NUTRITION

Chef Luis Gets Creative
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For Seniors, Mobility is the Key
Page 8
What Community is All About

Whistlestop is an invaluable resource that allows the community to pool its time, energy and resources to benefit people in San Rafael and surrounding communities who are dealing with challenging circumstances. Among other valuable programs the organization provides, Whistlestop enables seniors to age with dignity and independence and helps relieve a tremendous burden on other struggling family members who often are without resources to provide adequate assistance.

Whistlestop’s transportation and nutrition programs make it possible for seniors and individuals living with disabilities to continue to be independent as long as possible.

Whistlestop’s Meals on Wheels and Brown Bag Pantry are other great examples of what the organization does. Meals on Wheels lets homebound seniors enjoy full, nutritious meals by delivering them to their door at no cost. I know many who have benefited from Meals on Wheels, many who have felt dignified by this service and who are healthier for the effort. Brown Bag Pantry is another wonderful example of how Whistlestop provides fresh fruit, vegetables, meat, eggs and other staple foods to seniors who do not otherwise have access to them. Without these programs it would be extremely difficult for seniors to remain living independently in their homes, on their own terms. Whistlestop is helping seniors live where they want to and where they feel most comfortable.

This organization has many faces and many services, ranging from meal programs to transportation options and referral services. Jackson Café is another example. Jackson Café is located by the bus depot in central San Rafael and is a great collaboration between Whistlestop and Homeward Bound of Marin’s Fresh Starts Culinary Academy. Jackson Café is open to the public and offers a wonderful place to relax and enjoy lunch with friends. The meals are fresh, affordable, and delicious, as I can personally attest.

Success builds on itself. Every successful collaboration and program serves our participants in the short term but it also allows the organization to expand and do more. We are hopeful that our success providing these types of services will soon allow us to launch a senior housing initiative. This would be an exciting new extension of our mission. Taking on new initiatives, like senior housing, requires the trust of our community, something Whistlestop has been diligently building with the San Rafael and extended community for more than 60 years.

Caring and providing for others is such a gratifying way to give back. I am honored and fortunate to be part of this inspiring organization, which is an incredible example of what community is all about.

Whistlestop Board member Beth Reizman is Executive Vice President and Chief Credit Officer of Bank of Marin.

CORRECTION: The Express misspelled Peter Rubens’ name in the November edition. We regret the error.
VOLUNTEERS OF THE MONTH

Kathy and Dale Mullen

Erika Vaughn, Meals on Wheels’ Supervisor, has this to say about this Whistlestop’s Volunteers of the Month: “It is heartwarming to see a retired couple who are so connected to each other take on volunteer roles where they can share their love by giving back to others.”

Kathy was born in San Francisco and Dale is from Wisconsin but they met and fell in love 30 years ago in Marin County. When they both retired, Kathy, who was an Administrator at St. Marks School, and Dale, who spent 25 years as a Correctional Officer at San Quentin, began looking for meaningful activities to fill their days.

It was important to Kathy to give back and she was looking for a volunteer opportunity that would contribute to her community. She saw an advertisement in the Marin Independent Journal that Whistlestop was looking for volunteers to deliver meals to homebound seniors. She knew about Whistlestop because her mother used to come to the center to meet with friends and to participate in some of the activities.

Kathy happily joined the Meals on Wheels volunteer team in February of 2013. Dale came along to keep her company and then discovered he too enjoyed meeting our interesting members. Delivering Meals on Wheels was a great way for them to do something together while giving back to their community.

They see first-hand the real view of aging in Marin. As our county ages, there are many seniors who are unable to shop or cook for themselves. The Meals on Wheels deliveries are so important to them, not only for the nutrition but also for the social contact. This might be the only human contact they get each day.

For fun, Kathy and Dale spend at least one day a week hiking the many trails in Marin, and they play golf whenever they have the opportunity. They also love traveling, and much of it now is visiting children and grandchildren in Wisconsin and Pennsylvania.

