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whistlestop.org JANUARY 2016
Now is the Time to Plan Ahead

I t is all about perspective. Growing up in south Florida, we used to have hurricane parties. As a child, I remember hurricanes as fun, stay at home days. We would submerge the lawn furniture in the swimming pool and lower the storm awnings and stock up on water and food. We would run outside when the eye was passing overhead to see the blue, calm sky and survey for any damage. This was before Andrew, Wilma, or Katrina. Hurricanes were just thought of as a big storm, not a disaster in the making. Times have changed. These huge hurricanes have changed the Floridian perspective and really all of us.

When I arrived in California in 1998, I was hyper aware of any earth movement. East Coasters like me tend to be wary of earthquakes and wonder how West Coast residents cope with their unpredictability. I found that many Californians would ask me about the terror of hurricanes, but found earthquakes blasé. I was perplexed, but came to realize that it is all about your perspective and what you get used to. I have a three-day earthquake kit I bought at the Earthquake Supply Center in San Rafael in the trunk of my car. I buy earthquake kits for friends as gifts. (See pages 4 and 5.)

I have taken the Get Ready Marin Disaster Preparedness course in San Anselmo and I have a plan. This is a useful two-hour course that I highly recommend. The toughest part for me seems to be keeping my emergency plan up-to-date and my kit current. In addition to having enough food and water, some other key tips are:

- Attach an adjustable wrench to your gas meter, adjusted to fit the meter’s valve
- Strap the water heater to the wall
- Add Velcro straps from the wall to the top of the china hutch
- Buy plastic art hangers that hold heavy art pieces securely to the wall
- Keep some hidden cash on hand
- Keep a land phone line
- Get an emergency radio with a cell phone charging port and tune it to 1610 AM

Making these efforts in planning ahead gives me peace of mind. I also hope I might be able to help my more vulnerable neighbors. I hope you, too, will make the effort to create a custom plan for yourself and your family so we can all help each other if a disaster strikes in our neighborhood. Please sign up for the Community Disaster Education workshop (p.4), or visit readymarin.org for more information.

Yvonne Roberts is the Development and Marketing Director at Whistlestop.
Senior Fire Safety

By MARTY ORGEL

Seniors need to be extra cautious when it comes to fire safety at home. A little preparation can go a long way in fire prevention. The U.S. Fire Administration (USFA) says one of the best things you can do, if you have not already, is to install and maintain smoke alarms. Once installed, test all of the alarms once a month, and replace batteries at least once a year.

Having smoke alarms in our homes almost doubles the chance of surviving a home fire. Smoke alarms should be installed on every level of your home and inside and outside of all sleeping areas.

Statistics for seniors injured or killed in a fire at home are staggering. The USFA and the Federal Emergency Management Agency (FEMA) say fires caused by cooking are the leading cause of fire-related injuries for seniors. More than 1,200 Americans over the age of 65 die as a result of a fire each year.

I share the following statistics here, not to scare you, but to help motivate everyone into taking action.

- Older adults are 2.7 times more likely to die in a fire than the general population
- Older adult males are 62 percent more likely to die in a fire than older adult females
- People ages 85 and older are 4.6 times more likely to die in a fire

San Rafael Fire Department firefighters shared these tips with Whistlestop at a recent fire safety talk:

- Put smoke alarms on every level of the home and inside and outside of all sleeping areas
- Test your smoke alarms each month
- Replace smoke alarms that are more than 10 years old
- Never smoke in a home where medical oxygen is used
- Make sure you can hear every smoke alarm from any room
- Create a fire escape plan that shows two ways out of every room
- Practice your fire escape plan at least two times a year

Local fire departments across Marin will come to your house free of charge if you want to have your fire extinguisher checked, and they can offer free advice on other home safety matters. Call your local department and ask for a fire safety visit.
When the American Red Cross responded to an apartment fire in San Rafael on Nov. 25 by providing food, clothes, and temporary housing to seven families, it was typical of services provided by the organization. Pooja Trivedi, regional Marketing Program Manager, said, “We are currently assisting those families through the recovery process, providing referrals and other services as needed.”

She said the Red Cross also provides Home Fire Preparedness Campaign events and one is scheduled for March 19 in Fairfax. This is a nationwide Red Cross initiative to reduce the number of fire-related deaths and injuries in the U.S. by 25% by 2020. Trivedi said, “During the event, we target vulnerable communities to install free smoke alarms, create a fire escape plan from their homes, and also provide information about disaster that they are prone to in the area they live in – we particularly focus on providing them earthquake and flood safety information.”

