5,000 Reasons to Love My Job

The theme of this edition of the Whistlestop Express is centered on how Whistlestop enriches the lives of older adults. Their stories are both inspiring and encouraging. I am completing my seventh year as CEO for Whistlestop and, like our clients, I too am thriving and loving my job.

What’s not to love? I get to work with an incredible staff of over 175 dedicated people who day in and day out provide valuable human needs services to Marin’s older adults and individuals with disabilities. Whether someone needs a ride, a meal, social connection, or information and assistance, our caring staff is there for them. I admire our staff’s patience and compassion for each and every client we serve; they are all truly inspirational. I’m fortunate to be able to call them my coworkers.

Whistlestop is blessed to have over 190 active volunteers who support our efforts to ensure that every adult in Marin has the opportunity to age with dignity, independence, and grace. The majority of our volunteers are themselves older adults helping others thrive in our community. Whether it’s serving a lunch at Jackson Café, delivering meals to homebound individuals, driving someone to their doctor’s appointment, handing out food at our Brown Bag Pantry, teaching a class, leading a group activity, or staffing the Information and Assistance desk, Whistlestop’s volunteers are always there for our clients with a helping hand and a smile on their face. We would not be able to help the 5,000 clients we serve without the over 16,000 donated volunteer hours from this very special group.

One of the things I love best about my job is having the opportunity to personally thank the thousands of donors who support Whistlestop’s mission. Their ranks have grown significantly during the past five years. Without the generous financial support from the community, we would not be able to manage the growth in demand for Whistlestop’s services. An increasing number of older adults are able to thrive in our community thanks to the generosity and support of our donors.

Most importantly, I love my job because I get to interact with some amazing and inspirational older adults who are Whistlestop participants. When I’m having a particularly challenging day at the office, I sometimes get up and walk around our Active Aging Center to experience the thriving environment. I may observe a lively Zumba class and feel the energy. Then I’ll drop by the computer lab and watch a young adult helping an older adult learn how to use an iPad. I also like to eavesdrop on one of our many multicultural group activities and listen to the variety of languages spoken. There is laughter and engagement throughout the center, and it is invigorating.

Love my job? You bet I do. I can count 5,000 reasons every day.

Joe O’Hehir is Chief Executive Officer of Whistlestop.
Imagining a gym, a place to learn Italian and the latest computer apps, a dance hall, a friendly café and a place to play mahjongg — all under one roof. There is such a place in San Rafael, at 930 Tamalpais Ave. It’s called Whistlestop and it has been providing all of these services plus convenient transportation and much more to older adults in Marin County for more than 60 years.

Whistlestop’s Active Aging Center is at the heart of Downtown San Rafael and provides a vibrant, creative heartbeat of activity for older adults who are aged 60 and above — some well into their 90s.

For those who find themselves isolated in their homes, Whistlestop can be a miracle tonic. You never know what kind of fun you might run into when you go visit. Like the day that Irma and three adorable puppies.

Promoting Active and Independent Lives

By JOHN BOWMAN

Our team of senior care specialists at Independent Senior Care will provide your loved ones with dedicated care and attention at home.

We will provide the following services:

- Meal preparation
- Medication reminders
- Assist with light exercise
- Personal care assistance
- Errands and appointments
- Monitor conditions of the home and individual
- Friendly companionship and conversation
- Vacation and Respite care

These and many more home care solutions can be brought to you at home. For a customized care plan, please set an appointment with our care coordinator. We will be happy to meet you in person for a consultation.

Call us at 415-246-6285 for assistance
www.independentseniorkareca.com

Skilled Nursing:

Where the only thing you have to worry about is getting better.

Recovery from surgery or illness can be difficult on patients and families. That’s why there’s NCPHS Medicare Certified skilled nursing care.

At our facilities, patients benefit from 24/7 post-operative care, wound therapy, enteral care, pain management and an extra dose of compassion.

Our team includes RN’s, LVN’s, Certified Nursing Assistants, Rehabilitation Therapists and Dieticians. We are dedicated to helping patients get well, both physically and emotionally. To learn more, call 415.351.7956, or email Janey Dobson, MPH at jdobson@ncphs.org.
Why Volunteer? Compelling Reasons

By MARTY ORGEL

We asked our members, how does Whistlestop enrich your life?