If you would like to find out more about the Meals on Wheels or other volunteer opportunities at Whistlestop, please contact Laurie: volunteer@whistlestop.org or 415-456-9062, ext. 117. We would love to have you join our team.
**Cooking with a Light Touch**

**By CHEF LUIS REALPOZO**

The way you cook your dinner tonight will determine how it tastes. On a recent Friday, I cooked up an array of vegetables and chicken, just like you would find at Whistlestop’s Brown Bag Pantry, and created a simple, nutritional entrée.

I bought fresh carrots, zucchini, squash, shitake mushrooms, yellow and red bell peppers, sweet potatoes and chicken thighs.

A major theme in cooking today is to coax out the natural flavor of your ingredients. For me, this means cooking with very little extra flavoring. In my Chicken with Fresh vegetables entrée, I cooked everything in olive oil. Canola oil is very healthy, too. The only extra seasonings I added were salt, pepper and crushed garlic. And a light lemon dressing at the very end.

My goal: Turn these nutritional choices into a delicious meal.

Along with bringing out flavor, seniors should keep an eye on the fat content of what they are eating. All of the ingredients here are very low in fat, and high in vitamins and nutrients, which means the resulting meal is nutritious on many levels. The Whistlestop Brown Bag Pantry is open to seniors 60+ who live in Marin.

Grilling on a stove top over medium to high heat also helps bring out flavors.

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**Chicken with Fresh Vegetables**

_Courtesy Chef Luis Realpozo_

**Time**
One-half hour to 45 minutes to prepare this nutritious and delicious meal.

**Ingredients**
- Carrots
- Zucchini
- Squash
- Shitake mushrooms
- Bell peppers, yellow and red
- Sweet potatoes
- Salt, to taste (less is best)
- Pepper, to taste
- Chicken
- Canola or olive oil
- Crushed garlic
- Lemon or lime dressing

**Preparation**
- Shave carrots, zucchini, and squash
- Cut thick slices of potatoes and sweet potatoes
- Slice chicken about ½ inch thick

**Cooking**
Grill the chicken and sweet potato at the same time with oil for about two minutes. In a skillet, take shitake mushrooms, onions, yellow and red bell peppers, and sauté for garnish on the chicken. Season lightly with salt and pepper and crushed garlic only to let vegetable flavor come out. Flavor with salt and pepper to taste. Add lemon/lime dressing, mix with julienned vegetables.

**Plate vegetables**
Place grilled sweet potatoes around edge of plate.
Meals and Companionship Hallmark of Whistlestop’s Nutritional Programs

By JOHN BOWMAN

“I finally have a job that I truly love doing and that I can come into work with a smile on my face and in my heart,” says Erika Vaughn, Whistlestop Meals on Wheels Supervisor.

Erika began delivering Meals on Wheels in March 2013, became Coordinator the following April and was named Program Supervisor in July of this year.

One incident that Erika relates epitomizes the value of Meals on Wheels. She said: “After driving for about two months I got very close with my clients and one in particular stole my heart. When I arrived to deliver to this 87-year-old woman, I saw paramedics. I ran inside and she was strapped on the bed, ready to be rolled out. When she saw me, her eyes lit up and she said ‘I’ve been waiting for you.’ I told her she was going to be okay, the EMTs said she’d told them she was waiting for her second daughter who worked for Meals on Wheels. The woman then told me that she was going to be moving into assisted living after she got out of the hospital and she wanted me to know how much she loved me and Meals on Wheels and that if it weren’t for us, she would not have lived this long, alone in her home. She asked me to come closer as she was being wheeled off and then she whispered in my ear that I was more than her driver, that I was her good friend who really cared for her. To this day I still check up on her every month to make sure she is doing okay.”

Erika says that the program achieves Whistlestop’s goal to “Deliver peace of mind everyday” by making sure that older adults have eaten a healthy, nutritional meal, and had friendly contact with our volunteers while still in the comfort of their own homes. “We have 35 wonderful volunteers delivering meals and we deliver to 250 Meals on Wheels clients and to 30 Meals of Marin clients.”

