

Lake County Silver Foundation Newsletter



Holiday Photo courtesy of Ron Keas

HOLIDAY EDITION

December 2022 | Issue 4

President's Message—Jim Steele

It's the end of another year and a reflection on purpose and accomplishment is always appropriate.

For the Lake County Silver Foundation the purpose has always been to find those gaps in support for the elder population where it's needed. Of course many support systems are in place for all ages and situations, but change takes place, the majority commands attention and some become lost in the shuffle. No one should be lost and alone.

We believe those that have

lived their life developing a family, functioning in society, dreaming their dreams and aging out of both life and economy shouldn't be left without respect in their final years. To help connect those that have diminished communications and need support because of change, the Foundation receives donations for a Senior Summit, senior companion pets and holiday gifts for shut-in seniors and their Meals-on-Wheels (MOW) providers. The donations for this are examples of what's best in community giving and more

programs are needed.

The Summit is a special event that honors those seniors giving back to the community, hosts a cadre of agencies and service providers with information and help, plus presentations by qualified professionals, supported by entertainment and workshops, a complimentary lunch, time to socialize and connect and raffles—including 3 \$200 gift cards, amazing baskets, art and more.

After a COVID respite, this 4th year was one of the best and the vendors found new people to help. Information gathered in a senior needs survey disclosed the top concerns for seniors is in-home care, home safety, inflation, transportation and food. A large percentage wanted special help and these requests go to the appropriate agency. Depending on donations, future programs will provide incentives for in-home care. One hundred percent of your donations go directly to Lake County seniors. Thank you Lake County donors.

- Jim Steele is the Founder & President of the Lake County Silver Foundation



Lake Links

New Volunteer Program Coming

Lake Links, the non-profit senior transportation provider in Lake County is getting ready to launch a new volunteer driver program, "Ride Links". Ride Links volunteers will be driving their own vehicles to provide rides to non-driving seniors. Volunteers will be screened for their driving records and a background check and then

trained to safely transport seniors. Lake Links will schedule rides based on each driver's availability.

Lake Links is working on final details of the Rides Links program and beginning to recruit volunteer drivers. For more information or to volunteer, contact Lake Links at **707-995-3330, email:**

info@lakelinks.org and website, lakelinks.org. If you have some time and a reliable car, please consider volunteering to do even one ride a week.

In addition to Ride Links, Lake Links currently provides 2 other transportation programs for seniors in Lake County. Eligible Pay-Your-Pal riders find their own drivers and Lake Links reimburses their mileage. Medi-Links, in partnership with Lake Transit, provides low-cost rides to out-of-county medical appointments.—Paul Branson, Lake Links Board of Directors





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Advanced Care Directives

The Greatest Gift that You Can Give Your Loved Ones...Start the Advance Care Planning Conversation Today!



**Hospice Services
of Lake County**
HOPE • COMPASSION • LIFE

Every day we make dozens of choices for ourselves — some of them are small and others have more far-reaching significance. Our loved ones often know our favorite books, movies, foods and vacation spots. Yet, when it comes to some of the most important decisions we may need to make — choices about what we would want for our health care if we could not speak for ourselves — few of our friends and family can be sure of what our wishes are. Like you, my family members are precious to me; and I want them to be spared the burden of guessing my wishes for care at the end of life if I should become incapacitated.

As a health care professional, I have seen the pain and grief first-hand when a loved one has not formally discussed or documented his/her preferred options for health care or end-of-life care. This results in a range of circumstances, from family members battling over decisions or overwhelmed with guilt and feelings of helplessness because of being tasked with the responsibility of guessing what health care options their family members might want.

Advance Care planning may ensure that you live in a way that is meaningful for as long as you live, and it is one of the greatest gifts you can give your family.

Planning for our death is something often neglected. With all of our advancements in medicine, we still tend to avoid talking about dying, which is a natural part of life, let alone planning for this significant event. Not sure how to begin? Hospice Services of Lake County (HSLC) and your primary care provider have the tools to help you start “the conversation” about health care options. It’s an educational process that will lead you toward what feels more comfortable in making these personal decisions. The HSLC planning tool offers a list of questions to guide you before completing the Advance Care Directive, which is the next step.

