or hearing loss. Various medications, the use of alcohol or simple dehydration may also affect your ability to safely navigate your surroundings. But the more you’re aware of such possible hindrances, the more you can plan for them.

— continued on page 48
**Hospice Care**

**My Home Medical Supplies**
4700 Northgate Blvd., Suite 160
Sacramento, CA 94834
...................................(916) 921-1054
www.myhomemedsupplies.com

**Robinson’s Taekwondo**
Silver Tigers
10 Sacramento regional locations
...................................(916) 481-6815
www.robinsonstkd.com

**Sutter Health Lifeline**
Sacramento & Yolo Counties
...................................(916) 454-6781
Placer, El Dorado & Nevada Counties
...................................(530) 888-4556

**Sutter Roseville Senior Services**
1 Medical Plaza
Roseville, CA 95661
...................................(916) 781-1559

**UC Davis Vision Research**
4860 Y St., Suite 2400
Sacramento, CA 95817
...................................(916) 734-6817

**HOSPICE CARE**

**Advanced Hospice and Home Health**
4362 Auburn Blvd.
Sacramento, CA 95841
...................................(916) 678-5807
www.ahhsac.com

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Sacramento, CA 95834
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...................................(888) 252-1010
www.cahospicefoundation.com

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...................................(916) 281-3900
www.dignityhealth.org

**Sutter Hospice**
8334 Ferguson Ave.
Sacramento, CA 95928
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3001 Lava Ridge Ct., Suite 330B
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www.sutternvaandhospice.org

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...................................(916) 734-2458

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www.yolohospice.org

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**Kaiser Permanente Folsom**
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www.mercysanjuan.org

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You also will find these listings by category at srgoldenpages.com
The women behind the Assistance League of Sacramento know a thing or two about upcycling.

Part of a nationwide organization rooted in California, the Sacramento League helps women, children, seniors and struggling students using proceeds from a thrift store run entirely by volunteers.

“We take that bag of castoffs from your closet and turn it into outcomes for people in our community,” Vice President of Communications Sharon Gillum, 71, said.

“In my mind, I visualize a car pulling up with a load of goods that are purchased and goes out to be used again, while the money goes into the community to make it a better place.”

September marks 50 years of community service for the Assistance League of Sacramento, and its nearly 300 members are planning anniversary festivities.

When the League was established in 1968, one of its first philanthropic programs was Senior Friendship. Members would visit local nursing homes, pushing a cart through the hallways with treats for residents such as books, games and candy bars, long-time member Charlotte Stott said.

“It’s evolved over the years. When you go into assisted living facilities today, many of the residents are still vital and want to give back, so our members wanted to help them do something that was fulfilling,” Stott said.

The League began providing seniors with fabric and yarn so they could make scarves, blankets, hats, walker bags and caps for newborn babies. The handmade items are delivered to women, children and seniors in need through agencies such as the Children’s Receiving Home, Maryhouse, North Area Crisis Nursery, Community Against Sexual Harm, Sutter Senior Care, The Atrium Wind Youth Services and Women’s Empowerment.

“If you want to have fun, want lasting friendships, want to help those in need in Sacramento, then come join us.”

“When they’re done, we collect the items and spend some time chatting and socializing with them,” Stott said.

“The ladies feel really good because they know they’re giving back.”

Every April, the roughly 75 seniors who participate in the program are invited to a tea in their honor.

“If you want to have fun, want lasting friendships, want to help those in need in Sacramento, then come join us.”

Other Assistance League programs include:

**Operation School Bell** - This national flagship program provides clothes and school supplies for children. “Children learn better when they’re comfortable,” Gillum said.

**Bears** - Volunteers deliver donated teddy bears to first responders and hospital emergency rooms to be given to children and even memory-impaired adults in trauma. “It’s a lovely, lovely feeling for us to know that we’re comforting kids,” Gillum said.

**Scholarships** - The Assistance League of Sacramento also awards scholarships to community college students who have faced hurdles. “One of our best success stories is someone who lived in his car for two years and is now in a PhD program at UC Davis,” Gillum said. “He transitioned from being homeless to completing a high level of education and is now going to make the world a better place for all of us, and we helped along the way.”

