



AREA AGENCY ON AGING
assistance ► advocacy ► answers

AgeWell e-Newsletter | January 2026 | AgeWell is an ACOA Publication

Quote of the Day

"Isn't it nice to think that tomorrow is a new day with no mistakes in it yet?"

— L.M. Montgomery



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Remembering Donna Harris

November 18, 1947-October 5, 2025

Donna joined the ACOA as an alternate from Solano County in 2024. And though she was listed as an alternate, Donna attended every meeting during her tenure other than those she could not make because of health issues. She popped back from surgery. She stayed with us during chemo. She brought joy to our meetings and an enthusiasm for life – with all its foibles – what a role model for all of us.



Here are excerpts from some of Donna's ACOA colleagues in her honor:

"I first met Donna in July 2019 as members of the Advisory Council to the Area Agency on Aging. We served together for six years up to the time of her untimely passing. I had the good fortune of seeing and admiring her passion and advocacy for older and disabled adults, especially those in the LGBTQ+

community. During her time on the Council, Donna served diligently on various project teams, attended monthly Council meetings, and was a powerful voice for her community. Donna was instrumental in building a Council grounded in compassion, love, and a strong commitment to expressing the concerns and needs of older adults. A life well lived; well done, faithful servant."

–Richard White, former chair ACOA, Senior Assembly Member, California Senior Legislature

"I met Donna when we both became members of the Area Agency on Aging Advisory Commission. We enjoyed 'side conversations' and I learned more and more about her passion for art and her commitment to making art available to everyone. She was a gifted artist in her own right and painted what she loved from her heart.

On one occasion this past spring Donna needed a ride home. We were happy to oblige and in the brief time we traveled to her home we also learned of the health challenges she was dealing with. She had no complaints except for the inconvenience. That was Donna being Donna – no time to waste on remorse or 'what if?'"

–Lynne Baker, ACOA member

Riita's Report

From our chairperson Riitta DeAnda

The Napa/Solano Advisory Council on Aging supports the work of the Napa/Solano Area Agency on Aging by connecting with older and disabled adults in Napa and Solano counties to better understand the issues they face. The twenty-member council assists the agency in shaping the Area Plan, setting goals and selecting service providers.

We established priorities for 2025-26 building on the work we started last year. We have four working committees:

- Needs of Providers - We will interview providers to learn about their services and see how we can help.
- Transportation - Affordable and timely transportation is critical. We will identify what is available and how those services meet people's needs.
- Caregiving - This is an overlooked area. Need to determine needs and services.
- Next Generation Caregiver - How do we reach out to the younger generation who may be concerned about older relatives. We started by creating an Instagram account that may reach this demographic. Follow us at <https://www.instagram.com/acoacareshare/>

The Council supported the creation and implementation of the Master Plans for Aging & Disability for both Napa and Solano counties. We will use the MPADs as our guide as we review the programs noted in our annual priorities. We attended the roll out of Solano County Master Plan on Aging on October 2, 2025. <https://www.aaans.org/solano-mpad>

The Napa ACOA members participated in the shaping of the Napa Master Plan and continue to support the roll out. The MPAD is based on Napa County Older Adults Assessments. <https://communityhealthnapavalley.org/noaa/>

We have developed relationships with many of the senior centers and continue to attend as many of the Senior Fairs and other events that can bring us in contact with seniors. We have a variety of material that we hand out and answer questions. The most popular one is the Resource Guide that directs people to the Solano Aged and

Disability Resource Center and Napa Connect to help people navigate the search for the best service provider. We were able to attend over 12 community events.

Our meetings are open to the public and we love to have guests attend.

Advisory Council – New Members Needed

Apply now to be considered for a position on the AAA Advisory Council.

We are soliciting applications for membership on the Advisory Council. One position is now open and we anticipate a few more in the coming months. Please consider submitting your application to serve on this dynamic group.

Apply online at <https://www.aaans.org/advisory-council-application>

Or, download a soft copy of the application from the link above. Then complete and forward your application to the Napa Solano Area Agency on Aging, 275 Beck Ave, Fairfield, CA 94533.

We look forward to hearing from you.

ACOA Member Profile

FRAN ROSENBERG

We are pleased to profile a member of the ACOA in each issue of AgeWell.

Fran Rosenberg serves as an alternate member of the ACOA representing Napa County though has long been involved with the ACOA as part of her “almost accidental activism” on behalf of seniors during her years as the first Executive Director of Molly’s Angels.