Call 707-263-6222 to request an Advance Care Planning tool and Directive developed by the Your Life Your Way Lake County Advance Care Planning Coalition

—Janine Smith Citron, Director of Development Hospice Services of Lake County & Lake Palliative Care

LAKE COUNTY SILVER FOUNDATION BOARD OF DIRECTORS

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THE LAKE COUNTY SILVER FOUNDATION IS A 501 (C) 3 NON-PROFIT ENTITY FORMED TO ADVOCATE FOR LAKE COUNTY SENIORS.

For more information contact Jim Steele at 707-295-6198



OUR ENTERTAINERS

Sweet Adelines
David Neft
Andre Williams

Our Workshops Presenters

Legacies to Memories by
Laurie Fisher and Loretta
McCarthy

The Geography and Politics of
Lake County by Jim Steele

Watercolor Painting by
Diane Liebe

HOLIDAY GIFT BAGS FOR ISOLATED SENIORS



This project is the brainchild of ER nurse, Catherine Mondfrans.

This year 150 isolated seniors received holiday gift bags thanks to a coordinated effort between Sutter Lakeside Hospital volunteers, local senior centers, meals on wheels drivers and the Lake County Silver Foundation. The project is in it's 5th year.



Denise Johnson, Director of the Lakeport Senior Center receives gift bags for delivery to seniors in Lakeport, Upper Lake and Lucerne.



A Very Special thanks to EVERY-ONE who participated in this year's holiday gift bag project!

December 2022

Inspirational Seniors

The Inspirational Awards are a highlight of the Senior Summit.

Meet The Honorees

- **Barbara Christwitz**, Citizens Caring for Clearlake
- **Jeannie Delope**, Meals on Wheels Manager, Clearlake
- **David Eby**, Upper Lake Senior Support Services
- **Carla & Rudy Gentry**, Meals on Wheels Drivers, Middletown Sr. Center
- **Chris Jordan**, Hospices Services Volunteer
- **Annie Barnes Keas**, woman of the year & Upper Lake School Board
- **Ron Montez**, Pomo elder & cultural & inspirational leader
- **Judy Noelle**, president of Live Oak Senior Center Board of Directors
- **Linda Patereau**, organizer of Native American Store
- **Janet Taylor**, volunteer of the year & senior advocate
- **John Tompkins**, legendary volunteerism, citizens advisory committee, Upper Lake Fire Protection Dist.
- **Rosalee Tripp**, advocate & volunteer for elder "Sheecom" Center

"Look around—seniors are the give back generation." - Jim Steele

About The Senior Summit

Thank you to our many service providers who brought their services together for seniors – all under one roof!

Deb Clarke, a first-time participant, had this to say about the quality of the programs and the services available to seniors.

"I had no idea there would be so many services available at the event. This is what seniors need, helpful and friendly advice and information to manage their day-to-day affairs," she said.

"So many seniors struggle to understand their benefits. The forms are complicated, making benefits mysterious, elusive and seemingly out of reach. But in one day seniors made face to face contact and walked away with plans for how to access services that will improve their quality of life. I'm so glad I came and can't wait for next year's senior summit."

thank you!

Service Providers—Making A Difference In The Lives of Seniors

AARP

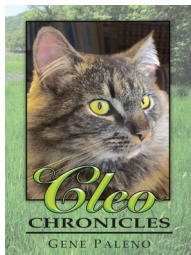
- Area Agency on Agency
- Adventist Health Clearlake
- American Red Cross
- CA Telephone Access Program
- CA Victim Compensation Board
- Highland Senior Center
- Hospice Services of Lake County
- Lake County Behavioral Health

Lake County Literacy Coalition

- Lake County Public Health Services
- Lake County Silver Foundation
- Lake County Social Services
- Lake Links Inc.
- Office of Emergency Services
- Redwood Caregiver Resource Center
- Sutter Lakeside Hospital
- United Health Care

Memorial & Bench Dedication Planned

Honoring Gene Paleno, Inaugural member of the Lake County Silver Foundation and beloved Lake County Author.