**New Home Start-up kits** - One of the newest programs in the League's...
arsenal gives out start-up kits to people transitioning from homelessness or foster care. The kit includes basic necessities for setting up a new home, such as bed sheets and a frying pan.

**Reaching Out** - The League offers a helping hand to people who have completed some type of transitional program, training or education, and are trying to get into the job market. “If they need steel toe boots, we’ll get them a pair. Or if they don’t have a clear driver’s license because they have tickets to pay, we’ll pay those tickets, so they’re employable,” Gillum said.

“We’re just giving people that extra encouragement and that extra resource to get them headed in a positive direction.”

**Clothes for Careers** - Previously homeless women who have completed the Women’s Empowerment Program can be paired with a volunteer personal shopper so they can get outfitted with appropriate workplace attire.

In addition, Assistance League volunteers go into schools and promote literacy by listening to children read. They also put on puppet shows to teach kids about stranger danger, bullying and fire safety.

They even bring historic artifacts, such as corsets and high collars, to fourth-grade classrooms to help teach children about California history, and conduct hearing and vision tests on pre-schoolers.

Assistance League members pay annual dues, but there is no minimum volunteer requirement. There are business meetings 10 months out of the year in addition to various committees volunteers can serve on.

“It’s a great organization,” Nancy Baker said. “If you want to have fun, want lasting friendships, want to help those in need in Sacramento, then come join us.”

A retired medical technologist, Baker joined the League in 2007 and was drawn to the variety of programs it offered.

Over the years, membership numbers have remained steady, she said.

“We are getting members who have been out in the workforce more, who held high leadership positions and worked for big companies,” Baker said. “Our women have always been exceptional women, but we’re getting more women who are retiring from a profession.”

The Assistance League’s resale shop, Fabulous Finds on Fulton, is located at 2751 Fulton Ave.

For more information about the Assistance League of Sacramento or upcoming 50th anniversary events, go to www.assistanceleague.org/sacramento or call (916) 488-0828.

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www.goldenmomentscare.com

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www.palmgardensal.com
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RiversEdgeSacramento.com
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Woodland, CA 95695
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www.sjrv.org
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Do the do-si-do may not be on your schedule yet, but it’s at the top of the list for the 60 plus members of the Overalls Square Dance Club.

One of sixteen square dancing groups in the Sacramento region, the Overalls was established in Orangevale in 1980 before promenading its way to Roseville a few years ago. “The caller tells you what to do, and it’s just so much fun,” longtime member Carol Hayek said. “People just have a good time laughing and dancing. We’ve got the best friendships through square dancing.”

Overalls President Harold Hayek and his wife, Carol, both 59, started square dancing 40 years ago when they were newlyweds. “We got married very young — only 20 — and each of us had single friends, but considering the divorce rate, we thought we really needed to hang around other happily married couples,” Hayek said.

“It happened someone started a square dance club a couple blocks away.”

The Hayeks hung up their dancing shoes to raise a family, but dusted them off again when their daughters were grown.

“It’s like falling off a bicycle,” Harold Hayek said. “It’s pretty simple. There’s been a few changes, but the caller tells you what to do.”

In square dancing, a caller guides four couples, arranged in a square, through various steps, changing the formation and swapping partners.

“I like the rhythm and the exercise you get. You don’t even know you’re exercising because it’s so much fun.”

Scott Pearce, 65, started calling right after he graduated from UC Davis 43 years ago. Now a retired police officer, he’s the caller for three square dancing clubs in Shingle Springs and Roseville, including the Overalls.

He’s what’s known as a “sight caller,” putting together the steps in any order he chooses as long as they flow smoothly and the original square is resolved when the music ends.

“I have to put everybody back with their partner and back in their corner. It’s like a mental puzzle, and I enjoy the mental challenge of trying to make it interesting for the dancers, and putting them back in the right order,” said Pearce, who also teaches a calling class in Reno twice a month.

“I’m entertaining people. I’m making people smile.”