She adds, “I’m very grateful for our CEO Joe O’Hehir, and to Anita Renzetti, Director of Program Innovation for giving me the opportunity to supervise these programs. Also, to Laurie Vermont, our Volunteer Manager, who ensures that we have a host of reliable, kind-hearted volunteers who make my job a lot easier.”

Whistlestop provides a number of other ways to help older adults eat healthily, including:

• Jackson Café, which provides an array of nutritional programs, including weekly lunches and Friday morning Community Breakfasts. Each Jackson Café meal is prepared by Homeward Bound culinary program students.

• Brown Bag Pantry, featuring fresh produce and other free foodstuffs for Marin seniors. The Pantry serves more than 100 households every Friday, and includes so many choices that a large shopping bag or wheeled suitcase is advised to transport the food. Thanks to the SF-Marin Food Bank, Whistlestop also hosts a separate food bank every third Wednesday called the USDA Supplemental Food Program.

• Similarly, a Home Delivered Grocery Program takes advantage of volunteers who are willing to shop for their neighbors, and CarePool utilizes volunteer drivers for clients who wish to choose their own groceries.

To learn more about any of these programs or to become a volunteer, drop by Whistlestop or call 415-456-9062. Whether you want a budget-friendly place to eat out or fresh ingredients to improve your daily diet, Whistlestop can help.
**SPECIAL EVENTS**

**Tree Decorating and Multi-Cultural Caroling Party**
**Tues, Dec 1, 2:30-4:30 pm**
Donations Appreciated • Bring in the holiday cheer by participating in our community tree-trimming party with live music provided by the Redwood Wind Quartet. Next, join our multi-cultural social groups for a festive caroling performance to celebrate December holidays. Special treats provided.

**Cedars of Marin Holiday Craft Fair**
**Tues, Dec 8, 11am-1pm**
Fee for purchases • Artists from the Cedars of Marin Day Programs and Residential Services for Adults with Developmental Disabilities will sell handmade jewelry, cards, small art works, knitted hats and scarves for your holiday gifts.

**Wings of Song Lunchtime Concert: Candlelight Magic**
**Wed, Dec 9, Lunch 12:30-2:30 pm**
Regular menu pricing with free entertainment • Wings of Song, the acclaimed founding chorus of Singers Marin, will perform a holiday concert during lunch in Jackson Café this month. Led by master conductor Jan Pedersen Schiff, this is a special treat so don’t miss it.

**Seasonal Feast with Bread & Roses Presents™ Holiday Chorus**
**Wed, Dec 16, 11:30am-1pm**
$10/12 • Join us for a traditional Christmas lunch of ham (or vegetarian option), candied yams, green beans, mashed potatoes and festive dessert with a lively holiday music performance by Bread & Roses Presents™ in Jackson Café. Sign up by Dec 14.

**NEW/HIGHLIGHTED CLASSES & WORKSHOPS**

**Introduction to Writing Legacy Letters**
**Thurs, Dec 10, 1-2 pm**

**Donations Appreciated • Instructor: Stanley Vetter, Certified Senior Advisor**

**Brain Fitness Workshop**
**Thurs, Dec 10, 9:30-10:30am**
Instructors: Bob Nations & Ruby Beal of Senior Access • Seriously, it’s all fun and games. The top four things to promote good brain health as we age: move your body; eat right; find a challenge and socialize. This Senior Access Brain Fitness class offers all four. Move your body to the workshop where we’ll talk about eating right and challenge you with fun activities in a room full of people socializing.

**Identity Theft and Financial Security**
**Tues, Dec 15, 1:30-2:30 pm**
Donations Appreciated • Instructor: Don Maxon, Certified Financial Planner™ and Registered Investment Advisor. Learn how to protect your personal information; what to do if your identity has been compromised; how to fight data breaches with new technology; how simple actions can reduce the risk of exposure; and when to use services to help protect your financial identity and security.

**Zentangle**
**Thurs, Dec 17, 1:30-3pm**
Fee: $3/$5 • Zentangle is an easy-to-learn, relaxing, fun way to create beautiful images by drawing structured patterns. Paula Egan, a certified Zentangle teacher, will show you basic techniques of this increasingly popular art form.