Fran is a San Francisco native – she grew up in the Sunset district, attended St. Cecilia’s primary school and Presentation High School. At one time Fran’s aunt invited her to go along on a trip to Tahiti. It didn’t take long for Fran to pack her bag and off they went. It was a life-changing vacation. In Tahiti Fran met a young gentleman from Southern California, also on holiday. They became inseparable, rented a sailboat, sailed through the islands and by the time they returned to the states they knew they would always be together. Fran and Mel married on July 4, 1975 and Fran moved to SoCal where she and her husband owned and operated several dry-cleaning businesses. In time they moved to Novato, opened dry-cleaning establishments in Marin County and ran the HoneyBaked Ham retail store at Strawberry Village Shopping Center in Mill Valley. They eventually decided Napa was the ideal spot to call home, especially in retirement.

Retirement didn’t last long for Fran. She’d become friends with the legendary Molly Banz and within a short time became involved with Molly’s charitable efforts that sprouted without fanfare in the wake of Napa’s 1986 flood. Fran didn’t think the informal effort would last for long, “Perhaps three or four years,” but it kept on going. At first their good deeds would come in response to a random phone call to Molly’s home phone.

In time it became clear that the loose-knit organization could grow and help more people if it had more structure and an office from which to operate. It was at this time that the group was charged with coming up with a name. “We were all sitting around and Debbie Norris yelled out, ‘Angels’! We stuck with that!”

Joe Peatman reached out to offer help. Fran notes, “Joe said he’d followed our work for some time, never thought it would develop as it did, came to respect what we were about and ‘We want you here.’ Molly’s Angels was offered a small office, rent-free, in the Gasser Building out of which to operate.”

“We needed someone to be in charge. I had no intention of leading the group; I didn’t think I had the needed skill. Then JoAnn Busenbark and others said, ‘You have to – because you have the knowledge’ ... so I guess I had to.” For the next 20 years, beginning in May 1999, Fran served as the Executive Director of Molly’s Angels, retiring in 2019.

Stalwart helpers kept things going. In 2002 the final iteration of Molly’s Fish and Chips restaurants opened as Molly’s Angels Café, a non-profit organization, located in the same space on Jefferson Street, owned by George Altamura, that had housed the previous fish and chips establishment. The café was staffed by volunteers, including teens who developed their culinary and hospitality skills with the guidance of Molly, Fran and others involved in creating this extraordinary enterprise.

Fran now divides her time between Napa and Petaluma where her grown children reside, travels on occasion, continues to be a champion for those in their later years and happily serves as an alternate on the ACOA. She still gets together with her grade school and high school friends.

Here, there and everywhere

Speaking of Molly's Angels, reserve your place now for ***Molly's Angels Crab Feed!***
This fundraiser is set for Saturday January 24, 2026 at 5:30 pm, Yountville
Community Center.

More information on the attached flyer or go to

<https://give.mollysangelsevents.com/mollysangels26/Campaign/Details>

molly's ♥ angels



SATURDAY, JANUARY 24, 2026

5:30 PM

YOUNTVILLE COMMUNITY CENTER

6516 Washington St, Yountville, CA 94599

Benefiting Molly's Angels
Supporting Napa County Seniors
Neighbors Helping Neighbors

PURCHASE TICKETS
TODAY AT
WWW.MOLLYSANGELS.COM



To volunteer or
learn more, write to
dsmith@mollysangels.com

2026 Black Men's Brain Health (BMBH) Conference

This is the fifth in an annual event series hosted during Super Bowl Week and funded by sponsors such as the Alzheimer's Association, the National Institute on Aging, and the NFL Alumni Association.

Pre Conference: February 2, 2026 ~ Conference: February 3-4, 2026 ~ Player Networking Event: February 6, 2026

The BMBH Conference Series aims to address brain health disparities among Black men, focusing on cognitive aging, Alzheimer's disease, and sociocultural impacts, by convening experts, practitioners, and community members. Learn more and register at <https://www.mensbrainhealth.org/2026-conference> (See flyer)

Instagram up and running

Thanks to ACOA Member Cathy Khan's advocacy and the enthusiastic response of others, we now have an Instagram page up and running. Check it out www.instagram.com/acoacareshare/

Why Instagram? Here's one take from Jennifer Regala, Director of Publications/Executive Editor at the American Urological Association, "It's a well-curated, mostly polite, aesthetically pleasing haven. Instagram ... can allow for accessibility to content and community in an entirely different way."