There are various levels of expertise to square dancing, ranging from basic to competitive, and clubs tend to “camp out” at one or two. New dancers have to take classes, and once they’ve reached the club’s level, they’re able to become full-fledged, dues-paying members.

Overalls is considered a “plus” level club, which is in the middle.

“It’s strictly fun,” Harold Hayek said. “We dance because we enjoy dancing together. We don’t compete, but we love to get out and dance in public and do demonstrations.”

The Overalls frequently performs for retirement communities, at schools, and community parades.
Square Dancers — continued from page 32

While each club has its own dance night during the week, Saturdays are reserved for hoedowns, when all the clubs get together for one big dance.

“It’s a real blast getting everyone together,” Harold Hayek said. “We just had one at Royer Park where there were 80 something dancers.”

Square dancing isn’t just fun. Experts say there are plenty of health benefits as well.

“I like the rhythm and the exercise you get. You don’t even know you’re exercising because it’s so much fun.”

The relatively simple dance steps provide physical exercise without the high impact that can cause injuries. Listening for cues and remembering the steps can also stave off age-related dementia or memory loss.

“One of the things that holds off dementia is learning a new language, and when you learn to dance, it’s like learning a new language,” Harold Hayek said.

“The social aspects is also very good for seniors, too.”

Most weeks after the music has ended, the group goes out to eat or grabs ice cream together. They even have campouts or gather at someone’s home for a game night.

“Square dancers are probably one of the most friendly groups I’ve ever met,” Pearce said. “You go to a square dance anywhere, whether it’s your first time or you’re 3,000 miles from home, you instantly have 30 or 40 friends welcome you into their dance and treat you like an old friend.”

The Overalls Square Dance Club meets Thursdays at the Royer Park Veterans Memorial Hall, 110 Park Drive in Roseville. Round dancing begins at 5:30 p.m. followed by plus dancing at 6:30. A class for new square dancers starts at 7:30 p.m.

For more information about classes and events, go to www.overallssquaredance.org.

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www.calregistry.com  
For help in locating senior housing

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(Legal Services of Northern California)  
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Sacramento, CA 95819  
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www.lsnc.net

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<td>North Sacramento - Hagginwood</td>
<td>2109 Del Paso Blvd.</td>
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www.sacramentofoodbank.org

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www.fairoakspark.org

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(800) 772-1213
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Auburn, CA 95603
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City of Rocklin Community Services & Facilities
5460 Fifth St.
Rocklin, CA 95677
(916) 625-5200

Davis Senior Center
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Davis, CA 95616
(530) 757-5696

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

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— Pablo Picasso

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Sacramento Region Golden Pages 2018
Senior Centers

Ethel Hart Senior Center
915 27th St.
Sacramento, CA 95816
.................................. (916) 808-5462

Folsom City Senior and Arts Center
50 Natoma St.
Folsom, CA 95630
.................................. (916) 461-6601

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

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

Jose P. Rizal Community Center
7320 Florin Mall Drive
Sacramento, CA 95823
.................................. (916) 395-0601

Samuel & Bonnie Pannell 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

Senior L.I.F.E. Center of Loomis
6414 Brace Road
Loomis, CA 95650
.................................. (916) 660-0543

Sierra II Center
2791 24th St.
Sacramento, CA 95818
.................................. (916) 452-3005

Stanford Settlement Senior Center
450 W. El Camino Ave.
Sacramento, CA 95833
.................................. (916) 927-1303

West Sacramento Senior Center
1075 W. Capitol Ave.
West Sacramento, CA 95691
.................................. (916) 617-4620

Women's Civic Improvement Club
3555 Third Ave.
Sacramento, CA 95817
.................................. (916) 451-8870

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

SOCIAL SECURITY

Social Security Administration
Office of Public Inquiries
1100 West High Rise
Baltimore, MD 21235
.................................. (800) 772-1213
www.ssa.gov
www.socialsecurity.gov

Local Social Security Offices:
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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

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3057 Briw Road, Suite A
Placerville, CA 95667
.................................. (530) 642-7300

Placer County
3091 County Center Drive, #290
Auburn, CA 95603
.................................. (530) 886-1870