**NEW/HIGHLIGHTED HEALTH PROGRAMS**

**Monthly Blood Pressure Screenings and Medication Review**
**Tues, Dec 8, 11am-1pm**
Donations Appreciated • Free monthly blood pressure screenings provided by Dominican University nursing students. Bring your medications – over-the-counter and prescriptions – for review.

**Weekly Blood Pressure, Cholesterol Screenings, and Medication Reviews**
**Mondays, except Dec 7, 12:30-2:30pm at Whistlestop**
Donations Appreciated • Free weekly blood pressure and cholesterol screenings provided by BrightStar Care. Bring your medications and medication list. Drop-in.

**Memory Screening**
**Wed, Dec 16, 8:30am-12:30pm**
Donations Appreciated • Are you concerned about memory loss? Take action. Memory screening makes sense for anyone concerned about memory loss and involves a simple test that takes only 30 minutes, provided by Health Navigator and Certified Nurse Assistant Cynthia Seymour. Sign up in advance as space is limited.

**Free Legal Consultation for Older Adults**
**San Rafael and Mill Valley**
By appointment only: Call 415-459-6700 for appointments at both locations. • Legal Aid of Marin provides a free 30-minute legal consultation for Marin County residents 60 years and older. Marin lawyers volunteer to give general advice, offer options, explain rights and, if appropriate, refer people to attorneys who have expertise in certain areas of law. 1st, 2nd and 3rd Thursdays from 12:30-2:30pm at Whistlestop 1st and 3rd Thursdays from 12:30-2:30pm at the Mill Valley Community Center

**Multi-Cultural Consultations**
By appointment: 415-456-9062 • We provide assistance for English and non-English speakers in Spanish, Russian and Vietnamese. Get help with applications for social services, healthcare management, citizenship, housing, employment and federal assistance. Small fee for translations may apply.

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**For a full list of classes and services, check out the monthly calendar online at whistlestop.org/classes/calendar or pick one up at the Active Aging Center. Fees listed for classes show the member fee, followed by the non-member fee. Join or renew your Whistlestar membership for the 2016 year to continue enjoying valuable Whistlestop discounts and benefits! Remember to sign up for all classes and events in advance by visiting or calling the front desk at 415-456-9062. The Center will be closed on Dec 25 and Jan 1 for the Christmas and New Year’s holidays!**

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**MARIN COUNTY COMMISSION ON AGING**

