

From: [REDACTED]
To: [City Council](#); [Katie Davis](#)
Subject: Sebastopol Senior Center Funding
Date: Friday, March 8, 2024 3:45:28 PM

March 8, 2024

City Council Sebastopol, California,

I am writing you in regards to continued funding for the Sebastopol Senior Center, of which I am a member and supporter.

The Sebastopol Senior Center is essential to the emotional and physical well being of the many senior citizens of Sebastopol. It provides classes, group meetings, nutrition and socialization important to senior health and happiness.

I look forward to going to the Senior center every week. I am a retired Family Nurse Practitioner and have worked in Sonoma County as such for the past 30 years. I always look forward to seeing patients there. I volunteer to provide free blood pressures for members who meet at the Center and chat with all the people regarding various issues health they bring up. When appropriate I refer them to their doctors when I consider such medical attention may be needed. They greatly appreciate this free service.

I also attend a group that discusses current News Events in the country. I really enjoy the 20 intelligent Seniors in the group. These are seniors who discuss city issues and always vote. They are also local and county taxpayers.

There is a lovely cafe for low cost meals that provide often needed balanced nutrition. There are also fitness classes the improve the health and balance for seniors struggling with such issues. The Center also has a free volunteer drivers group that gets seniors unable to drive to the senior center and doctors appointments.

The Sebastopol Senior Center is very important to the city's many seniors. Please continue the funding for the Senior Center as it is so essential to us all.

Sincerely,

Susan Pizzo
[REDACTED]

Sebastopol, Ca. 95472