Sacramento County Senior and Adult Services
P.O. Box 269131
Sacramento, CA 95826
.................................. (916) 874-9598

Yolo County - Adult Services
25 N. Cottonwood St.
Woodland, CA 95695
.................................. (530) 661-2727

Need to downsize or sell items that are part of an estate? Estate Service companies can help make the task easier — see page 16!
Support Organizations

Support Organizations

AARP
1415 L St., Suite 960
Sacramento, CA 95814
(916) 446-2223
www.aarp.org/states/ca

A Touch of Understanding
5280 Stirling St., Suite 102
Granite Bay, CA 95746
(916) 791-4146
www.TouchOfUnderstanding.org

Al-Anon
5429 Palm Ave., Suite A
Sacramento, CA 95841
(916) 334-2970
(888) 482-4240
www.ncwsa.org

Alcoholics Anonymous
9960 Business Park Drive, Suite 110
Sacramento, CA 95827
(916) 454-1100
www.aasacramento.org

Alzheimer’s Aid Society of Northern California
2641 Cottage Way, Suite D
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
(800) 533-3231
www.theacpa.org

American Council of the Blind
1703 N. Beauregard St., #420
Alexandria, VA 22311
(800) 424-8666
www.acb.org

What is Care Management?

By Jennifer K. Morita

Caring for an aging loved one can be confusing and overwhelming, whether it’s juggling changes in medication to deciding on a potential new home. Luckily, there’s help.

Care management is a team-based, patient-centered approach “designed to assist patients and their support systems in managing medical conditions more effectively.” A geriatric care manager will assess the situation and offer recommendations for additional resources, advocate for the client and oversee his or her needs.

“There are many pieces of the puzzle, and we are the puzzle makers that oversee the entire puzzle,” said Maureen Lawrence, outreach coordinator for Elder Care Management of Northern California.

“We make sure all the different needs are being brought together.”

This team-based approach can help lighten the load for caregivers and can also be brought in when there is no loved one available.

“If the family lives far away, or there isn’t any family, a care manager is often hired to advocate for the client and be the middle person,” Lawrence said. “Care Managers can also bring in additional resources if a client needs in-home care, or a doctor who will do home visits.”

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www.heart.org

American Red Cross
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Sacramento, CA 95815
(916) 993-7070
www.redcross.org

American Stroke Association
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Sacramento, CA 95811
(916) 446-6505
www.strokeassociation.org

Amyotrophic Lateral Sclerosis Association
Greater Sacramento Chapter
2717 Cottage Way, Suite 17
Sacramento, CA 95825
(916) 979-9265
www.als.org

Arthritis Foundation
1851 Heritage Lane, Suite 183
Sacramento, CA 95815
(916) 312-3416
www.arthritis.org

Bereavement Network Resources of Sacramento
PO Box 660365
Sacramento, CA 95866
(916) 557-5882
www.griefhelpsacramento.com

Del Oro Caregiver Resource Center
8421 Auburn Blvd., Suite 265
Citrus Heights, CA 95610
(916) 728-9333
www.deloro.org

Easter Seals Society — Superior California
3205 Hurley Way
Sacramento, CA 95864
(916) 485-6711
www.easterseals.com

Elk Grove Neuropathy Support Group — meets monthly
Elk Grove Senior Center
8830 Sharkey Ave.
Elk Grove, CA 95624
(916) 686-4719

Friends for Survival Inc.
PO Box 214463
Sacramento, CA 95821
(855) 222-5542
www.friendsforsurvival.org

Gamblers Anonymous
(855) 222-5542

Gold Star Wives of America, Inc. Sacramento Chapter
(916) 721-1462
www.goldstarwives.org

Leukemia Society
7750 College Town Drive, Suite 210
Sacramento, CA 95826
(916) 929-4720
www.lls.org

Lupus Foundation of America, California Office
18000 Studebaker Road, Suite 700
Cerritos, CA 90703
(800) 558-0121
www.lupus.org/california

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

NorCal Center on Deafness
4708 Roseville Road, Suite 112
North Highlands, CA 95660
(916) 349-7500
www.norcalcenter.org

Parkinson Association of Northern California
1750 Prairie City Road, #130
Folsom, CA 95630
(916) 357-6641
www.parkinsonsacramento.org

Sacramento Peripheral Neuropathy Support Group
(916) 485-7723
www.neuropathysupportnetwork.org
Meets 3rd Tuesday each month except July and December.

