

Puzzle – from page 4

21. After Opus
23. He said, “Nobody goes there anymore. It’s too crowded.”
25. Scratch out, as a living
27. Below zero: abbr.
29. Jazzman Adderly
30. Game with slamming
31. 1965 Lennon song that was one of the first Beatles songs not about romance. He wrote it out of frustration with himself for not coming up with song ideas (ironically)
32. Ingest
37. Tattler
39. 1968 Lennon song written in India when he having insomnia from so much meditation (more irony)
41. Parts of la casa
43. Feather or rosy
45. Prior to the bard
46. Source of some corny jokes
48. BFF
50. Often follows a dot
52. 1965 McCartney song inspired by all the Little Richard songs the band had covered
53. It’s a painful thing to have scratched
55. 1966 Harrison song written after he saw most of his income get taken by a certain entity
57. Kind of scene outside of most Beatle concerts
60. They’re always looking forward to something
63. Late actress Rowlands
65. An up and coming band’s foot in the door
67. Babylonian god of order and cosmic being
68. 1965 Lennon tune that he wrote to an archetype of a woman who he said was later manifested in Yoko
69. Organic carbon compound
71. Dept that has been downsized under Trump
72. Operated

Answers on page 9

Woodland – from 1

The school has recently been granted the designation of “Public Waldorf School” by the Alliance for Public Waldorf Education, marking its transition from a Waldorf-inspired program to a fully recognized Public Waldorf school. As a tuition-free public charter school open to all, Woodland Star continues to see students thrive. Now in its third year on the Dunbar campus in Glen Ellen, the school carries out its mission in an inspiring natural setting that supports its educational approach.



Healthy Aging

Memory care vs. assisted living: What families need to know

By Raj Kalra, MD

After a loved one begins to experience memory loss, many families find themselves asking an important question: Is assisted living enough, or is it time to consider memory care?

It’s a decision that can feel overwhelming, especially because the differences between the two are not always clearly understood. Both provide support, but they are designed for very different needs.

Assisted living communities are built to help older adults with daily tasks such as meals, medication reminders, and personal care. These environments can be a great fit for individuals who are largely independent but need some additional support to maintain their routine.

Memory care, on the other hand, is specifically designed for individuals living with Alzheimer’s disease and other forms of dementia. The difference is not just in the level of care — it’s in the entire approach.

In memory care, the environment is structured to reduce confusion and promote a sense of calm. Staff are trained in dementia-specific care, understanding how to respond to changes in behavior, communication, and cognition. Safety features are thoughtfully integrated, helping to prevent wandering and reduce the risk of falls. Daily programming is tailored to support cognitive engagement, emotional well-being, and a sense of purpose.

While assisted living may seem like the natural first step, it is not always the best long-term solution for someone with progressive memory loss. Families often find that as dementia advances, their loved one requires a level of structure and supervision that assisted living is not designed to provide.

One of the most common challenges I see as a physician is that families wait too long to make the transition to memory care. The move often happens after a crisis — a fall, a hospitalization, or a moment when safety can no longer be managed at home or in a less structured environment.

Transitions made during a crisis are often more difficult. The individual may be more confused, less adaptable, and more resistant to change. In contrast, when a move to memory care is made earlier, while a person can still participate in the process, the adjustment tends to be smoother. Familiar routines

Continued on page 9

Call to Local Artists!

Glen Ellen Village Fair is looking for artist submissions for this year's poster design!

The Glen Ellen Village Fair is October 11, 2026 and we want you to submit an 11"x17" poster design!

Winner will be chosen by committee vote!

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Text to include: “Glen Alien Village Fair”, “Return of the Mothership”, “October 11, 2026”, “12pm-5pm”, “Glen Ellen, CA”

Submission Deadline: May 31, 2026

There is no cash prize for this contest.

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Memory care – continued from page 5

can be established, relationships with caregivers can develop, and a sense of comfort can take root more naturally.

This does not mean there is a single “right” time for every family. Each situation is unique. But it does highlight an important idea: memory care is not simply a last resort — it is a proactive form of support designed to meet a person

where they are.

Families are often surprised by the positive changes they see after a thoughtful transition. With meals provided, medications managed, and compassionate care always available, residents can focus on the simple rhythms of daily life. Many begin to engage more, smile more, and rediscover moments of joy that had become harder to find.