It's quick and easy to access, updated frequently and welcomes messages.

In addition to Instagram, take a peek at our Facebook page

www.facebook.com/acoa.napa.solano/

AgeWell, our informative, long-form newsletter, continues as a quarterly publication.

Senior Legislature Report



Report from Richard White, Member, CSL

The legislative cycle for 2025 is closed for the year and resumes on January 5, 2026. This is the second cycle of the 2025-2026 legislature. February 20 is the deadline for submission of bills. Thus, important work takes place early in the year. Access the tentative legislative schedule at <https://www.senate.ca.gov/legislative-deadlines-calendar>

CSL members scheduled meetings with state legislative staff during November and December to seek sponsorship of one or more proposals as a bill.

Here are the current priorities for the CSL in the coming session. (Source: October 24, 2025, California Senior Legislature Press Release)

Members will advocate diligently during the 2026 legislative session to have state lawmakers support these priorities. Each priority has the Governor's Master Plan for Aging (MPA) goal referenced. mpa.aging.ca.gov/

The following were listed as the top ten State Legislative proposals:

SP-1: Medi-Cal Personal Needs (Senior Senator Helen Lopez, El Centro, CA; MPA Goal # 2)

This measure would increase the personal needs allowance from \$35 to \$50 per month and require that the amount be increased annually up to the amount of any cost-of-living adjustment implemented by the United States Social Security Administration.

AP-1: Caregiving Grandparents: Handbook (Senior Assembly Member Mark Cox, El Centro, CA; MPA Goal # 5)

This measure requests that the California Department of Aging and State Department of Social Services provide a bilingual handbook, modeled after the county of San Diego Handbook for grandparents raising grandchildren and other relative caregivers, that provides relative information and resources on the caregiving of dependent children for Child Welfare Agencies, County Area Agencies on Aging and caregiving grandparents.

SP-2: Older Adult Education: Local Public Health Departments (Senior Senator Steve Lipson, El Cerrito, CA; MPA Goal #3)

This measure authorizes local Public Health Departments to establish older adult education programs that include, among other things, communal meals and instruction in digital literacy and access to technology, fall prevention and physical activity.

AP-8: Seniors: Fall Prevention: Lighting (Senior Assembly Member Richard White, Vacaville, CA; MPA Goal #2)

This measure (1) requires the adoption, design, development, and implementation of a comprehensive program to support and fund the installation of improved lighting in the homes of eligible older adults, and requires the inclusion of funding for specific lighting products that will improve visibility.

AP-2: Personal Income Tax: Senior Child Care Tax Credit (Senior Assembly Member Mark Cox, Yucaipa, CA; MPA Goal #5)

This measure establishes an income tax credit for qualifying seniors of \$2,500 for each claimed dependent under 18 years of age.

AP-9: Area Agencies on Aging: Electronic Device Tracking (Senior Assembly Member Richard White, Vacaville, CA; MPA Goal #3)

This measure requires the Department of General Services and the Department of Technology to revise the State Administrative Manual to designate electronic devices purchased by certain local agencies as non-sensitive and non-high risk and to exempt Area Agencies on Aging from annual inventory tracking requirements.

AP-5: Senior Welfare (Senior Assembly Member Rob Holt, Chico, CA; MPA Goal #5)

This measure would create a Senior EBT Card exempting eligible seniors from state and local sales and use taxes on all purchases.

AP-3: Master Plan for Aging: Caregiving: Grandparents (Senior Assembly Member Mark Cox, Yucaipa, CA; MPA Goal #4)

This measure would require the California Department of Aging, California Health and Human Services Agency, Department of Justice, and State Department of Social Services to add an initiative to the Master Plan for Aging to address the issues and expenses associated with being a caregiving grandparent.

AP-4: Automatic External Defibrillators (Senior Assembly Member Milissa Meyer, Indian Wells, CA; MPA Goal #2)

This measure requires a senior center or community center providing activities to 50 or more people who are 55 years of age or older, to obtain and maintain an Automatic External Defibrillator.

AP-7: Food Labeling Country of Origin (Senior Assembly Member Helen McBrady, El Cajon, CA; MPA Goal #2)

This measure mandates the clear and conspicuous disclosure of the country of origin on the principal display panel of all imported or domestically packaged food products to promote transparency, traceability and consumer safety.