Also, a Community Disaster Education presentation is scheduled at Whistlestop on Jan. 26.

Trivedi added that the Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site.

“We have requests for community disaster education programs, requests for attendances at fairs and farmers markets, as well as shelter trainings for community partners.”

**Preparation and Planning Keys to Red Cross Success**

By JOHN BOWMAN

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“We have requests for community disaster education programs, requests for attendances at fairs and farmers markets, as well as shelter trainings for community partners.”

**Presentation at Whistlestop:**

Community Disaster Education

Tuesday, Jan. 26, 3-4pm
Free/Donations Appreciated

Instructor: Josh Weil, Red Cross Disaster Preparedness Volunteer

To prepare individuals and communities for a disaster by covering the basics of individual disaster preparedness, including building a preparedness kit, making a plan and staying informed. Sign up at Whistlestop in advance.
**Be Red Cross Ready**

**Earthquake Safety Checklist**

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth’s surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night. Forty-five states and territories in the United States are at moderate to very high risk of earthquakes, and they are located in every region of the country.

<table>
<thead>
<tr>
<th>How can I prepare?</th>
<th>What should I do during an earthquake?</th>
<th>What do I do after an earthquake?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Become aware of fire evacuation and earthquake plans for all of the buildings you occupy regularly.</td>
<td>If you are inside when the shaking starts ...</td>
<td>☐ After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes.</td>
</tr>
<tr>
<td>☐ Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.</td>
<td>☐ Drop, cover and hold on. Move as little as possible.</td>
<td>☐ Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.</td>
</tr>
<tr>
<td>☐ Practice drop, cover and hold on in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.</td>
<td>☐ If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.</td>
<td>☐ Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.</td>
</tr>
<tr>
<td>☐ Keep a flashlight and sturdy shoes by each person’s bed.</td>
<td>☐ Stay away from windows to avoid being injured by shattered glass.</td>
<td>☐ Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.</td>
</tr>
<tr>
<td>☐ Make sure your home is securely anchored to its foundation.</td>
<td>☐ Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.</td>
<td>☐ Look quickly for damage in and around your home and get everyone out if your home is unsafe.</td>
</tr>
<tr>
<td>☐ Bolt and brace water heaters and gas appliances to wall studs.</td>
<td>☐ Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.</td>
<td>☐ Listen to a portable, battery-operated or hand-cranked radio for updated emergency information and instructions.</td>
</tr>
<tr>
<td>☐ Bolt bookcases, china cabinets and other tall furniture to wall studs.</td>
<td>☐ If you are outside when the shaking starts ...</td>
<td>☐ Check the telephones in your home or workplace to see if you can get a dial tone. Make brief calls to report life-threatening emergencies.</td>
</tr>
<tr>
<td>☐ Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.</td>
<td>☐ Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).</td>
<td>☐ Look for and extinguish small fires. Fire is the most common hazard after an earthquake.</td>
</tr>
<tr>
<td>☐ Brace overhead light fixtures.</td>
<td>☐ If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.</td>
<td>☐ Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.</td>
</tr>
<tr>
<td>☐ Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.</td>
<td>☐ If a power line falls on your vehicle, do not get out. Wait for assistance.</td>
<td>☐ Open closet and cabinet doors carefully as contents may have shifted.</td>
</tr>
<tr>
<td>☐ Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.</td>
<td>☐ If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.</td>
<td>☐ Help people who require special assistance, such as infants, children and the elderly or disabled.</td>
</tr>
<tr>
<td>☐ Learn about your area’s seismic building standards and land use codes before you begin new construction.</td>
<td>☐ After an earthquake, check for damage and prepare to help family and neighbors. Work calmly and carefully.</td>
<td>☐ Watch out for fallen power lines or broken gas lines and stay out of damaged areas.</td>
</tr>
<tr>
<td>☐ Keep and maintain an emergency supplies kit in an easy-to-access location.</td>
<td>☐ Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.</td>
<td>☐ Keep animals under your direct control.</td>
</tr>
</tbody>
</table>

For more information on disaster and emergency preparedness, visit **RedCross.org**.
Keep Learning at WHISTLESTOP

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 Whistlestop for the 2016 year to enjoy 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. Kick off the New Year with fabulous events, programs, and classes to keep you engaged, fit, and prepared! Please note that Whistlestop will be closed on January 1 for New Year’s Day and January 18 in honor of Martin Luther King Jr.