Joy

Joy, who volunteers in Jackson Café serving lunches, says, “Whistlestop is a good, healthy environment for me. There’s always someone here for me to talk with. That’s important to me. Volunteering makes me feel like I’m giving back to my community.”

Dave

“I get to meet with nice, friendly people all day long when I make Meals on Wheels deliveries. It makes me happy to see all of these wonderful people. I feel proud to be able to make such a contribution.”

Anne Marie

Anne Marie, who staffs the Information Desk on Tuesdays and Wednesdays, says, “I love Whistlestop. I get to get all dressed up and get out of the house. This is important to me, because without Whistlestop I’d probably be stuck at home all day long.”

VOLUNTEER ANNOUNCEMENTS

Email volunteer@whistlestop.org or call 415-456-9062, ext. 117.

CarePool Volunteer Drivers
Provide round trip rides to ambulatory older adults to the doctor or grocery store. Use your own car and receive ride requests through email. Drive on your own schedule.

Jackson Café Servers, Cashiers
Jackson Café provides older adults nutritious meals at an affordable price. Café volunteers greet, serve and support social interaction.

Meals on Wheels Drivers
Meals on Wheels volunteer drivers are needed to deliver meals to homebound older adults. A valid California Driver’s License and a clear DMV report, a reliable vehicle and current insurance certificate are needed.

VOLUNTEER OF THE MONTH

Janis Walsh

Janis was born in the beautiful state of Rhode Island but jumped at the chance to come out to California in 1977. Marin is where she raised her children and still lives happily with her husband, Lee.

After 34 years of managing college bookstores, Janis retired from Contra Costa College in 2011. In January 2012, she began volunteering at Whistlestop. At first she delivered for the Meals of Marin program. After a realignment of shifts, she now delivers for the larger, Meals on Wheels program every Wednesday morning.

Many people living in Marin have a narrow view of the county. Janis finds it humbling to see another side of Marin, which is mostly invisible. The county has a significant and growing population of older adults living alone on fixed incomes, unable to drive or get out of their homes, who are in need of help.

Janis finds great pleasure doing something positive with her time. Delivering meals allows her to drive around to different neighborhoods and meet new people. Sometimes, the volunteer will be the only person the recipient will have contact with all day, and just asking how they are doing and giving a warm smile is all that is needed to make someone’s day.

Janis is also a loyal Whistlestop Home Delivered Grocery volunteer. Every Thursday she picks up a grocery order sent in by a homebound senior, shops with Whistlestop’s volunteer group at the local grocery store and delivers the groceries. This is a very personal interaction and some of the volunteers, Janis included, develop close bonds with the people they shop for.

In addition to volunteering at Whistlestop, Janis also volunteers for Experience Corps where she helps first grade teachers learn ways to teach literacy and reading skills. If this was not enough, when Janis’s husband retired recently, she “volunteered” him to drive on another Meals on Wheels route and also to join the newly formed CarePool volunteer driver program. Sometimes they drive and shop together.

Erika Vaughn, Meals on Wheels Coordinator says: “When I think of our volunteer Janis Walsh, the words which come to mind are ‘helping, caring, understanding’ -- someone who will always be there when you need them. She is, without a doubt, one of the most giving individuals I have ever known.”
Second Annual Whistlestock Fast Approaching

Can you imagine anything better than last year’s Whistlestock concert in Marin County? How about the second annual event planned for Sunday, Sept. 27, at Rancho Nicasio?

Whistlestock 2015, a benefit concert for Whistlestop, promises to be another day jammed with whimsy, nostalgia, rocking music and high energy dancing. And there’s more – the second annual costume contest and a delicious barbecue. Some of your favorite groups from the 60s will be playing music from 3 to 6pm. Gates will open at 2pm at 1 Old Rancherita Road in Nicasio.

Tickets are still available at whistlestock.com, but remember, lots of people attended the event a year ago. It was a rollicking sold-out affair attended by what SFBAM magazine described as “grayhairs to grandkids.”

One of the day’s highlights came when the Ace of Cups, the legendary all-woman rock band from the Bay Area, performed an a capella jingle they composed especially for Whistlestop, including our website address at the end. This is an exciting and carefree way to support the many ways that Whistlestop serves the older adult community in Marin, which has been its role since 1954.
To become a member, pick up an application at the front desk at Whistlestop, 930 Tamalpais Ave., from 8:30am-5:30pm. To register or for information about any class or service, call 415-456-9062.