Society for the Blind
1238 S St.
Sacramento, CA 95814
(916) 452-8271
www.societyfortheblind.org

Stroke Support Group
c/o Sutter General Hospital
2800 L St.
Sacramento, CA 95816
(916) 454-6976
Also available in Roseville and Auburn

“When it comes to staying young, a mind-lift beats a face-lift any day.”
— Marty Buccella
**What to Keep — continued from page 2**

**Keep One Year**
- Paycheck stubs until you get your W-2 in January to check its accuracy.
- Bank statements (savings and checking account) to confirm your 1099s.
- Brokerage, 401(k), IRA and other investment statements until you get your annual summary (keep longer for tax purposes if they show a gain or loss).
- Receipts for health care bills in case you qualify for a medical deduction.

**Keep Seven Years**
- Supporting documents for your taxes, including W-2s, 1099s, and receipts or canceled checks that substantiate deductions. The IRS usually has up to three years after you file to audit you but may look back up to six years if it suspects you substantially underreported income or committed fraud.

**Keep Indefinitely**
- Tax returns with proof of filing and payment. You should keep these for at least seven years, but many experts recommend you keep them forever because they provide a record of your financial history.
- IRS forms that you filed when making nondeductible contributions to a traditional IRA or a Roth conversion.
- Receipts for capital improvements that you’ve made to your home until seven years after you sell the house.

**Keep Forever**
Personal and family records like birth certificates, marriage license, divorce papers, Social Security cards, military discharge papers and estate-planning documents (power of attorney, will, trust and advanced directive). Keep these in a fireproof safe or safe-deposit box.

**Reduce Your Paper**
To reduce your paper clutter, consider digitizing your documents by scanning them and converting them into PDF files so you can store them on your computer and back them up onto a USB flash drive or external hard drive like icloud.com or carbonite.com. You can also reduce your future paper load by switching to electronic statements and records whenever possible.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is the author of “The Savvy

**Transportation**

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

**Amtrak**
401 I St.
Sacramento, CA 95814
................................. (800) 872-7245
840 Second St., Davis, CA 95616
201 Pacific St., Roseville, CA 95678
www.amtrak.com

**Department of Motor Vehicles**
4700 Broadway
Sacramento, CA 95820
................................. (800) 777-0133
www.dmv.ca.gov

**Driver Safety Program (AARP)**
................................. (800) 350-7025

**Elk Grove E-Tran**
8401 Laguna Palms Way
Elk Grove, CA 95758
................................. (916) 683-8726
www.e-tran.org

**Folsom Stage Line – Dial-a-Ride**
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Sacramento, CA 95822
.................................... (916) 429-2009
www.paratransit.org

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

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Sacramento, CA 95837
.................................... (916) 929-5411
www.sacramento.aero

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SHARE WITH YOUR FAMILY...

Where have you lived and traveled?
What is the nicest thing somebody ever said to you?
What was your perception of significant historical events?

VETERANS RESOURCES

American Legion Department of California
1601 7th St.
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.................................... (844) 637-8694
www.calegion.org

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

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

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See ad on page 9

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
By the time Charlotte Stott retired from the life insurance business in 2007, she'd worked her way up from copywriter to chief marketing officer of a national agency.

"I was one of three women in the country that held that particular position at that time," Stott, 68, said. "... So when I retired at age 57, I had a lot of time on my hands. That's when I found the Assistance League."

These days, Stott divides her time between globetrotting and volunteering for the Assistance League of Sacramento, a non-profit service organization aimed at helping women, children, students and seniors.

In addition to serving on the National Assistance Leadership Team, Stott works in the thrift store Fabulous Finds on Fulton twice a week and is in charge of all the League's marketing.