STATE OF CALIFORNIA

CALIFORNIA SENIOR LEGISLATURE

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Phone (916) 767-4382

www.4csl.org

For additional information contact Janice Bailey, Executive Director, at (916) 767-4382 or jbailey@seniorleg.ca.gov

About the CSL

The California Senior Legislature was created in 1980 by the California Legislature. It is a shadow legislature of 80 Assembly persons and 40 Senators, who propose and debate bills on health care and long-term care, elder abuse, affordable housing, transportation, and other issues affecting older adults. The top 10 state proposals and four federal proposals are voted on in an annual session every October. These priorities are then considered by elected legislators. Many CSL proposals are formally introduced into their respective legislative body. <https://4csl.org/about-the-csl/>

Matters of health and well-being



(1) Honoring the Patient Voice: Partnering with Older Adults to Improve Health

Keeping older adults well isn't just good health policy—it is smart economic policy

Here's an excerpt from a Milken Institute publication authored by Sarita Mohanty, MD, CEO of The SCAN Foundation, October 29, 2025.

What if we required every major aging policy decision to pass a simple test: Does this align with what older adults say they want for their lives? Imagine if the Centers for Medicare and Medicaid Services, state governments, and insurers competed on how well they honored the patient's voice, just as companies compete on customer experience. The payoff could be profound: better health outcomes, lower costs, and a system predicated on dignity and equity.

As a physician, I know the exam room is rarely just a place to discuss blood pressure with my patients. It's also a safe space to consider what matters most: Can my patients arrange transportation for a follow-up visit? Do they have any travel coming up? Do they live alone, or is someone helping them at home?

To support my patients, I must listen carefully and tailor care to their real lives. This “reciprocal” clinical approach applies at the systems level as well. When we design programs around what older adults say they want and need, they are more cost-effective and lead to better outcomes. Unfortunately, that's not how most of our health and aging systems are built.

Research from the LeadingAge LTSS Center at Univ Mass Boston and Community Catalyst, funded by The SCAN Foundation, shows that ignoring older patients' preferences led to:

Above-average inpatient costs.

An additional \$1,189 in two-year Medicare spending per person—equaling \$38 billion in excess costs from 2014 to 2020.

The analysis also found that older Black and Hispanic adults were significantly less likely to have their preferences honored and more likely to receive high-cost, low-value care. As one interviewee for the project said, “I feel less comfortable when a provider seems rushed, dismissive, or uninterested in my concerns.”

Learn more about the Milken Institute's Future of Aging platform at <https://milkeninstitute.org/health/future-aging>

Learn more about the Leading Age Center at www.ltsscenter.org/ and SCAN at www.thescanfoundation.org/

Thanks to Riitta DeAnda for bringing this pertinent article to our attention.

(2) Ten Ways to Love Your Brain

Resources about Alzheimer's abound. "Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits"

<https://www.alz.org/> For a quick look at practical personal action take a look "Ten Ways to Love Your Brain".

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.™

(3) Ten Tips for Aging Well

Health in Aging Foundation of the American Geriatrics Society has this to say:

“Simply living longer is not enough. What we really want is to live longer well, staying healthy enough to continue doing the things we love. While having good genes certainly helps, a growing body of research suggests that how well you age depends largely on you and what you do. Fortunately, research also finds that it is never too late to make changes that can help you live a longer and healthier life.”

Check out [Tips for living longer and better](#)



10 Tips for Aging Well

Simply living longer is not enough. What we really want is to live longer well, staying healthy enough to continue doing the things we love. While having good genes certainly helps, a growing body of research suggests that how well you age depends largely on you and what you do. Fortunately, research also finds that it is never too late to make changes that can help you live a longer and healthier life.

Here, from the American Geriatrics Society's Health in Aging Foundation, are ten tips for living longer and better:

Eat a rainbow

You need fewer calories when you get older, so choose nutrient-rich foods like brightly colored fruits and vegetables. Eat a range of colors— the more varied, the wider the range of nutrients you're likely to get. The longest-lived and healthiest people in the world eat primarily a whole-food, plant-based diet. Vegetables, legumes, fruits, nuts, and seeds form the basis of this diet. Limit red meat, dairy, and other animal products. And choose whole grains over the refined stuff.

Sidestep falls

Walking at least 30 minutes a day, three times a week can help you stay physically fit and mentally sharp, strengthen your bones, lift your spirits— and lower your risk of falls. Aim for about 7,500 steps per day for the most benefits. Aim to bring more activity into your daily routine (such as parking farther away from the store, or taking the stairs instead of the elevator). Preventing falls is important because falls are a leading cause of fractures, other serious injuries, and death among older adults. Bicycling, dancing, and jogging are also good weight-bearing exercises that can help strengthen your bones. In addition to exercising, get plenty of bone-healthy calcium (from food sources) and vitamin D daily.