**Dec. 10 10am-12:30pm**
The Redwoods, Mill Valley
**Topic: Strategies for Successful Money Management**
**Speaker: Stan Green**
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>
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<tbody>
<tr>
<td>9:30–10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>10AM–1PM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>10AM–NOON</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>N</td>
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<td>10:30AM–NOON</td>
<td>German Social Group</td>
<td>Drop-in</td>
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<td>10:30AM–1:30PM</td>
<td>Persian Social Group</td>
<td>415-472-6020</td>
<td>N</td>
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<tr>
<td>11AM–12PM</td>
<td>Music and Movement</td>
<td></td>
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<td>12:30–1:30PM</td>
<td>Russian Social Group</td>
<td>415-456-9062 x138</td>
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<td>2–3:30PM</td>
<td>ESL 75 Basic</td>
<td>Ends 12/14</td>
<td>Y</td>
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<tr>
<td>2–3:30PM</td>
<td>ESL 150 Basic</td>
<td>Ends 12/14</td>
<td>Y</td>
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<tr>
<td>2–3:30PM</td>
<td>ESL 250 Advanced</td>
<td>Ends 12/14</td>
<td>Y</td>
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<td>9:30–10:30AM</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
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<tr>
<td>10AM–NOON</td>
<td>Mah Jongg</td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>10:45–11:45AM</td>
<td>Cardio/Yoga Exercise Class</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>11AM–2PM</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>
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<tr>
<td>1–2PM</td>
<td>French Social Group</td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>1–3PM</td>
<td>Beg./Int. Conversational Spanish</td>
<td>Drop-in</td>
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</tr>
<tr>
<td>9–10:15AM</td>
<td>Tai Chi</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>9:30–10:30AM</td>
<td>Crafts and Knitting Group</td>
<td>Starts 11/4</td>
<td>Y</td>
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<td>10–11:30AM</td>
<td>Seniors’ Circle</td>
<td>Drop-in</td>
<td>N</td>
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<td>10:30AM–1:30PM</td>
<td>Persian Social Group</td>
<td>415-472-6020</td>
<td>N</td>
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<td>Corazón Latino</td>
<td>415-456-9062 x131</td>
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<tr>
<td>1–2PM</td>
<td>ESL Pronunciation</td>
<td>Ends 12/16</td>
<td>Y</td>
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<tr>
<td>2–3:30PM</td>
<td>ESL 75 Basic</td>
<td>Ends 12/16</td>
<td>Y</td>
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<tr>
<td>2–3:30PM</td>
<td>ESL 150 Basic</td>
<td>Ends 12/16</td>
<td>Y</td>
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<tr>
<td>2–3:30PM</td>
<td>ESL 250 Advanced</td>
<td>Ends 12/16</td>
<td>Y</td>
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<tr>
<td>3:30–5PM</td>
<td>Citizenship Class</td>
<td>415-456-9062 x131</td>
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<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>10AM–1PM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>11AM–NOON</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
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<td>12:15–3PM</td>
<td>Vietnamese Social Group</td>
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<tr>
<td>1–2:30PM</td>
<td>Intermediate Italian</td>
<td>Starts 11/5</td>
<td>Y</td>
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<tr>
<td>2:30–3:30PM</td>
<td>Beginning Italian</td>
<td>Ends 12/10</td>
<td>Y</td>
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<td>2:45–3:45PM</td>
<td>Balance Class</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>4:30PM</td>
<td>Korean Drumming</td>
<td>12/10</td>
<td>N</td>
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<tr>
<td>8:30AM</td>
<td>Community Breakfast</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>11AM–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>1–3PM</td>
<td>Spanish Club</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Ping-Pong</td>
<td>12/4 &amp; 12/18</td>
<td>Y</td>
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<tr>
<td>3–4PM</td>
<td>Yoga</td>
<td>Drop-in</td>
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* Except for Corazón 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.

December 2015 and January 2016

iPad/iPhone Basics 2: Essential Applications

Tuesdays, Dec. 8 & 15, (2 classes), 10am-Noon
Fee: $48 Maximum 8 people • Need a refresher for using your iPhone or iPad? Are you using the latest iOS 8.0? This course will review some of the basics. Learn how to get the most out of your built-in apps including photo editing, iCloud, Calendar, Siri, E-mail, texting, Facetime, iHealth, maps/GPS, and more. Find and install new apps, and learn how to update, delete and organize your apps for easy access. This is a perfect sequel to the “Basics” class. Be sure to charge-up and bring your device, your Apple ID and password to class.

iPad/iPhone Basics 3: World of Applications

Tuesdays, Jan 12 & 19, 2016 (2 classes) 10am-Noon
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. This class is a perfect sequel to the “How to Use Your iPad/iPhone” and “Essential Built-in Applications” class. Bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

ONGOING

Open Lab

Every Monday and Wednesday, 10am-Noon
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.

NEW WHISTLESTAR MEMBERSHIPS:

JOIN NOW for $10-$20 (sliding scale) and your membership is good through Dec. 31, 2016.

Jackson Café

LUNCH MENU

Whistlestop and Jackson Café are closed Friday 12/25 and 1/1.