"That's the beauty of our organization," she said. "You can be as engaged as you want. You can work one shift a month in the store, or you can become totally immersed."

**Q: How did you find the Assistance League?**

**Stott:** I'm a hobbyist, and at the time I was making jewelry. I was in a bead store one day, and I looked across the street and saw a sign that said, 'Thrift store coming soon.' I was buying a lot of old jewelry and breaking it down and recreating from there, so when the store opened, I went in.

There was a wall of pictures of members serving children and seniors, so I started chatting with the women there and asked, 'What do you do?' That was my mistake. Before I knew it, I had walked out of there with a brochure and application, and so here I am.

**Q: The name of the thrift store that funds Assistance League programs is Fabulous Finds on Fulton. What's your favorite find from the store?**

**Stott:** I'm a firm believer that in many cases thrift store shopping isn't about the need, it's about the thrill of the hunt. Thrift store shoppers are always looking for that treasure, the $2 item that turns out to be worth hundreds of dollars.

My favorite score is a brand-new St. John designer knit jacket. It still had a Nordstrom tag on it that said $675, and I paid $25.

I bragged about that one for a very long time.

**Q: You travel quite a bit. Tell me about some of the places you've been recently.**

**Stott:** We just came home from a cruise. We flew to Singapore, spent some time there, then flew to Thailand, went back to Singapore and boarded the ship for a cruise through Indonesia and Australia.

We've been cruising for 15 years, and we've pretty much covered the globe. Africa is absolutely my favorite continent. I've been there five times, to different places, and I love it.

**Q: What other hobbies or interests do you have?**

**Stott:** I do a lot of mixed-media art. Mixed-media is taking multiple mediums like paper, paint, glue, ribbon, fabric, whatever and turning it into all kinds of art. I do a lot of paper crafting.

With mixed-media you use a lot of found objects. My husband laughs and tells me I pick things up off the ground and put it into my work. He's right. I do.

Our thrift store is wonderful for craftsmen. It's built a reputation. We have a number of members who are quilters, so we have a big selection of fabrics. We keep a larger craft department than a lot of bigger thrift stores.
Volunteer Services

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Washington DC, 20420
.......................................... (844) 698-2311
www.va.gov

Veterans of Foreign Wars
9136 Elk Grove Blvd., Suite 100
Elk Grove, CA 95624
.......................................... (916) 509-8712
www.vfwca.org

Foster Grandparents Program
.......................................... (916) 875-3569
www.dhhs.saccounty.net

Hands On Superior California
.......................................... (916) 447-7063
www.handsonsacto.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

Senior Companions Program
P.O. Box 269131
Sacramento, CA 95826
.......................................... (916) 875-3622
www.scpsacramento.org

Volunteers of America
.......................................... (916) 265-3400
www.voa-ncmn.org

Preventing a fall — continued from page 21

• Optimize your health. Take responsibility for staying as healthy and fit as possible by remaining active, drinking enough water, limiting alcohol, avoiding smoking and eating a healthy diet with plenty of calcium and vitamin D. Annual physicals, eye exams and bone density tests are recommended. Make exercise a priority to maintain your bone health and coordination.

• Fall-proof your home. Walk through your home and that of your parents to identify and fix possible hindrances such as slippery surfaces, inadequate lighting, cluttered pathways, unsecured rugs, electric cords, loose flooring, etc. Consider installing grab bars in the shower, securing loose rugs with slip-resistant backings and installing bright motion-detector lights. You also might move clothes, kitchenware and other everyday gear within easier reach.

• Wear the right shoes. Limit footwear to well-fitting, low-heeled shoes or slippers with rubber or other non-skid soles. Also watch for untied shoelaces.

• Maintain an action plan. If you live alone, have someone check on you daily. If you do fall, you may avoid further injury by using your arms to protect your head instead of trying to break your fall. If possible, fall on your side or buttocks and roll slightly. If you can’t get up after bracing yourself on a wall or furniture, call a friend, relative or 911 for help. Finally, consider wearing a medical alert device 24-7; you never know where and when you’ll need emergency help, and your cell phone may not always be available.

Find more tips at orthoinfo.org/falls.

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