### Keep Learning at WHISTLESTOP

#### SPECIAL EVENTS

**Hawaiian Celebration Lunch**  
**Thurs, Aug 13 – Lunch: 11:30am-2 pm**  
**Music: 12-1 pm**  
Fee: Regular menu pricing with FREE entertainment. • To celebrate summer, we will have a special lunch with entertainers Lucina Tison and Sandy Bailey singing Hawaiian favorites, along with traditional dances from Hawaiian dancer Lela! You can choose your favorite dish off of our regular menu, or enjoy a Hawaiian-style entrée and lovely desserts.

**Slavic Cultural Celebration**  
**Thurs, Aug 27 – Lunch: 11:30am-1pm**  
**Music: 12-1pm**  
$8/$10 • Celebrate Eastern European cultures with a lunch of beef stroganoff and borscht, and listen to traditional Slavic songs. Tickets required; purchase by Aug 24.

### HIGHLIGHTED CLASSES & WORKSHOPS

**Keep Your Mind Sharp**  
**Thursdays, Aug 6 & 20, 3:30-5pm**  
$3/5 • Crosswords, musical trivia, and more with Program Manager, Diana Gruhl. Drop-in.

**New – Online Bridge**  
**Mon, Aug 10, 1:30-3pm & Mon, Aug 24, 1:30-3pm**  
$3/$5, Pre-requisite: Knowledge of basic bridge. Instructor, Dave Ripp. Bring your tablet or laptop.

**Intermediate Italian**  
**Thursdays, Aug 20-Oct 22, 1-2:30pm**  
$15/$20  
Instructor, Karen Raccanello. Pre-requisite: Basic Italian instruction.

**Long-Term Care Workshop**  
**Mon, Aug 10, 2-3:30pm**  
Donations Appreciated. Register by Aug 6. • Learn the five most important questions about long-term care. Don Maxon is a Certified Financial Planner and Registered Investment Advisor.

**New Cribbage Club**  
**Wednesdays, starting Aug 12, 2:30-4pm**  
Donations Appreciated • New Cribbage Club for experienced cribbage players.

**Chinese Brush Painting**  
**Fridays, Aug 14 & 24, 2-4 pm**  
$3/$5 • Meditative art of Chinese Brush Painting with Louisa Yee. No experience required; materials provided.

**Beginning & Intermediate Ukulele**  
**Wednesdays, starting August 19 for six weeks, 12:30-1:30 pm**  
Fee: $35 • Maximum 25 participants sign-up soon! • Bring your own ukulele or teacher Fred Riley will lend you one to try and you can also buy one at a discount!

**Legal & Financial Workshop**  
**Tues, Aug 18, 3:30-5pm**  
Donations Appreciated • Registration required: Call 415-472-4340 Alzheimer’s Association’s elder law attorney Lisa Poncia, Marin County, covers living trusts, wills, durable powers for management, healthcare directives and special-needs trusts. For family members and caregivers of an elderly person with dementia.

**Jewelry Class**  
**Wed, Aug 19, 1:30-2:45pm**  
$10 per class/includes materials Registration and payment required prior to class. • Local bead artist Maria Barsesat shows how to make earnings.

**Zentangle**  
**Thurs, Aug 20, 1:30-3pm**  
$3/$5, Advanced registration required. • Zentangle is an easy-to-learn, relaxing way to create beautiful images by drawing structured patterns. Certified Zentangle teacher Paula Egan.

**Salsa/Cuban Dance**  
**Tuesdays starting Aug 25, 3-4 pm**  
$10/12, Cash only/pay per class Learn beginning cha cha, mambo, and rumba with professional dancer Dale Louise Evje. Drop-in.

### NEW/HIGHLIGHTED HEALTH PROGRAMS

**Meditative Massage**  
**Mondays, 3:30-4:30pm**  
$10/$12 • Self-massage and massaging with peaceful meditation, focusing on specific health issues. For singles or couples. Certified Massage Therapist Rabel Mangahas.

**Tai Chi for Health & Well-Being**  
**Wednesdays, 9-10:15am**  
$5-10/$12  
Tai Chi with Calvin Ahlgren. Drop-in.

**Qigong for Health & Happiness**  
**Thursdays, 3:30-4:30pm**  
Fee: $5-$10 sliding scale (per class); $12 non-member • NOTICE: No classes in August. New classes start in September.

