



Anderson Valley Village

Monthly Newsletter March 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 **62 members (48 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!

Happy Birthday to our wonderful members and volunteers:

Jillene Barr
David Jackness
Cynthia McMath
Sandra Nimmons
Nancy Wood
Julie Burroughs
Linda Hulbert



Some great photos of the Matter of Balance exercise group at the AV Senior Center in Oct last year taken as part of a Community Foundation project. In October and November last year, the Community Foundation was working on a countywide photography and video project to capture the impact of our nonprofit partners across the

sector. They collaborated with an excellent local photojournalist, [Thomas Delgado](#) and above are a couple of his photos.

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

Mondays at 10 AM

and

Thursdays at 1 PM

Anderson Valley Senior Center

\$10 a session. Teacher: Karin Difalco 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

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, March 7th

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!

Keep Sharp Discussion Group

Monday, March 11th

1:30 to 3 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. We will start with discussion of what

works with diet. Those interested in sharing recipes should bring several copies. Also bring your experiences with other aspects of Sanjay's 12-week program. Contact Donna Pierson-Pugh dpp1130@gmail.com

AV Village Monthly Gathering: Mental Wellness and Social Connections

Sunday, March 17th

***4 to 5:30 PM**

Anderson Valley Senior Center

Refreshments served

Dr. Lea Queen from the AV Health Center will be presenting on Mental Wellness and the importance of Social Connections for longevity and happiness.

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:

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

***Note: later start time.**

Our next Monthly Gathering on Sunday April 21st will be Local Writer Showcase.

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.

Climate Change Group

Thursday, March 21st

2:15 to 3:45

Sandra's House

Climate Change Group will read Hannah Ritchie's book Not the end of the World.

Contact Lauren for more details: laurenk@pacific.net

The AV Variety Show: March 8th and 9th!!

Doors 6:30 PM and Show 7 PM



Updates in Medi-Cal

There have been some changes in Medi-Cal that might make it more accessible to folks – I am trying to find someone that can speak about these changes in more detail. From what I understand there will no longer be an asset limit for Medi-Cal eligibility, i.e. you can have more money in your bank accounts than before, etc. But the income requirements and the estate recovery program still apply. Some info on that:

<https://www.dhcs.ca.gov/Pages/Asset-Limit-Changes.aspx>

California Medi-Cal Estate Recovery Program:

https://www.dhcs.ca.gov/services/Pages/TPLRD_ER_cont.aspx

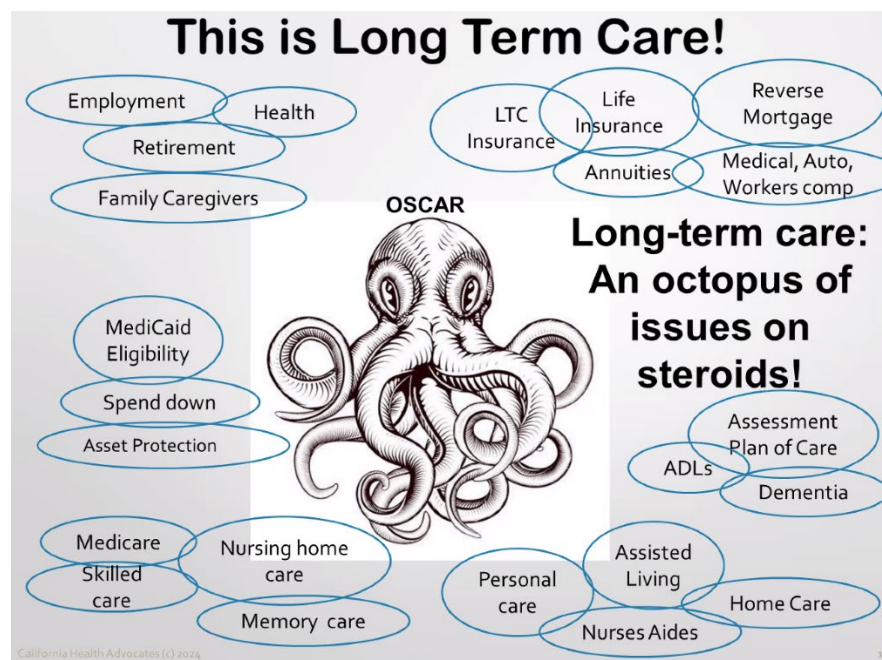
Will I Lose My House? -- Consulting an Attorney is a Good Idea....

This is not an endorsement of any particular attorney – just meant for informational purposes only.

<https://www.drobnylaw.com/articles/ep-snt-nkjinw-tbb2s-q61Ps#:~:text=Since%20your%20home%20will%20be,not%20subject%20to%20recovery%20claims.>

Who Will Pay for Your Long Term Care? A Personal and Public Dilemma

Get the inside scoop on the long term care (not just nursing homes) options available (or not available) to you, what Medicare and/or Medi-Cal covers, what future legislation looks like and scams/ fraud to be aware of with this helpful presentation with: Bonnie Burns, Training and Policy Specialist, California Health Advocates, and Rose Morales, Fraud Investigative Analyst, [California Health Advocates](#) and [Senior Medicare Patrol](#): – see the recording: [Here](#) or they are posted in the "Archives" section of our Education Services page on our website: <https://cahealthadvocates.org/professionals/education/> If you scroll down, you'll find it posted there.



How to try and get Paxlovid for free...

As the cases of COVID are on the rise, the following may be helpful if you get it and need to take Paxlovid – from a member who was recently in this situation and it wasn't covered by her Medicare plan:

I heard that if you don't have the right insurance that Paxlovid costs around \$1300! I went through all the steps with Pfizer to get it paid for however Safeway was having problems with their computer or Pfizer's or something so I didn't get that. I didn't want to wait as it seems the sooner you start taking it the better. For me, through my VA medication insurance, it cost me \$360. Pfizer works with Safeway and CVS in Ukiah. If a person wants to get help from Pfizer the sooner they start the process the better.

First call Pfizer at 1 877-219-7225

Listen to the prompts and then write down the following numbers:

1. Member ID
2. Group No.
3. VIN No.
4. PCN

You will have to listen to some recordings but then you do get a real person.

It is time consuming.

After getting all the info from Pfizer, you call your pharmacy and give them all this info.

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.

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