Toast with a smaller glass

The amount of alcohol that is safe to drink changes as we get older. Adults over age 65 who are healthy and do not take medications should not have more than 3 drinks on a given day or 7 drinks in a week. (A drink is 1.5 oz of hard liquor, 6 oz of wine, or 12 oz of beer.) If you have a health problem or take certain medications, you may need to drink less or not at all. Since alcohol can interact with certain drugs, ask your healthcare professional whether any alcohol is safe for you.

Get your shots

They're not just for kids! Must-have vaccines for older adults include those that protect against pneumonia, tetanus/diphtheria, shingles, and the flu, which kills thousands of older adults in the US every year.

Know the low-down on sleep in later life

Contrary to popular belief, older people don't need less sleep than younger adults. New recommendations from the National Sleep Foundation suggest 7 to 8 hours of shut-eye a night. If you're getting that much and are still sleepy during the day, see your healthcare professional. Sleepiness may be related to your medications or your mood. You may have a sleep disorder called sleep apnea that can increase your risk of developing heart disease.

Flatten your (virtual) opponent, sharpen your mind

Conquering your adversary in a complex computer game, joining a discussion club, learning a new language, and engaging in social give-and-take with other people can all help keep your brain sharp, studies suggest.

Enjoy safer sex

Older adults are having sex more often and enjoying it more, research finds. Unfortunately, more older people are also being diagnosed with sexually transmitted diseases. To protect yourself, use a condom and a lubricant every time you have sex until you are in a monogamous relationship with someone whose sexual history you know.

Get your medications checked

When you visit your healthcare professional, bring all of the prescription and over-the-counter medications, vitamins, herbs and supplements you take. You can also bring a complete list that notes the names of each, the doses you take, why you take them, and how often you take them. Ask your healthcare provider to review everything you brought or put on your list. Your provider should make sure they're safe for you to take, and that they don't interact in harmful ways. The older you are, and the more medicines you take, the more likely you are to experience medication side effects, even from drugs bought over-the-counter.

Speak up when you feel down or anxious

Roughly 1 in 5 older adults suffers from depression or anxiety. Lingering sadness, tiredness, loss of appetite or pleasure from things you once enjoyed, difficulty sleeping, worry, irritability, and wanting to be alone much of the time can all be signs that you need help. Tell your healthcare professional right away. There are many good treatments for these problems.

Find the right healthcare professional and make the most of your visits

See your healthcare professional regularly, answer questions frankly, ask any questions you have, and follow your provider's advice. If you have multiple, chronic health problems, your best bet may be to see a geriatrics healthcare professional—someone with advanced training in caring for older adults. (The AGS' Health in Aging Foundation can help you find one at <https://www.healthinaging.org/find-geriatrics-healthcare-professional>.)


HEALTH IN AGING
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THE OFFICIAL FOUNDATION OF
THE AMERICAN GERIATRICS SOCIETY

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DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. July 2019

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(4) Abuse of Older People – World Health Organization Responds

One story of the abuse of an older person is one too many. With knowledge in hand, we can take preventive action individually and collectively to decrease the incidence of abuse.

On June 15, 2022 – World Elder Abuse Awareness Day – WHO and partners set out their five priorities for the UN Decade of Healthy Aging (2021-2030)

- Combat ageism as it is a major reason why the abuse of older people receives so little attention.
- Generate more and better data to raise awareness of the problem.
- Develop and scale up cost-effective solutions to stop abuse of older people.
- Make an investment case focusing on how addressing the problem is money well spent.
- Raise funds as more resources are needed to tackle the problem.

Here's the impetus for addressing the worldwide issue:

- Around 1 in 6 people 60 years and older experienced some form of abuse in community settings during the past year.
- Rates of abuse of older people are high in institutions such as nursing homes and long-term care facilities, with 2 in 3 staff reporting that they have committed abuse in the past year.
- Rates of abuse of older people have increased during the COVID-19 pandemic.
- Abuse of older people can lead to serious physical injuries and long-term psychological consequences.

- Abuse of older people is predicted to increase as many countries are experiencing rapidly ageing populations.
- The global population of people aged 60 years and older will more than double, from 900 million in 2015 to about 2 billion in 2050.

