

From: [REDACTED]
To: [City Council](#)
Cc: katie@sebastopolseniorcenter.org
Subject: Please maintain funding of senior center
Date: Thursday, March 7, 2024 9:51:55 AM

Dear City Council,

The Sebastopol senior center has been a lifeline to me after Covid. I had a bad car accident and retired just before Covid “ lockdown “. I began coming to the Senior Center when it opened up again. I participated in their programs and made new friends. I am not nearly as isolated. It has really helped my mental health. The people are friendly. The events are well organized. They serve meals, provide transportation, provide workshops on caregiver training, end of life issues including death cafes, wills and advance directive workshops. They provide movies, art experiences and exercise and balance classes. These activities in a structured group environment improve cognitive function and quality of life ,to an age group that endures a tremendous amount of loss and stress as they are aging and caregiving (as caregivers of aging partners) . Many people were very isolated in the county even before Covid as they have aged. It is one of the only senior centers in this area that has events for LGBTQ people. It is a treasure in our community and I hope that you reconsider cutting funding from this very important organization. Thank you. Melissa Cole RN FNP (retired)