

## Budgeting for a Better Life

**F**inancial stress can be hard on everyone. How are you coping with the current economy? Are you struggling to decide which bills to pay each month? Many of us are experiencing the stressful effects of not enough money at the end of the month. No matter what your age, this free workshop will provide you with the tools to manage your financial resources better and increase your peace of mind. The facilitator is Dustin Deason, banker with Citibank.

The Class is provided by a grant from Citibank for community education purposes only on Monday, October 15 from 6 to 8 PM at Jewish Family and Children's Services, 1360 N. Dutton Ave., Suite C in Santa Rosa. Call Anita at 707.571.2048 to enroll. This is an educational class. No products or services will be sold.

### Seniors • At • Home Services: "Better Care Begins at Home"

**B**e the Wheels for JFCS RIDES For many isolated seniors and adults with disabilities, getting around in their communities is a huge challenge. You can help! Seniors At Home, a division of JFCS, is seeking volunteer drivers for our JFCS RIDES program. You can make a big difference in seniors' lives by driving them to medical appointments or helping with grocery shopping—it only takes a few hours a month! Flexible hours and excellent training are provided. Mileage is reimbursed, if desired. For more information, contact Vicki Wedegaertner at 707.303.1532 or VickiW@jfcs.org.

### Senior Companion Volunteers

Bring a smile into a senior's life. Seniors At Home is seeking volunteers to provide companionship and support to seniors through our weekly visiting program.

Hours are flexible, and in just four hours a month—an hour each week—you can brighten the day of an older adult in your community, whether it's taking a walk together, having coffee, or lending an ear. For more information, contact Vicki Wedegaertner at 707.303.1532 or VickiW@jfcs.org.

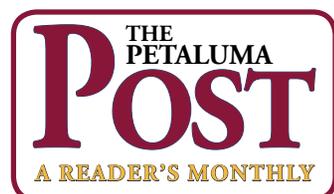
### FREE Legal Consultation

Half-hour consultations with elder law attorney Janice Sternfeld are available on the first Thursday of each month, from 10:00 AM – noon. Consultations for seniors or their family members may cover advance health care directives, planning for incapacity, conservatorships, estate planning, wills and trusts, probate, special needs trusts, and public benefits (including Medi-Cal and veterans' benefits). Contact Anita at 707.571.8131 or AnitaW@jfcs.org to schedule an appointment.

### Free! Advanced Health Care Directive Workshop

Learn what you need to know about advance care planning, choose an agent to represent you, and put your wishes in writing. Taught by Dr. Margaret Marquez and attorney Janice Sternfeld. Co-sponsored by Seniors At Home, JFCS' senior division. Tues., Oct. 9, 10:00 AM to noon, at Kaiser Permanente, 401 Bicentennial Way, Santa Rosa. You don't have to be a Kaiser member to attend. To register, call

707.393.4167 or 707.566.5277.



# COMMUNITY

## Petaluma Dental Group's Cash for Candy a Popular Post-Halloween Event

**T**urn that surplus Halloween candy into a money-maker at Petaluma Dental Group's popular fourth annual post-Halloween Cash for Candy day, Thursday, November 1, from 3 to 6 PM at its new offices, 1301 Southpoint Boulevard in Petaluma.

At \$1 a pound for donors, Petaluma Dental Group owner Dr. Yolanda Mangrum is hoping to equal or better last year's successful buyback of 1,000 pounds of candy.

"With this fourth year of our hosting this program, we think the community is becoming more aware of this event, and consequently more aware of our effort to combat juvenile obesity and diabetes," notes Dr. Mangrum. Pointing out that

annual sugar consumption in the United States has jumped to 50,000,000 tons of sugar, she notes that just this effort in Petaluma can open the eyes of a lot of people to the prudence of eating a minimum of Halloween candy.

Along with the actual candy weigh-in and buyback will be a mini-festival event including raffle prizes, a jumpy house, family related business booths, t-shirts, face painting and more. Potential interested sponsors are invited to contact CASH4CANDY at 707.772.9259 for more information on participating. All proceeds will be donated to the Petaluma Educational Foundation and the Juvenile Diabetes Research Foundation.

Petaluma Dental Group is also excited for the public to discover its new offices in the fully refurbished building at 1301 Southpoint Boulevard. With state-of-the-art equipment and a well-lit roomy, modern design, particular attention was made to incorporate eco-friendly LEED® certified construction materials and utilize 90 percent recycled or reused materials from the former building at this location. There is also a community garden and children's play area on the premises.

Information will be available about membership in Petaluma Dental Group's Plan for Health—a new and unique way to have affordable dental care all year around at an affordable price.

## The Office You Wish You Had is Here at WORK

**M**ost professionals have experienced the freedom that modern mobility can offer. A laptop, a high speed internet connection and a cell phone can allow so many of us to work almost anywhere.

Often this turns into the dining room table or the local coffee shop. At first, this seems great. But eventually the downside sets in. Working from home can lead to raiding the refrigerator or folding the laundry or just plain never getting out of your PJs and having only the cat to talk to. Not the most professional, productive or satisfying workday, so you head out in search of a better place to work. The café perhaps? Fine for a while, but how can you avoid the distraction of that crazy conversation at the table next to you? What happens when

a client calls and the espresso machine fires up? And how long is it really acceptable to occupy a table on one cup of coffee and just how many cups can one person drink in a day?

Petaluma couple Natasha Juliana and Matt Moller experienced all of these problems and decided to do something about it.

The solution: WORK-An independent modern workspace that has brought the burgeoning concept of co-working to the heart of beautiful downtown Petaluma. Across the Bay Area and around the world freelancers, entrepreneurs, and commuters are recognizing the advantages of a shared local workspace. Increased productivity, greater professionalism, expanded networks, and higher quality home life are some of the valuable benefits this

affordable office alternative can offer.

Just opened this summer, WORK provides a wide range of options to suite your needs. Schedule an ad hoc meeting or join as a Meeting Room Member to enjoy multiple hours per month. Drop in to work just for the day, become a Full or Part-Time Co-working Member or even become a Resident and have your own permanent desk.

Stop in for a tour of this stylish new shared workspace at 10 Fourth Street (next to the museum) and take advantage of a FREE two day trial or two hour conference room rental so that you can experience for yourself just how great WORK can be.

Learn more at [workpetaluma.com](http://workpetaluma.com) and sign up to get in the loop so you'll be the first to know about an array of upcoming fun and educational events at WORK.