

FORTUNA SENIOR SCENE

Vol. V. No. 2

March 2008

VOLUNTEERS OF THE YEAR

It's tax time. Barbara East says that if you want to know something about her, it's better to wait until after April 15. We promise that in the May issue we will have an interview with Barbara.



Kay Connors and Barbara East

Kay Connors has been Membership Chairman of Fortuna Senior Services almost from the beginning. She joined the group at one of the first meetings and became a member of the Board of Directors just a few months later.

Kay had, and has, a mission. She and her husband retired to Sun Lakes, Arizona, and lived there for ten years. Kay describes Sun Lakes as much like Sun City, a real retirement community. When her husband became ill, they moved to Fortuna to be nearer her daughter.

Kay immediately noticed the lack of activities for seniors in Fortuna. In Sun Lake, she says, she spent her life on the golf course. However, she was able to see other seniors participating in various activities such as exercise classes, card games, and book groups. Kay wanted seniors in Fortuna to have the opportunity to get out in the community and participate with other seniors. She was, and is, determined that we would have a Senior Center in Fortuna.

Thus, Fortuna Seniors got one of its most active board members. Kay is a very active Membership Chairman. At monthly meetings, at the Veterans Day Event, and at the Open Mic Music Jamboree, Kay is there ready to sign people up to be members. She says that she signs up a couple of new members at every Open Mic. She also sends birthday cards, memorial cards, and dues renewal reminders to members.

Kay started the cards and games group. This group meets on Thursday at a new place, the Church of the Nazarene, on Ross Hill Road. They have about forty people who play pinochle. They have two or three tables of bridge. Some people play cribbage and some play canasta. Kay is working toward starting Bunco games and Mah Jong.

Kay grew up in a small town, Townsend, Montana, which is near Helena. Her father was a cattle and wheat farmer. The family spent summers on the ranch, but the school year was spent in town. She met her husband, Leland, who worked for American Cyanamid, at a medical convention. Kay was working for a pharmacy at the time. Because he was a manager over several states, for the company they moved 11 times during his working career. One of their moves was to Hong Kong. Eventually they moved back to the state where all three of their children live, California.

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quarterly publication of Fortuna
Senior Services, Inc.

*To Inform, Empower and Involve seniors
of the Fortuna area.*

P.O. Box 336
Fortuna, CA 95540
(707)726-9203
Fortunasenior.org

Highlights

- P.1 – Volunteers of the Year
- P.2 – Calendar, Mini trips, Monthly Meetings
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- P. 4- 5 CALENDARS
- P. 6 Driver Safety, Book Club, Run
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Directors

President – Betty Storz
Vice President – Carol Kinser
Secretary- Diana LaVen
Treasurer – Jack East
Membership – Kay Connors
Bob Besanceney
Kevin Johnson
Richard Rodrigue
Gail Sisson

Publicity – Chuck Acridge
Newsletter – Meryl King

Executive Director

Mary Ann Bansen
Office Hours: Monday 9:00a.m. to
12 noon.
Methodist Church, Corner of 10th
and N. Streets.

MEMBERSHIP

Keep your annual supporting contribution up to date. Please check to see when your renewal is due on your membership card.

MINI TRIPS

For reservations and information on Mini Trips call the office, 726-9203. Most meet at 10:30 at Rohner Park

March 28, Tour the Coast Guard Station, McKinleyville. No host lunch

April 25, Humboldt Creamery, No host lunch

SPECIAL TRIP

March 29, **Redwood Coast Jazz Festival**, Old Town Eureka.

Travel by bus. Meet at Rohner Park at 12:00 noon on March 29. Return at 6:00 pm. Reservations required by March 20, 2008. Cost is \$25 for the festival. Checks, payable to Redwood Coast Jazz Festival, must be in the office by March 20.

Most people who attended the Jazz Festival last year had a wonderful time. They wanted to stay later to hear different musical groups. **You must be a member to participate.**

**MINI TRIPS FILL UP FAST
MAKE RESERVATIONS AS EARLY
AS POSSIBLE**

MONTHLY MEETINGS

Adult Day Health Services, 2280 Newburg Rd.

March 15, To be announced. 10:00 a.m.

SPRING POTLUCK

April 19, Adult Day Health Services, 11:00 a.m.

Many members enjoy this potluck each year. Mary Ann always comes up with great entertainment.

FSS brings a ham and beverages. You bring salads, hot dishes, desserts. Please sign up and let Betty know what you are bringing.

We are looking for a chairman for these events.

