

March 6,2024

To all city council members,

I have been a member of the Sebastopol Area Senior Center for over a decade. It has been a bright spot in Sebastopol for me and many other people for years. I was fortunate to join before I was a "Senior" and found many lifelong friends and fun throughout the years.

I discovered the Sebastopol Senior Center with the encouragement of a friend that was a part of a table tennis group they had. I said I am not a senior yet! After attending one session with this active and fun loving group I was hooked. I joined SSC and found a special community of friends I would not have found anywhere else in Sebastopol. When I went to SSC I felt like the Cheers TV character Norm you would walk into any room you are welcomed, loved and there were always lots of laughs.

The Sebastopol Senior Center was a place I joined when I was in my 50's now I am 70. When my Mom moved in with me 3 years ago I was the only person she knew in Sebastopol. SSC even served her before she was a member. I called for legal advice during covid my Dad was dying and family members were not allowed to visit him. I called the senior center and they directed me to legal advice in the community. With that advice thanks to SSC's direction my Mom and sister in San Diego were able to visit him in his last days.

My Mom turns 100 this year and we have used the classes at SSC to navigate both our aging issues. There is no other place in town that serves our community. We have attending meetings You can't find anywhere else in town, free to members but open to the community at large. For example, we have received excellent advice from a will & trust session, one on home care availability, senior independent/dependent care facilities, how to navigate Medicare/health issues to name a few.

Sebastopol Senior Center offers so much volunteer drivers, friendship groups, exercise groups specifically geared for their clients, and classes on dying to name a few. If you have never been on one of Emily and Kates daytrips you are missing out. The last one I went on was to the City to see Hamilton. We were dropped off at the door and have a wonderful day. I am not sure how many of us would have attended without the extra TLC and accommodations provided. SSC opens up avenues that would be closed if funding was pulled.

I can't think of another place on town that has the knowledge and compassion for the seniors it serves. Sebastopol Senior Center is a priceless place for this town and community. Sebastopol Senior Center is a Gem and shining star in Sebastopol that deserves funding.

Sincerely,

Nancy & Helen Janeck