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

Monday-Friday • 11:30am-2pm
Located in Whistlestop Active Aging Center
Open to the Public
Getting Around Marin with Whistlestop Transportation

By TOM ROBERTS

Headed to Jackson Café for lunch? Taking a trip to the grocery store? Maybe you have an important appointment you just can’t miss. For seniors, mobility is the key to independence and for folks who can’t drive, the lack of transportation can be an enormous barrier to taking advantage of all our community has to offer. Fortunately, in Marin County, Whistlestop has been working to provide transportation for residents with special transportation needs since 1969. Today, we enjoy a close partnership with Marin Transit, operating many of the programs under the umbrella of Marin Access – a wealth of transit services and information for Marin’s older adults, people with disabilities, and low-income residents. Through these programs, seniors have more mobility options than ever before.

From learning how to ride the regular Marin Transit and Golden Gate Transit bus systems to participating in local taxi and volunteer driver programs, Marin Access Travel Navigators can connect seniors and persons with disabilities to a host of transportation options available in our county. Live in Novato? The Travel Navigators can direct seniors to special services that help residents get around in Novato.

For individuals who are not able to ride a regular fixed-route bus, Whistlestop operates Marin Access ParaTransit. This first-call, first-served reservation-based service is door-to-door public transit for people

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Thank You to Friends of Whistlestop

The Whistlestop Active Aging Center team is able to provide myriad services to our clients thanks to the generosity of local organizations and individuals who support our programs throughout the year.

With deep appreciation, we thank the following contributors during 2015:

For the gifts of goods:
- Earthquake Supply Center
- American Red Cross
- Double Rainbow
- Extreme Pizza
- Lotus Cuisine of India
- Safeway
- Sol Food and Conchita Gift Store
- Taqueria San Jose
- United Market
- Marin Symphony
- Equator Coffees and Teas
- EO Products
- Kind Healthy Snacks.

And thanks to: Our many skilled and talented volunteer helpers, class facilitators, and tutors
- A.C.A.S.A. (Amigos Consejeros A Su Alcance)
- Access Bay Area
- Albert Boro (Pickleweed) Community Center and Library
- Alzheimer’s Association
- Brazilian Alliance
- Bread & Roses Presents™
- Brian McLaren and The Cole Porter Society
- BrightStar Care
- California Telephone Access Program
- Canal Alliance
- City of San Rafael
- Dominican University
- Episcopal Services
- Family Caregiver Alliance
- San Rafael Chamber Health and Wellness Resource Group
- Hospice by the Bay
- Jewish Family and Children’s Services
- Kaiser Permanente
- Las Gallinas Lion’s Club
- Legal Aid of Marin
- Medical Center of Marin
- and all UNIFY supporters
- Mission San Rafael Rotary
- Right at Home Marin
- Rite Aid
- Rotary Club of San Rafael
- San Rafael Fire Department
- San Rafael High School
- SCAN Health
- Senior Access
- Sutter Health
- Victim Witness Program.

TRANSPORTATION Continued from page 8

of all ages whose physical or cognitive challenges prevent them from riding a regular bus. An application is required and eligibility standards apply. Marin Access Paratransit is not a taxi – riders share trips with other county residents living independently in our community, and may take trips within the service area for any purpose. Tips for riders of the service include making reservations as far in advance as possible (7 days maximum), taking trips between 10am and 2pm to avoid peak demand times, and being ready to leave when the van arrives in order to keep everyone running on time for their appointments. Applications are available through the Travel Navigators by calling 415-454-0902.

With so much to do and see and so many opportunities to stay active, transportation should never be a barrier. To learn more about the many transportation options available, contact the Travel Navigators today or visit Marin Access online at www.marinaccess.org.
Weathering Winter with Food as Your Medicine

By CATHERINE ABBY RICH, HERBALIST

Eating local and eating with the season affords us Marinites the luxury of having the best organic produce available anywhere, anytime. We all enjoy a good meal, yet some curious souls amongst us also delight in learning what therapeutic value our foods offer us.

As an herbalist, I love studying medicinal plants. Learning their therapeutic nature and how to best use them – my fun.

Red onions, for example, are excellent at combating coughs and colds. They are especially beneficial because they're loaded with Vitamins A & E, which are antioxidants. In fact, the red onion is a superb healer in any form, whether fried, dried, raw, baked or boiled. Find a nice recipe for onion soup and substitute red onions. Especially power-packed if you enjoy the addition of fresh garlic, ginger, mustard seeds and/or chilies.