CALENDAR WEEKLY EVENTS

PRESBYTERIAN CHURCH

Mondays

Tai Chi 9:30 to 10:30 a.m.
Beginning Line Dance 11:00
a.m.
Line Dancing 1:00 p.m.

Tuesday

Senior Stitchers 1:30 p.m.
STRONG, 2:00 TO 3:00 p.m.

Wednesday

T'ai Chi, 1:00 p.m. to 2:30 p.m.
STRONG, 2:00 TO 3:00 p.m.

CHURCH OF THE NAZARENE

Thursday

Cards and Games, 9:00 a.m.
to noon – bridge, canasta,
cribbage

METHODIST CHURCH

Monday & Wednesday

Move it off 9:30 a.m.

STRONG 5:00 – 6:00 p.m.

Tuesday and Thursday

Maintaining Mobility 9:30
& 10:45 a.m.

Wednesday 11a.m. to noon,
Relaxation and Meditation

OFFICE – 726-9203

For all information and sign ups
call the office.

RELAXATION AND MEDITATION for stress relief.

Beginning levels of techniques to relieve stress. Wear comfortable clothing; bring a floor mat. Includes elementary massage, self and partnered, and muscle focused exercises. Wednesday, 11 a.m. to noon, Fortuna Methodist Church, 9th and N Sts. Maximum class size 15.

NEW BOOK CLUB: meets on the first Monday of the month, 2:00 p.m., Methodist Church. They are just forming, so now is the time to start reading.

CARDS AND GAMES:

Has moved to a new location, the Church of the Nazarene, 1355 Ross Hill Road. Enter in the last door in the back.

Learn canasta. Some people would like to play Bunco or Mah Jong. We need more people.



OPEN MIC MUSIC JAMBOREE

Note change of date to Sunday,
March 22, 2:00 to 4:00 p.m., The
Monday Club.

FRIDAY AFTERNOON AT THE MOVIES

4:00 - 6:00 p.m., Presbyterian Church
March 7, **WAKING NED DEVINE**
April 4, **COLD COMFORT FARM**

CALENDAR

MARCH 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Moving it Off Line Dancing Tai Chi & Walk S.T.R.O.N.G. BOOK CLUB	4 Maintaining Mobility S.T.R.O.N.G. Arts & Crafts Walking Group	5 Moving it Off T'ai Chi Walking Group S.T.R.O.N.G. Relaxation	6 Maintaining Mobility S.T.R.O.N.G. Cards & Games	7 Bike Group Hiking & Biking Walking Group MOVIE -- WAKING NED DEVINE	8
9	10 Moving it Off Line Dancing Walking Group S.T.R.O.N.G. Tai Chi	11 Maintaining Mobility S.T.R.O.N.G. Arts & Crafts Walking Group	12 Moving it Off T'ai Chi Walking Group S.T.R.O.N.G. Relaxation	13 Maintaining Mobility S.T.R.O.N.G. Cards & Games	14 Bike Group Hiking & Biking Walking Group	15 MONTHLY MEETING
16 OPEN MIC 2 TO 4 PM Monday Club NOTE CHANGE	17 Moving it Off Line Dancing Walking Group S.T.R.O.N.G. Tai Chi	18 Maintaining Mobility S.T.R.O.N.G. Arts & Crafts Walking Group	19 Moving it Off T'ai Chi Walking Group S.T.R.O.N.G. Relaxation	20 Maintaining Mobility S.T.R.O.N.G. Cards & Games	21 Bike Group Hiking & Biking Walking Group	22
23	24 Moving it Off Line Dancing Walking Group S.T.R.O.N.G. Tai Chi	25 Maintaining Mobility S.T.R.O.N.G. Arts & Crafts Walking Group	26 Moving it Off T'ai Chi Walking Group S.T.R.O.N.G. Relaxation	27 Maintaining Mobility S.T.R.O.N.G. Cards & Games	28 Bike Group Hiking & Biking Walking Group MINI TRIP COAST GUARD STATION	29 SPECIAL MINI TRIP JAZZ FESTIVAL
30	31 Moving it Off Line Dancing Walking Group S.T.R.O.N.G. Tai Chi					