In 2023 we will host a memorial event for Gene Paleno and dedicate a park bench in his honor. A beloved inaugural member of the Silver Foundation, Gene Paleno was well known for his many acts of kindness to others. His contributions to the community are voluminous and legendary. Look for updates on the memorial for Gene on the Lake County Silver Foundation website: www.lakecountysilverfoundation.com.

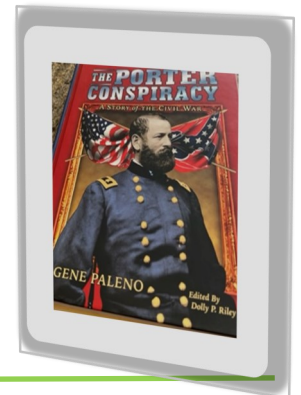
Gene was president of the West Region Town Hall, a prolific author and tireless advocate for seniors and pets. He was a regular contributor to the Lake County Record-Bee, the Lake County Bloom and Lake County Community Radio.

Gene was all "Lake County," finding time to give back to the community he loved in ways only he could. His book, "Lake County History: A Mystical Adventure in Time" has become a reference tool about the County's history and formation. It graces tabletops, shelves and libraries throughout the County.

Fiction and non-fiction, Gene wrote many books. Among his last was The Porter Conspiracy, a true story about Civil War's Fitz John Porter and his long battle to regain his rightful status as a General, "righting a terrible wrong" as Gene put it.

Gene's family gifted to the Lake County Silver Foundation a treasure trove of his books including the Porter Conspiracy in the hopes that book sales would help fund the continuing work of the foundation.

The Porter Conspiracy is available for sale at \$25 and free to donors. For more information about Gene's book, contact Jim Steele at 707-295-6198.



Deb Clarke was 1 of 3 to win a \$200 grocery gift card. "I'll be feeding several in my neighborhood with the grocery gift card," she said.

New to the Summit This Year

The Blue Zone Story
Thank You Kamlin Fasano
bluezones.com



TO OUR SPONSORS

- Clearlake Oaks- Glenhaven Business Association
- Carol & Steve Schepper Foods Etc
- Habematolel Pomo of Upper Lake
- Hospice Services of Lake County
- KJ's Lakeside Graphics Design & Consulting
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- Lake Links
- Robinson Rancheria Resort & Casino
- Ron Keas, Artist/Photographer
- Sam Euston, Digital Media Production
- Sutter Health
- The Steele's, Jim & Olga
- The Geysers, Calpine
- USDA Rural Development
- US Department of Agriculture



The Lake County Silver Foundation Newsletter

HAPPY NEW YEAR HAPPY NEW YEAR HAPPY NEW YEAR

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Visit Us On The Web

www.lakecountysilverfoundation.com



Help a Senior - Save a Pet: It's a win-win. A project of the Lake County Silver Foundation made possible by a donation from "100 + Women Strong."

The Companion Pet Project

"We ran out of applications - our seniors need their pets." - Claudine Pedroncelli



Since winning the 100 + Women Strong cash award of \$14,000 the Silver Foundation has been supporting seniors with their companion pet needs.

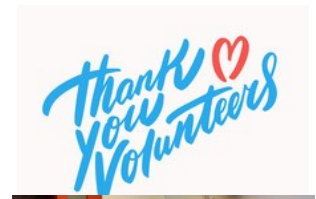
"I'm always surprised to learn how many seniors have not heard about our companion pet project," said project manager Claudine Pedroncelli.

Claudine said they ran out of applications during the senior summit event but took names and contact information from all interested parties with a promise to follow up.

The companion pet project was formed to help seniors cover the high costs associated with the care and feeding of their pets.

For an application and information on this project contact Claudine at:

Upper Lake Senior Services
9410 Mendenhall Avenue
Upper Lake, CA 95485
707-275-3513



L—R: Monica Rosenthal, Bill & Debbie Harrel, & AmeriCorps volunteer, Sophie Dubois