### HIGHLIGHTED SUPPORT SERVICES

**Citizenship Class**  
**Starts Wednesday, Aug 5, 3:30-5pm**  
$30/$35 per semester • This six-month class program prepares you for your naturalization test. Contact Marta Villela at 415-456-9062, ext. 131, for details.

**English as a Second Language**  
**Starts Sept 9. Mondays and Wednesdays, 2:30-3:30pm**  
$20/$25 • Basic, Intermediate, Advanced Levels. • Learn English from experienced Canal Alliance teachers. Contact Marta Villela for information and to sign-up: 415-456-9062, ext. 131.

**Multi-Cultural Consultations**  
**By appointment: 415-456-9062**  
Free • Assistance for English and non-English speakers in Spanish, Russian and Vietnamese. Help with applications for social services, healthcare management, citizenship, housing, employment, and federal assistance. Plus translations and referrals. (Possible small fee for translations.)
WHISTLESTOP EXPRESS AUGUST 2015 7

Whistlestop Weekly ACTIVITIES

This Month at Whistlestop Please view our most recent class schedule at www.whistlestop.org/classes/calendar/ or call 415-456-9062 for updates to the schedule.

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
</tr>
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<tbody>
<tr>
<td>9:30–10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–11AM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11:30AM</td>
<td>Russian Social Group</td>
<td>415-456-9062</td>
<td>N</td>
</tr>
<tr>
<td>12:30–1:30PM</td>
<td>Russian Social Group</td>
<td>415-456-9062 x138</td>
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<tr>
<td>1:30-PM</td>
<td>Meditative Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>9:30–10:30AM</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Mah Jongg</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM–12PM</td>
<td>German Social Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:45–11:45AM</td>
<td>Cardio/Yoga Exercise Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11AM–12PM</td>
<td>Manicurist</td>
<td>Appt. Req.</td>
<td>N</td>
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<tr>
<td>11:30AM–12:30PM</td>
<td>French Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>1–2PM</td>
<td>French Social Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Learn Spanish</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Salsa Cuban Ballroom</td>
<td>8/25</td>
<td>N</td>
</tr>
<tr>
<td>9–10:15AM</td>
<td>Tai Chi</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–11AM</td>
<td>Seniors’ Circle</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10:30AM–11:30AM</td>
<td>Persian Social Group</td>
<td>415-472-6020</td>
<td>N</td>
</tr>
<tr>
<td>* 11AM–11PM</td>
<td>Corazón Latino</td>
<td>415-456-9062 x131</td>
<td>N</td>
</tr>
<tr>
<td>12:30–1:30PM</td>
<td>Beg. &amp; Intermediate Ukelele</td>
<td>Ends 8/5</td>
<td>Y</td>
</tr>
<tr>
<td>2:30–4PM</td>
<td>Cribbage Club</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>9–10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–11AM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>12:15–3PM</td>
<td>Vietnamese Social Group</td>
<td>415-456-9062 x129</td>
<td>N</td>
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<tr>
<td>2:45–3:45PM</td>
<td>Balance Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>3–4:30PM</td>
<td>Watercolor Technique</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>3:30–4:30PM</td>
<td>Qi Gong</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Keep Your Mind Sharp!</td>
<td>8/6 &amp; 8/20</td>
<td>Y</td>
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<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
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<tr>
<td>8:30AM</td>
<td>Community Breakfast</td>
<td>Drop-in</td>
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<tr>
<td>11:00–NOON</td>
<td>Brown Bag Pantry</td>
<td>456-9062 x117</td>
<td>N</td>
</tr>
<tr>
<td>1–3PM</td>
<td>ACASA</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Practice Spanish</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Beginning German</td>
<td>Ends 10/2</td>
<td>Y</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Ping-Pong</td>
<td>8/7 &amp; 8/21</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Yoga</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
</tbody>
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* Except for Corazon Latino Group, held weekly at Pickleweed Community Center, all classes are held at Whistlestop’s Active Aging Center, 930 Tamalpais Ave., San Rafael.

TECHNOLOGY

Pre-registration and payment required. To register, Call 415-456-9062. See details of classes online.