Puzzle Answers – continued from page 5

H	E	L	P		A	L	A	M	O		A	D	I	T
I	C	E	E		J	U	L	I	A		O	A	T	H
V	O	N	N		A	R	E	S	T		N	Y	S	E
E	L	A	N	D		E	V	E		B	E	T	T	E
		Y	E	E		E	R	N	E		R	E	N	
N	U	N	L	I	K	E		Y	E	R		I	N	D
A	N	O	A		E	A	R		G	R	I	P		
T	O	W	N	S		T	A	B		A	M	P	E	D
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I	C	E		L	A	T		A	R	M	O	R	E	D
M	O	R		A	L	A	S		G	O	T			
D	R	E	G	S		X	E	D		B	I	N	G	E
O	N	M	E		E	M	E	E	R		R	A	I	N
W	E	A	N		P	A	R	M	A		E	B	R	O
N	A	N	A		A	N	S	O	N		D	U	L	L

Choosing between assisted living and memory care is ultimately about understanding the needs of your loved one today — and anticipating what those needs may become over time.

Taking the time to visit communities, ask questions, and learn about different

models of care can provide clarity and peace of mind.

At its core, this decision is not about giving something up. It is about creating an environment where your loved one can live safely,

comfortably, and with dignity — supported by a team that understands the journey of memory loss and is there every step of the way.

Dr. Raj Kalra is a board-certified physician in physical medicine and rehabilitation, pain medicine, lifestyle medicine, and obesity medicine, and the founder of

One of the most common challenges I see as a physician is that families wait too long to make the transition to memory care.

Aroha Memory Care by MD Senior Wellness — a memory care community in Sonoma Valley that integrates lifestyle medicine and wellness into senior living. For more information, visit www.arohamemorycare.com.

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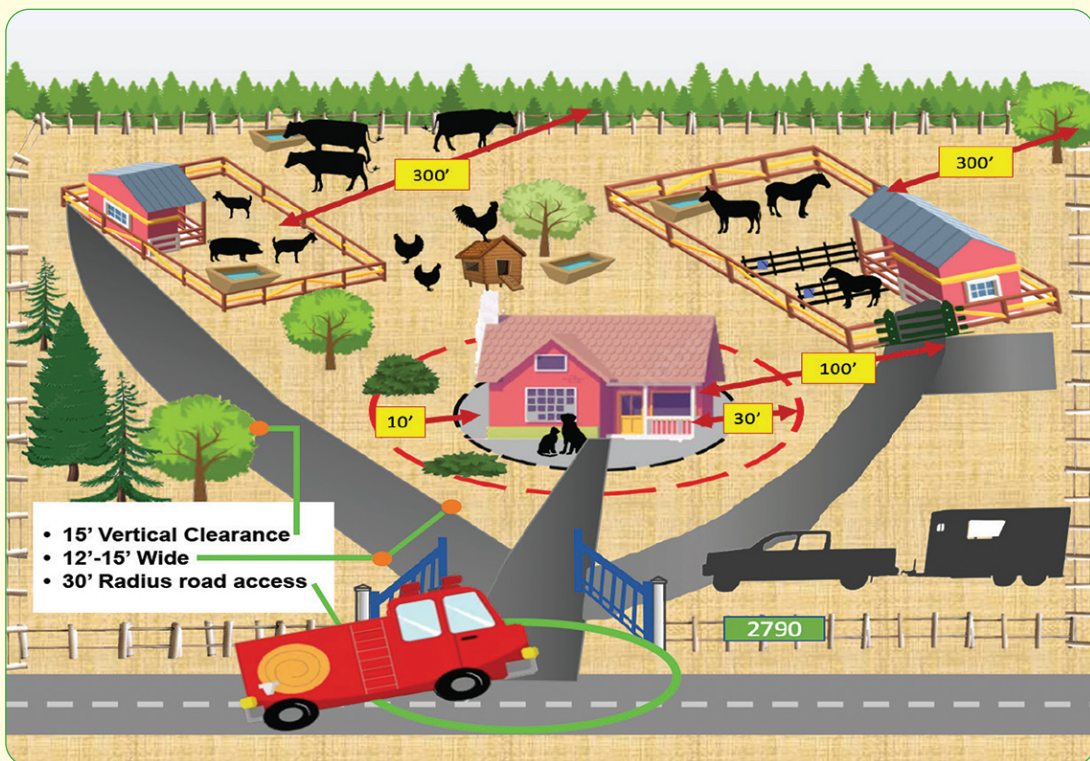
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For information and resources, visit: www.readyforwildfire.org for a custom preparedness plan

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