



Anderson Valley Village

Monthly Newsletter
January 2024

Welcome to Anderson Valley Village. We are a locally inspired and managed non-profit organization. Our mission is to help older adults remain active, connected, and independent in the place they call home while enhancing the quality of life in our community. See what's new in the valley.

AV Village Update

Happy New Year!

We currently have **63 members (49 memberships) and 47 trained volunteers** ready to lend our members a hand! We would love to have more members and volunteers for the New Year, reach out if you are interested. We rely solely on membership dues and some donations to operate and we really could not do it without your support – Thank you!

Happy Birthday to our wonderful members and volunteers:

Gail Gester
Lauren Keating
Philip Thomas
Steven Wood
Ronnie Holland
MaryAnne Payne
Victoria Center
Val Muchowski
David Severn
Christine Clark



A good time was had by all at the AV Village Holiday Party at the Senior Center! We burned our woes and sang together at the piano. Feeling lucky to have such a wonderful collection of characters in this little community.

Upcoming Village Events!

See these events and more listed on our [Events Calendar](#)

Please note: Our gatherings are open to Everyone, but we recommend staying current on your vaccinations. Thank you!

AV Village Weekly Walking Group

Every Tuesday

9 AM

Meet at the Community Park (near the AV Health Center). Please let Kathy Cox (707) 800-2300 know the night or morning before if you plan on attending.

Moving to the Groove

Every Tuesday

1 to 2 PM

Anderson Valley Senior Center

“Moving to the Groove”, a low impact, senior-friendly exercise class set to music. Whether you’re sitting or standing, tapping your toes or

“sweating to the oldies”, let’s have some fun while keeping our bodies flexible and strong!

Contact Margaret Pickens for more details - margway@saber.net

Matter of Balance Exercises

Every Thursday

11:30 AM to noon

Anderson Valley Senior Center

Free - join us to practice the matter of balance exercises with friends. And enjoy the Senior Center lunch afterwards!

Contact: Elizabeth Wyant beadwyant1@att.net Or Donna Pierson-Pugh dpp1130@gmail.com

Coffee with the Coordinator

Thursday, January 4th

9:30 to 10:30 AM

The Mosswood Market Café, Boonville

Hope you can make it for a coffee with the coordinator, old friends and new ones! See you there!

AV Village Book Discussion: Keep Sharp, Build Better Brains at any Age

Monday, January 8th

1:30 PM

Sandra’s house

The Book is: Keep Sharp, Build Better Brains at any Age by Sanjay Gupta that Ron mentioned in his presentation on Brain Health. Anyone interested in joining can call Donna and she will forward any recommendations for books or articles. Donna Pierson-Pugh dpp1130@gmail.com

Climate Change Group

Tuesday, 9th

3:30 PM

Sandra’s house

Contact Lauren for more details: laurenk@pacific.net

AV Village Monthly Gathering: Soup Making with Lauren

Sunday, January 21st

3 to 4:30 PM

Anderson Valley Senior Center

Refreshments served

Join us for a cooking demo with Lauren Keating, who will share her favorite soup making techniques.

Consider carpooling. Village members, let us know as soon as possible if you would like a volunteer driver and we will try to find one or bring a friend that can give you a lift.

More info & to RSVP:

Anderson Valley Village: (707) 684-9829, andersonvalleyvillage@gmail.com

www.andersonvalleyvillage.org

Our next Monthly Gathering on Sunday Feb 18th will be at the AV Museum, since we are collaborating with the AV Historical Society again. We will have a chat with some of the “Back to the Landers” - to get you into the spirit check out the KZYX Promise of Paradise, Back to the Land Oral Histories of Mendocino County recordings:

<https://www.kzyx.org/show/promise-of-paradise>

Android Smartphone Tech Support

Class is full but we have a waiting list

Thursday, February 15th

1:30 to 3:30 PM

Anderson Valley Senior Center

Having difficulty hearing or seeing on your smartphone?

Attend this FREE training and make your smartphone work better for you! The 2-hour presentation will be run by 2 people - the presenter and a helper to help participants during the presentation to stay on track. All participants will get a workbook after completing the training. Presented by California Connect: <https://caconnect.org/>

Make your Android smartphone louder and easier to hear

- Send text messages
- Connect Bluetooth devices
- Operate the basic functions of your Android smartphone... and much more!