Shopping at Farmers Markets can give you the opportunity to look in the eyes of the person who grows your food. It is also an opportunity for elders to socialize and not feel isolated from community. I was a founding vendor of the Marin Civic Center Farmers Markets – rain or shine vendor, for the first 24 years of the Sunday market. I was the Herb Lady, naturally.

Try my Baked Spiced Pears treat: They are a delicious lung fortifier.
(1/2 pear per person)
Slice pears in half. Try to use them when they are slightly yielding to the touch. Use a melon baller to remove seeds. Pour vanilla extract into the indentation. Sprinkle with cinnamon, cardamom, a bit of ginger and bake until soft. Pit a Medjool date and place it over the hole; bake another 5 minutes. The date will get gooey like caramel.

Catherine Abby Rich is associated with the herb shop Gathering Thyme at 1447 4th St., San Rafael. She teaches classes for old and young.
Happenings at Jackson Café!

Getting Older Shouldn’t Mean Leaving Your Comfort Zone

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WHISTLESTOP EXPRESS DECEMBER 2015 11
Whistlestop invites Marin County residents to participate in a holiday project designed to warm the hearts of homebound older adults. Yvonne Roberts, Development and Marketing Director, says, “We are calling for personalized holiday cards for older adults receiving Meals on Wheels. The cards will be delivered by Meals on Wheels drivers during December.” Roberts said there are more than 250 meal recipients so, “We want lots of cards to remind those dear members of our community that they are not forgotten.” Please send signed cards in unsealed envelopes to Whistlestop’s front desk as soon as you can—or by Tuesday, December 15.

**INDEPENDENT LIVING**

**For appointments, call Leslie:**
415-456-9062, ext. 132
No Fee/Donations Appreciated

**Homeshare Program**
Donations Appreciated
The Homeshare Program is a free referral service for older adults providing an affordable and alternative way of meeting housing needs with numerous benefits to renters and homeowners.

**Telephone Reassurance Program**
Donations appreciated
Do you live alone or feel isolated? Trained volunteers will call you three mornings a week to check on you. They can answer questions about other senior resources. We now also offer this service in Spanish.

**PERSONALIZE HOLIDAY CARDS FOR HOMEBOUND MARIN RESIDENTS**

**WHISTLESTOP EXPRESS DECEMBER 2015**

**VOLUNTEER ANNOUNCEMENTS**

**Make a difference in an older adult’s life.**

**Brown Bag Pantry Volunteers Needed**
Helpers needed on Friday morning from 9:30am-Noon for the Brown Bag Pantry. Unload truck from Food Bank, sort produce, greet and help recipients get their food. This fun group is looking for new members. Ability to lift 25 lbs. is a plus.

**Whistlestop CarePool Volunteer Driver Program**
This position offers round trip rides to ambulatory older adults going to the doctor or grocery store. Drivers use their own cars, can accept or decline email requests, and drive on their own schedule. Round trips are about two to four hours. Volunteers must have access to a reliable passenger automobile with current insurance certificate, a valid California Driver’s License and a clear background check and DMV report.

**Jackson Café Lunch Servers, Cashiers and Friday Community Breakfast Servers**
Jackson Café provides a warm and comfortable setting for older adults to eat a nutritious meal at an affordable price. Café volunteers provide friendly greetings, excellent customer service and support social interaction. Café volunteers receive a free breakfast or lunch. Lunch hour shifts are: Mon-Fri, 10:45am-2pm. Cashier or food service experience is a plus. The Friday morning breakfast shift is from 8:30-10:30am. Breakfast is served from 9:00am.

**Meals on Wheels Drivers Needed**
Deliver meals to homebound meal recipients. A valid California Driver’s License and a clear DMV report are needed as well as a reliable vehicle and current insurance certificate. A minimum of one 3-hour weekday shift is required.

To learn more about these opportunities or others contact:
volunteer@whistlestop.org Phone: 415-456-9062 Ext. 117
www.whistlestop.org