



# Anderson Valley Village

## Monthly Newsletter February 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**

We currently have **63 members (49 memberships) and 48 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!

### **Welcome New Village members:**

**Deanna and Mark Apfel**  
**Susan Newstead**

### **Happy Birthday to our wonderful members and volunteers:**

Evette Thomas  
Judith Auberjonois  
Kathy Janes  
Donde Robb  
Alister Robb  
Shep Lyon



A great turnout for the Bonner's trip photos and Lauren's soup making! Let's do this again – let us know if you would like to share your trip photos and adventures before our

monthly gatherings or if you have a cooking related demo or other ideas for our gatherings.

### **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!**

### **Tai Chi Class starts in February**

**Mondays at 10 AM**

**and**

**Thursdays at 1 PM (no Class Feb 15<sup>th</sup>)**

**Anderson Valley Senior Center**

First day is Thursday February 1<sup>st</sup> and Monday February 5<sup>th</sup>

\$10 a session. Teacher: Karin Difalco [k7difalco@pacific.net](mailto:k7difalco@pacific.net)

### **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](mailto: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](mailto:beadwyant1@att.net) Or Donna Pierson-Pugh [dpp1130@gmail.com](mailto:dpp1130@gmail.com)

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

**Monday, February 5<sup>th</sup>**

**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](mailto:dpp1130@gmail.com)

### Coffee with the Coordinator

Wednesday, February 7<sup>th</sup>

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!

### Android Smartphone Tech Support

**1 Space Left!**

Thursday, February 15<sup>th</sup>

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!

**Registration in advanced is required (Please no drop-ins):**

**Anica Williams**

**Anderson Valley Village Coordinator**

**Cell: 707-684-9829**

**Email: [andersonvalleyvillage@gmail.com](mailto:andersonvalleyvillage@gmail.com)**

### AV Village Monthly Gathering/ AV Museum Friendly Chat Series: Chat with the "back to the landers"

Sunday, February 18<sup>th</sup>

3 to 4:30 PM

**Anderson Valley Museum (Little Red School house) - Note New location for this gathering.**

**Refreshments served**

Take a trip down memory lane with Barbara and Rob Goodell, Bill Seekins, Captain Rainbow, Mary Pafford and Bernie Bernstein and explore life during the "back to the land" era. 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>

This month's AV Village Gathering/ Valley Chat is a collaboration between the AV Historical Society and AV Village! Everyone is welcome.

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 Please RSVP (space is limited):

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

[www.andersonvalleyvillage.org](http://www.andersonvalleyvillage.org)

Or the Anderson Valley History Society: (707) 272-7248,

[andersonvalley.history@gmail.com](mailto:andersonvalley.history@gmail.com)

[www.andersonvalleymuseum.org](http://www.andersonvalleymuseum.org)

Our next Monthly Gathering on Sunday March 17<sup>th</sup> will be back at the AV Senior Center and on Mental Health.

[Climate Change Group](#)

Contact Lauren for more details: [laurenk@pacific.net](mailto:laurenk@pacific.net)

**Looking for Local Writers to Share their Work!**

For our Sunday April 21<sup>st</sup> Gathering we are looking for local writers to read a short piece of their work – Please call Lauren to sign up in advance: (707) 895-2606

Note: this is Not an open mic event.

**The AV Variety Show: March 8<sup>th</sup> and 9<sup>th</sup>!!**

From the desktop of Captain Rainbow...

Get ready all you “Grangers”, “Friends of the Grange” and supporters of your “community hall”. It's time to do a little sprucing up of the building before the March Variety Show! A wide range of skills will be needed: electrical, carpentry, plumbing, but also deep cleaning, scrubbing, washing etc. etc. We are planning a few work days, maybe late January(?) but most likely early February, and when we have a schedule of tasks we'll be contacting folks on our various lists. Feel free to call Bill Meyer 895-2318 or leave a message for him at 707-621-2269

Speaking of the **VARIETY SHOW**...(drumroll) Call Captain Rainbow or Abeja!!