SPECIAL EVENTS

**“Sweet 16” 1950’s Lunch Party**

**Thurs, Jan 14, 11:30-1 pm, Entertainment 12-1 pm $8/10**

Celebrate 1960 with a 1950’s Lunch Party at Whistlestop’s Jackson Café. Enjoy the sounds of Jonny Darlin singing your 50’s favorites with guitar, and enjoy an entree of Chicken a la King (or vegetarian option), mixed vegetables, potatoes, and pineapple upside down cake. Dress up in your poodle skirt or 50s duds if you want to whirl to the tunes! Purchase your ticket by Jan 11.

**Effective Communication Strategies for Caregivers**

**Tues, Jan 19, 3-4:30 pm Donations Appreciated**

Instructor: Shannon Speicher, MSW, Alzheimer’s Association

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer’s and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia. Sign up in advance.

**Community Disaster Education**

**Tues, Jan 26, 3-4 pm Donations Appreciated**

Instructor: Josh Weil, Red Cross Disaster Preparedness Volunteer. This presentation is designed to prepare individuals and communities for a disaster by covering the basics of individual disaster preparedness, including building a preparedness kit, making a plan, and staying informed. Sign up in advance.

**Brain Fitness Workshop**

**Thurs, Jan 7, 1:30-2:30pm**

Instructors: Bob Nations and Ruby Beal of Senior Access Donations Appreciated. 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.

**Beginning Bridge**

**Thursdays, starting Jan 14 for 6 weeks, 3-4:30pm $20/25**

Instructor: Allan Nichol. Learn basic bridge from an experienced teacher. No experience required. Sign up in advance, as space is limited to 12; others will be wait-listed.

**Beginning Italian**

**Thursdays, starting Jan 14 for 10 weeks, from 2:30-3:30pm $20/25**

Instructor: Karen Raccanello. Registration required. Enjoy an introduction to basic Italian conversation with popular teacher Karen Raccanello. Sign up soon.

**US Citizenship Classes**

**Wednesdays, starting Jan 20 for five months, 3:30-5pm Fee: $30/35 per semester**

Instructor: Marta Villela, Hispanic Multi-Cultural Program Coordinator

This five-month class is a regular citizenship program that prepares students to take their naturalization test. Contact Marta at 415-456-9062, ext. 131 for more information or to sign up.

**Zentangle**

**Thurs, Jan 21, 1:30-3pm Fee: $35/$5**

Instructor Paula Egan. 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.

**English as a Second Language Classes**

**Mondays and Wednesdays, starting Jan 25, 2-3:30pm $20/25**

Instructors: Canal Alliance ESL trained teachers. Whistlestop will offer the following ESL courses: Basic, Intermediate and Advanced. Registration required; deadline Feb 29. Fee covers class and material costs. To register and for information in English or Spanish, call 415-454-0998. For information in Vietnamese or Russian, call 415-456-9062.

**Movement & Music**

((Registration and fees thru College of Marin, 415-485-9305) Mondays, starting Jan 25, 11am-12pm**

Instructor: Diane Hain. This class is for older persons who have not been exercising regularly or who have arthritis-related problems. The moderate, comfortable pace meets individual needs. Chair exercises tone both upper- and lower-body muscles. Includes: joint flexibility, muscle strengthening, balance, breathing coordination, and modified Tai Chi movements.

**Knitting/Crocheting Group**

**Wednesdays, 9:30-10:30am Free/Donations Appreciated**

Bring your knitting and crocheting projects to Whistlestop to enjoy with fellow crafters.

**Free Introduction to Life Reflection Stories**

**Thurs, January 7, 2:30-3:30pm Free/Donations Appreciated**

Instructor: Melanie Vetter, Certified Legacy Coach. Stories are how we transmit the wisdom, lessons, and compassion gained through our experiences. They are a gift to our children and family members, essential to maintaining traditions. At this FREE introduction to the Life Reflection Stories series (beginning in February), you will learn about creating and sharing your personal stories, as well as what to expect in those classes.

**NEW/HIGHLIGHTED HEALTH PROGRAMS**

**Weekly Blood Pressure, Cholesterol Screenings, & Medication Reviews**

**Dates & Times TBA. Check calendar or call 415-456-9062. Donations Appreciated**

Free weekly blood pressure and cholesterol screenings provided by Bright Star Care. Bring medications and medication list. Drop in.