August and September COMPUTER CLASSES

iPad/iPhone Basics 1: Getting to Know your Device
Tuesdays, Aug 4 & 11, 10am-12pm (2 classes)
Fee: $48  Maximum 8 people  • In this personalized, two-week course, you’ll be guided through how to make calls, send emails, send texts, and manage applications. A course for those new to the smart phone/wireless device world, each session provides one-on-one help and comes with instructional handouts so you can practice at home. (For Apple devices only)

iPad/iPhone Basics 2: Essential Built-in Applications
Tuesdays, Sept 15 & 22, 10am-12pm (2 classes)
Fee: $48  Maximum 8 people  • This course will review some of the basics of using your device. Learn how to get the most out of your built-in apps including Photo editing, iCloud, Calendar, Siri, Email, Texting, Facetime, Maps/GPS, and more! In this two week course, you will practice using these essential applications included with your iPad/iPhone. We’ll introduce the steps to find and install new apps, and show you how to update, delete and organize your apps for easy access. If you understand the basics of your device and are ready to see what else it can do, this is the course for you. (For Apple devices only)

iPad/iPhone Basics 3: World of Applications
Tuesdays, Sept 29 & Oct 6, 10am-12pm (2 classes)
Fee: $48  Maximum 8 people  • In this two week course, we will focus on finding helpful, fun and interesting applications that you can download. Discover how to use apps for shopping, brain training, fitness, internet radio, stock trackers, games, translation, travel, and much more! Learn how to re-arrange and organize apps — and how to get rid of unwanted apps. A perfect sequel to the “How to Use Your iPad/iPhone” and “Essential Built-in Applications” class. Don’t forget to bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

ONGOING

Open Lab
Every Monday and Wednesday, 10am-12pm
No Fee  • Use our PCs for your own purposes, access internet, etc. Volunteer staff available for advice on problems with your electronic devices, laptops, and tablets who can help with software applications.

Jackson Café

LUNCH MENU

WHISTLESTAR MEMBER (LOWEST PRICE) / NON-MEMBER OVER 60 / UNDER 60. PRICES INCLUDE TAX

Main Entrée
$5.75/$6.90/$8.05
Sandwiches + Burgers
$5.20/$6.10/$7.25
Soup du Jour
$3.40/$4.35/$5.70 bowl
Garden/Caesar Salads
$4.05/$4.35/$5.20

OTHER ITEMS
Tuna Salad Side  $2.50
Beverages  $1.25
Desserts/Fruit  $2.25
Cheese  $0.50
Avocado  $1.25
Nutrition: Eat and Thrive

At Whistlestop's Jackson Café, head Chef Luis Realpozo runs a tight kitchen, creating new menus and overseeing students who have graduated from Home-ward Bound of Marin’s Fresh Starts Culinary Academy. “The job is good,” he says. “I am happy to be here. These students are good people.” Luis has been a chef for 23 years, starting after comple-ting a three-year training program in his native Mexico. For the budding chefs at Jack-son Café, Chef Luis inspires them to create healthy, bal-anced meals, and gives them real-life experiences they can use in future jobs.

Jackson Café opened for lunch in 1976, and was ex-tensively remodeled in 2007, thanks to the generosity of H.C. and Beverly Jackson. Jackson Café, inside Whis-tlestop’s building across from the bus depot in central San Rafael, provides a warm atmosphere for people to so-cialize. And it is open to the public every weekday from 11:30am to 2pm.

Nutrition is a major com-ponent in Whistlestop’s mis-sion of helping older adults age with dignity and grace. Staying active and having a healthy diet are essential aspects of healthy aging. “In-stead of reaching for a can of salty soup or going out for fast food,” says Anita Renzetti, “come to our Jackson Café or Brown Bag pantry or sign up for Meals on Wheels for healthy, well-balanced meals.”

Anita is Whistlestop’s new Director of Program Innovation. She oversees the team that manages the Meals on Wheels program, Jackson Café, Brown Bag Pantry, Meals of Marin, and the Home Delivered Grocery pro-gram. Read more about Anita, Page 5.

Whistlestop’s nutritional programs are specifically de-signs with older adults in mind. Whistlestop strives to make acquiring nutritious food affordable and accessible, while encouraging the socialization that helps older adults stay healthy and active.