***Acting out? Need an audience?***



***We want YOU on stage at the***  
***31<sup>st</sup> AV Grange Variety Show***  
***March 8<sup>th</sup> and 9<sup>th</sup> 2024***

***Calling out for theatrical skits, craftsman skills, spoken word,  
flamingos dancing flamenco, gagging geese, fiddle faddling,  
grand pianoing, or whatever you got.***

***You put the V in Variety!***

***Don't delay, call today: Captain Rainbow 707 472 9189 or Abeja 707 621 3822***



## Mendocino County Adult Protective Services (APS)

<https://www.mendocinocounty.org/departments/social-services/adult-aging-services>



# Elder and Dependent Adult Abuse

Produced by the Mendocino County Social Services, Adult & Aging Services Division (September 2023)



### **\*Red Flag Indicators\***

#### **\*Physical Abuse:**

- Inadequately explained fractures, bruises, welts, cuts, sores and burns
- Pressure "Bed" sores
- Bruise or burn patterns like those found with child abuse/domestic abuse
- Medications used to restrain victim

#### **\*Neglect (by self or others):**

- Lack of basic body or personal hygiene
- Lack of adequate food or water
- Lack of medical aids (glasses, walker, wheelchair, hearing aid, dentures, medications)
- Lack of clean, appropriate clothing, or linens
- Demented victim left alone and unsupervised
- Bed bound victim left without proper care
- Home cluttered, filthy, in a state of disrepair, or having health, fire and safety hazards
- Home lacking minimum equipment and facilities (stove, refrigerator, heat, cooling, working plumbing and electricity)
- Animal hoarding

#### **\*Financial Abuse:**

- Lack of amenities that victim could afford
- Victim "voluntarily" giving inappropriate financial reimbursement for needed care and companionship. (This is criminal when victim is under undue influence).
- Caretaker has control of victim's money but is failing to provide for victim's needs.
- Caretaker "living off" victim
- Victim has signed property transfers, Power of Attorney, new will, etc. when unable to comprehend the transaction

*In financial abuse cases it is important to get social security numbers and banking information to conduct a complete investigation*

#### **\*Psychological Abuse:**

- Caretaker isolates victim – restricts visits, phone calls (doesn't want to let you into home or speak to victim)
- Caretaker is violent, aggressive, controlling, addicted or uncaring

The identity of the individual who reported the abuse to law enforcement is to be kept confidential, even from the victim. Unless the Reporting party waives confidentiality. W&I Code 15633

Any person having full or intermittent responsibility for the care custody of an elder or dependent adult, are

### **MANDATED REPORTERS**

**elder and dependent adult abuse**

If you observe, are verbally informed, or have knowledge that leads you to reasonably suspect that an elder or dependent adult is being abused or neglected you must call: (as soon as practically possible, but within 24 hours)

## **MENDOCINO COUNTY Adult Protective Services**

**Inland**  
**707-463-7900**  
**Or**  
**877-327-1799**

**Coast**  
**707-962-1102**  
**Or**  
**877-327-1799**

follow up within 2 working days with the SOC 341 report form

As Law Enforcement if you respond to situations involving an elder or a dependent adult (see definitions on the reverse) evaluate for the following types of possible abuse:

**Physical Abuse:** The infliction of physical pain or great bodily harm not limited to:

**Assault/Battery  
Constraint  
Abduction**

**Sexual Abuse  
Isolation  
Abandonment**

Common Charges: Penal Code 368(b)(1), 368(b)(2), 368(b)(3), 368@, 240, 242, 243(d), 245, 166(a)(4), 166@, 187, 206, 347, 261(a), 220, 243.4, 286, 288a

**Neglect (by others):** Refusal or failure to fulfill care taking obligations, such as abandonment or isolation, denial of food, shelter, clothing, medical assistance or personal needs, or the withholding of necessary medication or assertive devices. Neglect can be intentional or unintentional.

Common Charges: Penal Code 368(b)(1), 368(b)(2), 368(b)(3), 368@, 187, 192, 206

**Financial (Material):** The illegal or improper exploitation of funds or other resources (using undue influence, stealing or misusing possessions, property, or money of the victim).

Common Charges: Penal Code 368(d), 368(e), 115, 182, 470, 484-487, 496

**Psychological/Emotional Abuse:** The infliction of mental anguish (threatening, humiliating, intimidating, isolating behaviors or statements).

Common Charges: Penal Code 368(b)(1), 368(b)(2), 368@

**Self-Neglect:** The failure of an elder or dependent adult to adequately take care of themselves and meet the demands of daily living to eat, pay bills, meet personal hygiene needs and take medications. W&I Code 15630(b)(1)

## **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  
P.O. Box 576 Boonville, CA 95415; 707-684-9829,  
[andersonvalleyvillage@gmail.com](mailto:andersonvalleyvillage@gmail.com); <https://www.andersonvalleyvillage.org/> ;  
Like us on Facebook: <https://www.facebook.com/AndersonvalleyVillage/>