**Monthly Blood Pressure Screening & Medication Review**

**Tues, Jan 12, 11am-1pm Donations Appreciated**

Free monthly blood pressure screenings provided by Dominican University nursing students. Bring your over-the-counter and prescription medications for review.

**HIGHLIGHTED SUPPORT SERVICES**

**Need Assistance? Multi-Cultural Consultants Can Help**

By appointment: 415-456-9062

Spanish/English: Marta Villela, ext. 131; Russian/English: Anna Ladyzhenskaya, ext. 138; Vietnamese/English: Dina Duong, ext. 129

No fee for consultations; small fee may apply for translations. Whistlestop offers assistance to English and non-English speakers in Spanish, Russian and Vietnamese. We assist with applications for healthcare management, citizenship, housing, employment, and federal assistance.

**Free Legal Consultation for Older Adults**

At Whistlestop, San Rafael and Mill Valley Community Center. By appointment only: Call 415-459-6700 for appointments at both locations.

Legal Aid of Marin provides a free 30-minute consultation for Marin County residents 60 and older. Marin lawyers offer general advice and options, explain rights and may refer to attorneys who have expertise in specific areas of law.

**Resources, Outreach, and Assistance for Victims and Witnesses of Crime**

**2nd & 4th Thursdays, from 9am-12pm**

Yolanda Johnson, Advocate from the District Attorney’s office, will meet with you to answer questions, provide information, and connect you to resources, or call 415-473-6450.
Pre-registration and payment required. To register, Call 415-456-9062. See details of classes online.

**January and February 2016**

**iPad/iPhone Basics 3: World of Applications**
* Tuesdays, Jan 12 & 19 (2 classes) 10am-12pm
* Fee: $48  Maximum 8 people

In this two week course, we will find helpful, fun and interesting applications to download. Discover how to use apps for shopping, brain training, fitness, internet radio, stock trackers, games, translation, travel, and much more. Learn how to rearrange and organize apps—and how to get rid of unwanted apps. This 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)

**Intro to Computers (Windows)**
* Tuesdays, Feb 2, 9, 16 & 23 (4 classes), 10am-12pm
* Fee: $65   Maximum 8 people

Designed for first-time computer users, you will learn how to start your computer and turn it off, use the mouse and keyboard to perform basic computer tasks, use Windows components to create and print a document, identify the basic parts of a computer and their use, search the Internet to find information and set up an email account. device.

**ONGOING**

**Open Lab**
* Every Monday and Wednesday, 10am-12pm
* No Fee • Use our PCs for your own purposes, such as accessing the internet. Volunteer staff available for advice on problems with your electronic devices, laptops, tablets, and software applications.

**NEW WHISTLESTAR MEMBERSHIPS:**

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

**Jackson Café**

**NEW LUNCH PRICES**

Whistlestop and Jackson Café are closed Friday 1/1.

**WHISTLESTAR MEMBER (LOWEST PRICE) /NON-MEMBER. PRICES INCLUDE TAX**

<table>
<thead>
<tr>
<th>Main Entrée</th>
<th>$6/$8 (includes coffee or hot tea)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burger and Fries</td>
<td>$6/$7</td>
</tr>
<tr>
<td>Soup du Jour (bowl)</td>
<td>$4/$5</td>
</tr>
<tr>
<td>Garden/Caesar Salads</td>
<td>$5/$6</td>
</tr>
</tbody>
</table>

**OTHER ITEMS**

<table>
<thead>
<tr>
<th>Beverages</th>
<th>$2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>$3</td>
</tr>
<tr>
<td>Desserts</td>
<td>$3</td>
</tr>
<tr>
<td>Add Cheese</td>
<td>$1</td>
</tr>
</tbody>
</table>
When it comes to family, quality is key. Hired Hands is honored to win the prestigious Best of Homecare award for our 3rd consecutive year from Home Care Pulse, a national Quality Assurance firm that gauges client and employee satisfaction with care providers across many areas, including compassion, work ethic, training and communication.

This award recognizes that we greatly appreciate the feedback of those we work with, and are dedicated to the highest level of Quality, Expertise, and Professionalism in senior care.

Learn more at hiredhandshomecare.com/bestof

Nutritious Cooking Class for Older Adults!

Date: Thursday, January 21 from 9:15 AM to 2:15 PM
Where: Homeward Bound in Novato. Accessible buses depart from and return to Whistlestop, 930 Tamalpais.
Activities: Tour a vegetable garden, participate in cooking under chef supervision, and enjoy a delicious lunch you prepare!
Cost: Free to participants 60+. A $5 (cash) refundable deposit will hold your place. Register today at Whistlestop.
Funding provided by the Aging Action Initiative.