Find more information at [WHO-abuse of older people](#)

(5) Home Sharing

Home sharing offers homeowners and room seekers financial stability, companionship, and even help with light chores. *How homeshare turns spare rooms into support*, the featured article in the December 2025 issue of *Age Watch*, the online publication of the California Commission on Aging, tells of the value of home sharing programs, how they came about and the processes involved for those interested in such a program. <https://ccoa.ca.gov/>

Find information about home sharing in Napa at <https://nvch.org/home-sharing/> Solano County does not currently have a home sharing program in place.

Recipe Central

Vegetarian Chili – Courtesy of Fern Yaffa

Ingredients:

1 Tbsp. extra-virgin olive oil

1 medium yellow onion, chopped

1 red bell pepper, seeds and ribs removed, chopped

2 carrots, finely chopped
3 cloves garlic, finely chopped
1 jalapeño, finely chopped
1 Tbsp. tomato paste
1 (15.5-oz.) can black beans, drained, rinsed
1 (15.5-oz.) can kidney beans, drained, rinsed
1 (15.5-oz.) can pinto beans, drained, rinsed
1 (28-oz.) can fire roasted tomatoes
3 cups low-sodium vegetable broth
2 Tbsp. chili powder
1 Tbsp. ground cumin
2 tsp. dried oregano
Kosher salt
Freshly ground black pepper
Shredded cheddar, sour cream, and fresh cilantro, for serving

Preparation:

Step 1 - In a large pot over medium heat, heat oil. Add onion, bell pepper, and carrots and cook, stirring occasionally, until softened, 7 to 9 minutes. Add garlic and jalapeño and cook, stirring, until fragrant, about 1 minute.

Step 2 - Add tomato paste and stir to coat vegetables. Add black beans, kidney beans, pinto beans, tomatoes, broth, chili powder, cumin, and oregano; season with salt and pepper. Bring to a boil, then reduce heat to medium-low and simmer,

stirring occasionally, until slightly thickened and flavors are melded, about 30 minutes.

Step 3 - Divide chili among bowls. Top with cheese, sour cream, and cilantro.

Leftovers can be put into individual serving sizes and frozen.

Let Me Entertain You

Watching

“A Man on the Inside” stars Ted Danson as a retired professor with a knack for snooping. In the character of Charles, he gets a new lease on life when a private investigator recruits him to go undercover and crack a case. Mary Steenburgen, Danson’s wife in real life, adds to the fun in Season 2. Available on Netflix.

Streaming this delightful series is a great way to enjoy fine acting, talented writing, genuine laughter and touching moments.

If you do not have your own Netflix subscription, ask around – you will find someone who does and who will be pleased to enjoy this series with you. Beware, “Betcha can’t watch just one!”

Reading

Making the Best of What’s Left: When we’re too old to get the chairs reupholstered. Judith Viorst, 2025. (Also available as an audiobook read by the author)

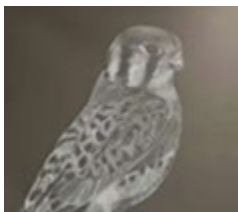
Excerpts from the book jacket:

“[In her career] Judith Viorst has captivated readers with her best-selling books for both children and adults. Now in her nineties, Viorst writes about life’s ‘Final Fifth’ with her signature blend of humor and vulnerability, inviting readers to laugh and to commiserate, but above all to be grateful for the moments we have left to share.

“With ageless wit and compassion, Viorst navigates the terrain of loss. It’s a delicate dance between grief and levity that will resonate with those in their Final Fifth as well as anyone who has parents, relatives or friends in their eighties and beyond. This is Judith Viorst at her best.”

My bookshelf holds many of Judith Viorst’s charming publications such as: *How did I get to be 40*, *Forever 50*, *Suddenly 60*, *I’m too young to be 70* and *Unexpectedly 80*.
(Lynne Baker, ACOA)

Poetry Corner



I wish I was a Peregrine falcon,
Flying high without a sound,
Searching from the lofty sky
For unsuspecting quarry on the ground.

Then diving on a vertical speedway.

To a succulent,

Feathered,

Feast day.

And after his appetite is sated,

A return to the skies initiated,

He soars again below the clouds,

Blessed with sight and flight,

With lightning speed endowed.

*“Surely he will save you from the fowler’s snare
and from the deadly pestilence.”*

Psalms 91:3 NIV

- Alan Werblin

Thank you to Jaylene Capuchino Gutierrez, College Intern with Solano Public Health, for putting the newsletter together!

Napa/Solano Area Agency on Aging

www.aaans.org

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