**Class is Full but we have a waiting list – to get on the list contact us
Registration in advanced is required (Please no drop-ins):**

Anica Williams

Anderson Valley Village Coordinator

Cell: 707-684-9829

Email: andersonvalleyvillage@gmail.com

ESCUELA ANDERSON VALLEY ADULT SCHOOL
DE ADULTOS CASA ABIERTA OPEN HOUSE

DOMINGO 21 de ENERO, 2024 12:30-2:30pm
 SUN JAN 21, 2024 12:30-2:30pm

¡CONOCE a la ESCUELA!
 + APRENDE SOBRE NOS CLASES
 COMIDA GRATIS!
 CONOCE EL PERSONAL + ¡TRAE A UN AMIGO!

LEARN ABOUT THE SCHOOL + CLASSES OFFERED
 FREE FOOD!!
 BRING A FRIEND + MEET OUR STAFF

REGISTRATE PARA UNA CLASE
 REGISTER FOR SPRING 2024

CONTACT: 895-2953
 adultschool@avpanthers.org
 LOCATION: THE ADULT SCHOOL, 12300 AV WAY
 (BEHIND THE ELEMENTARY SCHOOL, NEXT TO PEACHLAND PRESCHOOL)

WWW.AVADULTSCHOOL.ORG

ANDERSON VALLEY ADULT SCHOOL



Anderson Valley Adult School

Spring Classes: February-May 2024



English for Beginners

Teacher: Maggie Von Vogt
 In-person class: Thursdays 5:30-8:00 p.m.
 Online class w/ zoom sessions: Wednesdays 10:00-11:20 a.m. or 5:30-6:50 p.m.
 Cost: \$12 for the entire semester



Intermediate/Advanced English - two class options

Everyday Writing and Communication - Teacher: Kathy Cox
 In-person class: Wednesdays 5:30-8:30 p.m.
 Academic Focus - Teacher: Linnea Totten
 In-person class: Mondays & Thursdays 5:30-8:15 p.m.
 Cost: \$12 for the entire semester



Citizenship

Teacher: Lucy Plancarte
 In-person classes: Tuesdays 6:00-8:00 p.m. and/or Fridays 11:00 a.m.-1:00 p.m.
 Thursdays 3:00-5:00 p.m. / 1:00-3:00 p.m. (drop-in hours)
 Open registration all year ~ FREE CLASS ~ Financial aid available for application fees



Conversational Spanish

In-person classes. Contact us if you need help deciding the best level for you.
 Level 1 - Teacher: Serena Acker, Thursdays 5:30-7:30 p.m.
 Level 2 - Teacher: Kathy Cox, Mondays 5:30-7:30 p.m.
 Level 3 - Teacher: Serena Acker, Tuesdays 5:30-7:30 p.m.
 Cost: \$12 for the entire semester (no matter how many levels you take)

Mendocino College Community Classes

Art: Watercolors (for older adults, but all ages welcome)
 Teacher: Lorraine Brady-Arthur, Thursdays 9:30-11 a.m. (lecture), 11-4 p.m. (lab) ~ cost: \$12 entire semester

Creative Writing (for older adults, but all ages welcome)
 Teacher: Melinda Misuraca, Tuesdays 2:00-5:10 p.m. ~ cost: \$12 entire semester

Guitar (for-credit)
 Level 1 - Teacher: Dustin Carlson, Wednesdays 6:00-8:00 p.m. ~ cost: \$60 entire semester
 Level 2 & 3 - Teacher: Dustin Carlson, Tuesdays 6:00-8:00 p.m. ~ cost: \$60 entire semester

Chorale (for older adults, but all ages welcome)
 Teacher: Jenni Windsor, Thursdays 4:30-7:20 p.m., ~ cost: \$12 entire semester

Registration Information

All classes start the week of February 5th

Registration Day: January 21st, 12:30 p.m. - 2:30 p.m.

Returning students can call to confirm participation and register on their first day of class.

12300 Anderson Valley Way, Boonville CA 95415 (behind the Elementary School, next to Peachland Preschool)



FREE childcare available during most class hours

Register online: www.avadultschool.org

For more information --- call: 707-895-2953, email: adultschool@avpanthers.org
 Facebook: Anderson Valley Adult School/Escuela de Adultos de Anderson Valley

In-Home Supportive Services (IHSS)

The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. IHSS is considered an alternative to out-of-home care, such as nursing homes or board and care facilities.