Menu
Stuffed portobello mushrooms with turkey sausage and spinach • Chicken and sausage jambalaya • Lemon ricotta cake with fresh berry sauce
Remember Pets in Event of Disaster

Your animals are an important part of your family, so make sure you include them in your emergency plan. In the event of a disaster, if possible, do not leave them behind. If you must, put a note in the window for first-responders telling them your pet is inside and leave five days of water and food.

The Marin Humane Society has an emergency plan in coordination with the Marin County Office of Emergency Services and the American Red Cross. If you are directed to a Red Cross shelter, there will most likely be a Marin Humane Society representative there. However you are not allowed to keep an animal with you in the dormitory part of the shelter.

Marin Humane Society suggests the following preparations:

Pet Identification: Make sure your pet’s license is current and a collar and identification tag are worn at all times. The best ID is a microchip which is permanently embedded in your pet. If they lose their collar, they can still be identified.

Crate Train Your Pet: If your pet must be left with MHS due to evacuation, it is best if they have been crate trained. Keep cat and dog carriers in an easily accessible place in case you have to evacuate quickly. You can purchase soft carriers that fold flat and can be stored in your car trunk.

Secure Birdcages and Fish Tanks: To prevent cages or tanks from falling over during an earthquake, keep them on low tables and secure if possible. Make sure the latch on a birdcage is tight so it doesn’t open in the event of a fall.

Develop a Neighborhood Plan: Get to know your neighbors and their pets. Form a neighborhood group and share information such as home, work and mobile phone numbers, names of pets, and location of pet food. Ask one of your neighbors to care for your pet in the event you can’t get home.

Build a Kit for Your Pets Too

If you have to evacuate, you will need a kit for your pets as well as your family. Keep the kit in a safe and easily accessible place. A pet on a leash or in a crate will be more welcome wherever you go.

Items to include:
- Sturdy crate and/or carrier
- Identification tag, collar and micro-chip for both dogs and cats
- Leashes
- Food/water (7-day supply for each pet)
- Soft, collapsible bowls
- Litter/litterbox and plastic bags for disposal
- Plastic bags for dog waste disposal
- Any medication your pets need
- Recent photo of your pet in case they are lost

For more information, download the Marin Humane Society Disaster Preparedness for Pets fact sheet in English or in Spanish from the Red Cross, Preparate con la Cruz Roja.

Seeking Valentine’s Day Cards

Whistlestop invites everyone to make homemade Valentine’s Day cards for Meals on Wheels participants. Their eyes light up when they receive these cards!

Be creative, let your inner artist come out, and invite children you know to create the cards with you! Mail or deliver your cards to Whistlestop, 930 Tamalpais Ave., San Rafael, 94901. Must arrive by Friday, Feb. 5. Call 415-456-9062 for more details.
Build a Kit

In the event of a major disaster, you might need to Shelter in Place and survive on your own resources for a minimum 5-7 days. You may be sleeping outdoors. Plan on what you will need to eat, sleep, cook, with or without the shelter and comfort of your home.

**Food & Water**
- Water (minimum of 1 gallon per person per day for 5 days), chlorine bleach, and eye dropper
- Canned fruits, vegetables, stew, meat
- Dried fruits
- Dry cereal
- Crackers (low sodium)
- Canned tuna
- Nutritional bars
- Canned nuts (unsalted)
- Peanut butter
- Fruit or vegetable juices
- Powdered milk
- Bottled soft drinks
- Baby food and food for others on special diets

**Health & Safety**
- First Aid kit and manual
- Dust masks
- Soap, detergent, shampoo
- Toothbrush, toothpaste
- Medications
- Heavy work gloves
- Sturdy shoes
- Space blanket or sleeping bag
- Tent or other camping equipment
- Hearing aid batteries
- Goggles or safety glasses
- Scissors

**Tools**
- Shovel
- Wrench (shut-off valves)
- 1/2" rope (20 ft.)
- Duct tape
- Broom
- Axe
- Flashlight and extra batteries
- Portable radio and extra batteries
- Fire extinguisher

**Pets**
- Leashes, crate, food
- Cat litter and plastic garbage bags

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**In Home Therapy Services**