APRIL 2008

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		Maintaining Mobility S.T.R.O.N.G Arts & Crafts Walking Group	Moving it Off T'ai Chi Walking Group S.T.R.O.N.G. Relaxation	Maintaining Mobility S.T.R.O.N.G Cards & Games	Bike Group Hiking & Biking Walking Group MOVIE -- COLD COMFORT FARM	
6	7 Moving it Off Line Dancing Walking Group S.T.R.O.N.G Tai Chi	8 Maintaining Mobility S.T.R.O.N.G Arts & Crafts Walking Group	9 Moving it Off T'ai Chi Walking Group S.T.R.O.N.G. Relaxation	10 Maintaining Mobility S.T.R.O.N.G Cards & Games	11 Bike Group Hiking & Biking Walking Group	12
13	14 Moving it Off Line Dancing Walking Group S.T.R.O.N.G Tai Chi	15 Maintaining Mobility S.T.R.O.N.G Arts & Crafts Walking Group	16 Moving it Off T'ai Chi Walking Group S.T.R.O.N.G. Relaxation	17 Maintaining Mobility S.T.R.O.N.G Cards & Games	18 Bike Group Hiking & Biking Walking Group	19 MONTHLY MEETING SPRING POTLUCK
20	21 Moving it Off Line Dancing Walking Group S.T.R.O.N.G Tai Chi	22 Maintaining Mobility S.T.R.O.N.G Arts & Crafts Walking Group	23 Moving it Off T'ai Chi Walking Group S.T.R.O.N.G. Relaxation	24 Maintaining Mobility S.T.R.O.N.G Cards & Games	25 Bike Group Hiking & Biking Walking Group MINI TRIP HUMBOLDT CREAMERY	26
27 OPEN MIC 2 TO 4 PM Monday Club	28 Moving it Off Line Dancing Walking Group S.T.R.O.N.G Tai Chi	29 Maintaining Mobility S.T.R.O.N.G Arts & Crafts Walking Group	30 Moving it Off T'ai Chi Walking Group S.T.R.O.N.G. Relaxation			

AARP 55-ALIVE DRIVER SAFETY PROGRAM

4-Hour Review Course

A 4-hour review course for participants who have taken the 8 hour course within the last 4 years will be held at Rohner Recreation Hall, in Rohner Park, Saturday, March 29, 10A.M. to 2:30P.M. There will be a 20 minute break for lunch, so bring a snack.

To sign up, send the form below with a check or money order payable to AARP to: M. Johnson

23 Okega Lane
Trinidad, CA 95570

You will be contacted when your check is received and registration is confirmed. Participants completing the 4-hour course receive an AARP Driver Safety Program certificate valid for three years. The California Department of Motor Vehicles has approved this review course for meeting its Mature Driver Program.

For more information contact the instructor at 677-0147, or email mjokega@reninet.com.

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Name (s) CDL # (s) Birth Date (s)

Address:

Phone Number:

Email Address:

AARP Member: yes / no

Total Fee Enclosed (@ \$10/person) \$

Join a New Senior Book Club

The first meeting of Fortuna Seniors Book Club will be Monday, March 3, 2 p.m. in the Fireside Room of Fortuna Methodist Church on the corner of 10th and N Streets. Connie Mortenson will lead this organizational meeting.

They plan to meet once a month. All other issues, such as what to read and what time to meet, will be discussed at this meeting. Call the office 726-9203 for more information.

FOGGY BOTTOM MILK RUN & WALK

Sunday, March 9, 2008. Run or walk 2 miles, 4.1-miles or 10-miles. Two-mile race starts at 1:30 p.m., 4.1 and 10 mile races start at 2:00 p.m. All start and end at the intersection of Ocean & Main Streets in Ferndale.

Registrations available at the office, or look it up at 6rrc.com (Six Rivers Running Club). Get a group together and walk or run through Ferndale.

DSP/4 Hour Refresher Course, Fortuna, 29 March 2008

VOLUNTEERS OF 2007

In addition to the two great Volunteers of the Year, Kay Connors and Barbara East, many other people work to make Fortuna Senior Services one of the most active senior organizations on the North Coast. The list follows:

Chuck Acridge	Publicity, Hiking Group, Home Owners/Renter's Assistance Program
Jim Beckham	Anything we need
Marla Acridge	STRONG Exercise Class
Jim Barrer	Newsletters
Bob Besanceney	Board of Directors, Music Jamboree Chairman
Laura Clark	Movies
Doris Cleaver	Line Dancing
Kay Connors	Board of Directors, Membership, Cards & Games, STRONG exercise class
Jim Dell'era	Cards and Games
Barbara East	Membership, Postcards, Name tags, Letters to members, Keep mailing list
Jack East	Board of Directors, Treasurer, Biking Group
Sean Flynn	Music Jamboree
Dean Glaser	Liaison City Council; Veterans Day Event
Mary Greene	Music Jamboree
Pat Greene	Music Jamboree
Alice Herman	Rodeo Float, Newsletters
Kevin Johnson	Board of Directors
Marcie Kelley	Movies
Meryl King	Newsletter Editor, Monthly Movie, Tai Chi Leader, Walking Group
Carol Kinser	Board of Directors
Carol Knolin	Cards & Games
Barbara La Place	Nominating Committee
Diana LaVen	Secretary, Board of Directors, Veterans Day Event
Lee McDowell	Homeowner's/Renter's Assistance Program
Rosemary Moore	STRONG Exercise Class
Connie Mortenson	Office, Reminder calls, Postcards, Newsletters
Ellie Mullholland	Decorations, Sewing Group, Rodeo Float
Tom Mulholland	Rodeo Float
Lola Redfern	Piano music for meetings
Lila Reynolds	Music Jamboree, refreshments
Chuck Riley	Veterans Day
Faye Riley	Veterans Day raffle, Nominating committee
Dick Rodrique	Board of Directors
Margaret Rodrique	Refreshments, Pot luck
Leitha Rogers	Tai Chi
Dave Settle	Mini Trip bus driver
Pat Schilz	Newsletters
Gail Sisson	Board of Directors, Mardi Gras
Pat Stolte	Movies
Betty Storz	President, Board of Directors, Music Jamboree, Sewing Group, etc.
Chris Wennerholm	Newsletter, editing
Jack Whalls	Biking Group

If we have missed someone we apologize. All volunteers are appreciated.

DELTA AIRLINES COMES TO HUMBOLDT.

This service will bring more people to Humboldt County as well as offer us one more option if we want to travel. Flights go to Salt Lake City, Utah; Phoenix, Arizona; Denver, Colorado, El Paso, Houston, and Dallas Fort-Worth, Texas; Yuma, Arizona; Helena, Montana; and Nashville, Tennessee. You can even fly Air France to Europe.



PG&E CARE/FERA PROGRAM

California Alternate Rates for Energy (CARE) Program provides a 20% discount on your monthly gas and electric bill for qualifying households.

FERA Family Electric Rate Assistance Program provides savings on your electric bill for large households of three or more persons with low-to middle income.

The application is easy and is available from PG&E at 1-866-743-2273, or pge.com/care.

Table of qualifying incomes

No. in house	Weekly income	Monthly income	Annual income
1	\$563	\$2,442	\$29,300
2	\$563	\$2,442	\$29,300
3	\$662	\$2,867	\$34,400
4	\$798	\$3,458	\$41,500

GET THE TAX REBATE

FILE YOUR TAXES

Social Security counts as qualifying income for the new tax rebate. In order to receive the rebate you must file an income tax return for 2007. You could receive a payment of \$300 (\$600 on a joint return) if you had at least \$3,000 of qualifying income.

BUT YOU MUST FILE

You don't have to pay any taxes, just file.

THERE'S HELP—SEE BELOW



AARP TAX SERVICE

Free tax counseling and basic tax help is available by appointment Mondays, February 1 to April 15, from 9 a.m. to noon, at Rohner Recreation Hall in Rohner Park.

Trained volunteers will help prepare federal and state income tax forms for seniors and low-income individuals. Those seeking help should bring forms W-2 and 1099, information about other income and expenses and a copy of last year's forms. Call Debbie at 725-6472.

BEWARE –A NEW SCAM

The caller asks you to press
9 then 0 then #

DON'T DO IT!!!!!!

This will enable them to make long distance phone calls from your phone number.

Membership is open to everyone 50 and over residing in the Eel River Valley (including Hydesville, Carlotta, Rio Dell, Ferndale, Fortuna, Loleta, and the county).

Annual Dues: (check one) Indiv. \$20 ____; Couple \$30 ____
Friend ...\$50 ____; Sponsor ... \$100 ____; Business/Organization \$100 ____;
Patron .. \$250 ____; Supporter ...\$500 ____; Life Membership \$1,000 ____

Name(s): (1) _____ (2) _____

Address : _____ City/State/Zip: _____

Phone: _____ Email: _____

Birthdate (1) _____ (2) _____

Occupation _____

Hobbies/Interests: _____

_____ Tell me about volunteer opportunities.

Write check to Fortuna Senior Services, Inc., PO Box 336, Fortuna, CA 95540.

Email: admin@fortunasenior.org Web: <http://www.fortunasenior.org>

Fortuna Senior Services
P.O. Box 336
Fortuna, CA 95540

Address Correction Requested