Along with Jackson Café, open to the public for lunches, another nutrition program is the Brown Bag Pantry. Volunteers distribute whole vegetables, grains and pro-teins every Friday from 11am to noon to low-income Marin adults 60 and older, helping them maintain their health and independence.

For those who are not able to leave their homes, we
Whistlestop Activities:
Enriching Life

By DIANA GRUHL, PROGRAM MANAGER

Whistlestop’s mission is clear: To promote the independence, wellbeing, and quality of life for older adults and people living with disabilities in Marin County. We do this year round at our Active Aging Center through our many activities and services, including affordable meals, educational classes, activities, multicultural gatherings and events.

We appreciate the many positive comments we receive from members. “Thank you to Whistlestop for having programs for Russian-speaking seniors. After your Social Group my mother feels more energetic, has more desire to communicate and plans to attend the next meeting,” wrote the daughter of one of our members.

The family of another member told us, “Whistlestop is her lifeline; we wouldn’t know what she would do without it.” Another member said, “Thanks to Meals on Wheels I have meals to eat every day in my apartment. This service makes me happy since it is difficult for me to prepare food.”

We schedule classes and activities five days a week including the popular Zumba classes, as well as French, English, German and Italian classes, social groups, computer classes, consultation and much more.

Marta Villela, Whistlestop’s Hispanic Multicultural Coordinator, says her mother, Marta Morales, has participated in programs here for five years. She said, “I have benefitted from the ESL program because I have learned English to be able to communicate in this country. And the most important fact is that I am not alone.” When it comes to events at Whistlestop, another member said, “I just love the cultural lunch events. They are vibrant, exciting and make me want to sing and dance.”

“You provide a much needed service,” wrote another member. “Your volunteers are wonderful people. They take pride in the services they provide.” Our volunteers are wonderful, and you can read more about them in our Volunteer of the Month piece and Person on the Street comments on Page 4.

NUTRITION continued from page 8

offer the Meals on Wheels program, which delivers to more than 150 homes a year. Whistlestop delivers fresh, chilled meals up to three times each week to housebound older adults in our community. A similar program, Meals of Marin, delivers meals five times a week to clients with life-challenging illnesses.
Partnering with Doctors on Memory Loss

By MARTY ORGEL

I forget things all the time and usually think my memory is getting worse. So I signed up for a comprehensive, free memory screening at Whistlestop, administered by Senior Access of Marin.

A specialist gave me the test, called a Montreal Cognitive Assessment. The easiest part of the test was when I was asked to name as many words as I could that began with the letter F. The hardest part was when I was asked to remember five words that I would be asked to repeat later. After hearing the words, we moved on to other activities. At the end of 10 minutes, I remembered four of the words, but not the fifth. The examiner had to give me a hint before I remembered that word. And I lost one point!

My specialist explained how we all forget things over time. We are all overworked and multitasking. There’s no real cause for concern about forgetting where you left your keys, or even running a red light. It doesn’t mean you’re losing your memory; it’s more like you are distracted and need to concentrate more on driving when you get behind the wheel. A bigger concern, the specialist said, would be forgetting where you were going while driving.

Later, I called Dr. Matt Willis, Marin County public health officer. He was the keynote speaker at the recent Aging Healthy Symposium in San Rafael. “It’s normal to forget things like where you put your keys,” Dr. Willis said. “It’s also important that people not rush to get an MRI when you find yourself losing those keys.” Dr. Willis recommended bringing concerns about memory loss to your healthcare providers, and letting them partner with you.

Memory loss among elders is a major concern in the medical community. He cited a study of adults 60 and older, which found that only one in five people discuss memory loss with their doctor. He called that a “missed opportunity” in relationships between doctors and patients.

Two other opportunities not to be missed at Whistlestop: Brain Fitness Workshop – Fun and Games, Sept. 10, 9:30-10:30am and Memory Screenings, Sept. 16, 8:30am-12:30pm, sponsored by Whistlestop and Senior Access.

Marty Orgel is Whistlestop’s Marketing and Communications Specialist, morgel@whistlestop.org. This column appeared in Marinscope Community Newspapers.
Enriching Your Life:
CarePool

By MARTY ORGEL

I wouldn’t have been able to go shopping this morning if it weren’t for CarePool,” Ruth said. Ruth is in United Markets picking out fresh vegetables. She got there with the help of her Whistlestop CarePool volunteer driver, Beth. “Beth,” Ruth said, “is one of this outing’s added benefits.” It’s their second, so far.