- Specialized treatment for a variety of problems
- Balance and Fall Prevention Programs
- Visits are up to 60 minutes of personalized therapy
- Seniors are eligible to receive outpatient therapy in their homes under Medicare Part B

**Physical Therapy For Seniors**

Licensed Physical Therapists

415-444-0910

Jennifer Holland, PT
CA Lic #10957

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**Valley Orchards Retirement Community**

2100 E. Washington Street
Petaluma, CA 94954
(707) 778-6030
www.ValleyOrchards.com

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**Ready Marin**

FOR MORE INFORMATION, VISIT WWW.READYMARIN.ORG
VOLUNTEER OF THE MONTH

Calvin Ahlgren

Calvin Ahlgren, Tai Chi/Qi Gong Instructor is a Memphis, Tennessee native. He came to San Francisco to attend graduate school in English literature and poetry. Eventually he migrated to Lagunitas with some friends. He now lives in San Rafael where he gardens, growing kale, avocados and other vegetables. Calvin is an avid cook and specializes in Chinese food. He still writes and loves poetry and is a member of the Marin Poetry Center in San Rafael.

Calvin’s journey to Tai Chi began in 1986 when he took a sabbatical to work on a book. Some friends suggested he try a Tai Chi class at College of Marin. Once he started he never looked back. He studied under several teachers in the Bay Area and has visited China several times for months, primarily in the Shanghai area. These trips were eye opening and he learned first-hand how different China is from Marin, but also from how it is portrayed in the media. He found the Chinese people he met very welcoming, although he always felt like a stranger and out of his element.

What is Tai Chi and how can it help you? Tai Chi is an internal Chinese martial art practiced for both its defense training and its health benefits. Though originally conceived as a martial art, it is also typically practiced for a variety of other reasons. It is not a quick fix, but within a month or two you can begin feeling some results such as: improved heart and blood circulation, improved balance and core energy, as well as increased relaxation.

All of the results from attending a Tai Chi class are beneficial to older adults. The practices are gentle and stress free. Calvin’s Tai Chi class is held at Whistlestop from 9 to 10am on Wednesday mornings. It is a wonderful way to begin the day. Get energized and centered with Calvin.

Calvin enjoys volunteering at Whistlestop because the people are so compassionate and full of good spirit. Diana Gruhl, Program Manager, says of Calvin, “We love having his calming energy in our center every week.”

To learn more about this and other volunteer opportunities at Whistlestop: call Laurie at 415-456-9062, ext. 117, or email volunteer@whistlestop.org.

Getting Older Shouldn’t Mean Leaving Your Comfort Zone

90% of seniors prefer to remain at home as they age.

Seniors At Home is the leading provider of senior care in the Bay Area. We help seniors live safer, healthier, more independent lives in their own homes.

Call 415-449-3777

Seniors At Home
BEITER CARE STARTS AT HOME

info@SeniorsAtHome.org  ·  www.SeniorsAtHome.org

Celebrate Community
We’ve been doing that since 1972
A Rare Opportunity to Join Us This Season!

Residential Living Apartments Available Now

40 Camino Alto
Mill Valley 94941

Schedule a Visit
Contact: Pam Bill
415.383.2741
theredwoods.org

Four Living Options:
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VOLUNTEER OPPORTUNITIES

Make a difference in an older adult’s life.

**Whistlestop CarePool Volunteer Driver Program**

Provide round trip rides to ambulatory older adults going to the doctor or grocery store. Drivers use their own cars and receive ride requests through email. Drivers can accept or decline the calls, and drive on their own schedule. Ride lengths are about two to four hours for each round trip. Volunteers must have access to 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 & 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 social interaction. Café volunteers receive a free breakfast or lunch. Lunch hour shifts are: Monday to Friday, 10:45am-2pm. The Café is open from 11:30am-2pm. Cashier or food service experience is a plus but not required. The Friday morning breakfast shift is from 8:30am-10:30am. Breakfast is served from 9am-10am on Friday only.

**Brown Bag Pantry Volunteers Needed**

Helpers needed on Friday morning from 9:15am-12:15pm 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.

**Meals on Wheels Drivers Needed**

Meals on Wheels volunteer drivers are needed to deliver meals to home-bound 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*

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$20,000 Gift from Marin Foundation

Patty Cerf, President of the Marin Foundation, Driftwood Unit, presents Joe O’Hehir, CEO of Whistlestop with a $20,000 gift from her group. The generous women of the Driftwood Unit have been raising funds to support Whistlestop, for many years and have donated more than $500,000.