Eligibility for IHSS

- Adult 65 and older, or disabled, or blind
- Disabled children are also potentially eligible

- You must be a California resident
- You must have Medi-Cal
- You must live at home or an abode of your own choosing (acute care, long-term care, and community care facilities are not "own home")
- You must submit a Health Care Certification

Types of Services Provided

The types of services which can be authorized through IHSS are...

- housecleaning
- meal preparation
- laundry
- grocery shopping
- personal care services (bowel and bladder care, bathing, grooming and paramedical services)
- accompaniment to medical appointments
- and protective supervision for the mentally impaired

How the Program Works

- **Apply for IHSS in Mendocino County by phone (707) 463-7952, Mon-Thurs 7:00 - 5:00** or download an IHSS application from <https://www.cdss.ca.gov/in-home-supportive-services>
- The IHSS Applicant will be mailed the Health Care Certification (SOC 873) and Physician Recommendations (MCDSS 547) forms – to be completed by their CA Licensed Medical Professional and returned within 45 days to the County.
- If Applicant does not have Medi-Cal, they will also be mailed a Medi-Cal application to complete and return within the timeline required by Medi-Cal. Applicant must be eligible for Medi-Cal. IHSS is a program of Medi-Cal.
- Once we have the Health Care Certification and the Applicant has a Medi-Cal eligibility determination – then a Social Worker will schedule an in-home visit to determine eligibility and need for IHSS. Based on ability to safely perform certain tasks for themselves, the social worker will assess the types of services needed and the number of hours the county will authorize for each of these services.
- Applicant will be notified if IHSS has been approved or denied. If denied, they will be notified of the reason for the denial. If approved, they will be notified of the services and the number of hours per month which have been authorized for you.
- **If approved for IHSS, the Recipient must hire someone (Provider)** to perform the authorized services. The IHSS Recipient is considered the Provider's employer and, therefore, it is the Recipient's responsibility to hire, train, supervise, and fire this individual.
- The County maintains a list of Independent Providers to choose from.

NOTE: This list of Providers is notoriously slim, as there are few Providers and a lot of folks needing them.

LINKS OF INTEREST: State of California Department of Social Services

<https://www.cdss.ca.gov/in-home-supportive-services>

MORE IHSS PROVIDERS NEEDED - \$16.50/HR - Spread the word – have them call IHSS at (707) 962-1022

- Providers are required to complete an online Orientation and a Background Check. Individuals Barred from being Providers include those convicted of Elder Abuse or Child Abuse or Welfare Fraud. Other felonies can work with clients sign off.
- Care Providers are employed by the IHSS Recipient
- Care Providers are covered by Worker's Comp if they were injured while doing an IHSS paid task.

Cash Assistance Program for Immigrants (CAPI)

See their website for more info: <https://www.cdss.ca.gov/capi>

CAPI is a 100 percent state-funded program designed to provide monthly cash benefits to aged, blind, or disabled non-citizens who are ineligible for [SSI/SSP](#) solely due to their immigration status. The [Welfare Reform Act of 1996](#) (P.L. 104-193) eliminated Supplemental Security Income/State Supplementary Payment (SSI/SSP) eligibility for most non-citizens. As a result, most immigrants who were not receiving SSI/SSP in August 1996 are no longer eligible for SSI/SSP.

To be eligible for CAPI you must:

- Be ineligible for SSI/SSP solely due to immigration status,
- Be 65 years old or older, blind, or disabled,
- Be a resident of California,
- Meet certain income and resource requirements, and
- Be a non-citizen and meet the immigration status criteria (See Manual of Policies and Procedures (MPP) Section [49.020 “Immigration Status”](#))

State regulations governing CAPI are found in [Manual of Policies and Procedures, Division 49](#).

Pilot Membership Assistance Program

With some generously donated money, AV Villages will begin a Membership Assistance program offering a reduced Membership fee to those who might not otherwise be able to join. If you or your family is interested, please contact. If you are interested in joining the Village at the reduced rate, please contact Anica Williams, 707-684-9829 or Philip Thomas, 707-895-3595.

Anderson Valley Village
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andersonvalleyvillage@gmail.com; <https://www.andersonvalleyvillage.org/> ;
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