CarePool is the newest addition to our transportation family. The program provides rides to adults 65 years and older who no longer drive. Volunteers from Marin communities take riders to the grocery store or medical appointments.

CarePool is up and running, yet we still need more volunteer drivers. You need to commit to a two or three hour ride, and you’ll be asked to help riders from their home to the car, and into the doctor’s office or grocery store. Our volunteer drivers can also assist if you want extra help, such as carrying grocery bags.

CarePool is funded through a New Freedom Grant from MTC, Measure B, and a grant from Marin General Hospital.

To use CarePool, call 415-454-0902 to enroll in the program as a rider. To volunteer as a driver email Laurie at volunteer@whistlestop.org.
A Great Way to Stay Connected

By RAPHAEL KRANTZ, TRAVEL NAVIGATOR

“Thanks for the excellent service,” the thank-you note to Whistlestop reads. “I appreciate the efforts of all your drivers and dispatchers who coordinate travel for those of us who need help on our daily travels.”

These are the comments we like to hear at Whistlestop. Our mission in transportation is to make it easier for our members to stay connected to the people, activities, and places they love. To make this happen, Whistlestop operates the Marin Access Travel Navigator Department. Our Navigators are a one-stop phone call for information about all things transportation. It’s one of the many ways we assist aging adults and people with disabilities in Marin.

“I wouldn’t have been able to go shopping this morning if it weren’t for CarePool,” is common praise we hear about our new service. Many riders now request the same drivers, as their relationship builds. CarePool is the latest addition to our transportation family.

Whistlestop partners with Marin Transit to provide transportation options to older citizens in Marin. During the 2015 fiscal year, Whistlestop provided more than 150,000 rides, operating 20 hours a day, 365 days a year for Marin Access and other nonprofit organizations. On a typical day, we handle more than 500 transportation-related calls, always greeting callers with a friendly voice ready to assist.

Marin Access Catch-a-Ride

Catch-a-Ride is a taxi discount service ideally suited to short distance trips. An added benefit is that you can schedule same day trips with two hours advance notice. Most people will get a $14 discount off the cost of any ride; for example, if your taxi fare totaled $15, your cost is just $1 for this $15 trip.

STAR Program

“STAR” stands for Safe Transport and Reimbursement. If it would feel more comfortable asking a friend, neighbor, caregiver or family member for a ride if you could offer a reimbursement for their travel, then this program is for you. STAR will reimburse your driver $.35 a mile, up to 100 miles a month.

“The service you provide allows my Dad to age with dignity,” wrote another member. This is the reaction we hope everyone has when they take a ride through Whistlestop. The Travel Navigator department is here to help you find the best transportation options for your needs. Call us at 415-454-0902.

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two Whistlestar members brought in three Chihuahua puppies and watched other members cuddle with them. “Nothing like a puppy to bring happiness,” was San Anselmo resident Rosemary Silva’s response to the puppy photos on Whistlestop’s Facebook page.

Or the poetry reading in Jackson Café, open to the public, the Father’s Day luncheon with music, the festive Cinco de Mayo lunch featuring music and dancing.

You may find folks sifting through the low-priced used books and CDs at the Whistlestop Bookies and Cookies, or a group sitting nearby discussing current events or playing mahjongg.

Whistlestop is a model citizen in Marin, teaming up with other organizations and agencies such as:
• This year’s Multicultural Party at the Boro Center in Pickleweed Park along with the Marin County Division of Aging and the City of San Rafael
• Our class instructors leading free 30-minute exercise classes co-sponsored by the San Rafael Chamber’s Health and Wellness Resource Group
• The Home Fire Safety Prevention workshop co-sponsored by the San Rafael Fire Department

Whistlestop also has hosted document-shredding days, a seminar by a professional organizer on how to de-clutter homes and offices, a hearing awareness seminar and countless other free events designed to make life easier and healthier for older adults.

When you want a one-stop shop for healthy living, eating, education and socializing, you need look no further than the welcoming confines of Whistlestop, where we make taking care of your mind, body and emotional well-being an enjoyable experience.

To keep up with what’s going on, go to our website: www.whistlestop.org and “like” us on Facebook.