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Editors’ NOTE

Whistlestop Express Unveils New Look

Dear Readers,

As you can see, we have given the Whistlestop Express a major facelift.

We have evolved into a magazine-style publication, with larger pages and pictures. The Pacific Sun recently changed ownership and the new publishers – Metro Newspapers – are putting their mark on the publication. We’re thrilled to forge this new partnership.

The new format will allow us to better describe the active aging lifestyle of Marin residents 60 years and older.

The new Express will be more interactive, which means we are inviting you to participate in making this the most relevant publication possible for older adults.

Here are some ways you can help us:

Send us photographs that you think would brighten our magazine – your photo could even wind up as one of our future covers. We are looking for quality photos of people and scenes in Marin County or a compelling shot from an exciting place you have traveled.

If you or someone you know has an interesting story to share, please send it to us with a photo if you like.

Do you have any tips or strategies that help you save money or make your life richer? An easy recipe, or how to get rid of ants in the kitchen, or a new way to save money on entertainment? Tell us about it.

Finally, tell us what kinds of stories and photos you would like to see in your Express. Send any of these ideas to us at john.bowman58@gmail.com.

Watch for upcoming changes while we continue to provide a calendar of events, classes and resources available at Whistlestop to enrich your life.

Sincerely,

Co-Editors
Val and John Bowman
Whistlestop PERSPECTIVE

By MARTY ORGEL

I Could Have Burned My House Down

The importance of Whistlestop’s upcoming Fire and Home Safety program was driven home for me with a recent personal experience.

It was Saturday morning, one of my favorite times of day – the first one in the house to rise, heating up water for coffee, the early morning sun. But it all came to a jarring halt when the smoke alarm went off. Then another smoke alarm, and then three more.

I knew instantly what had happened. I put water in the pot for coffee and placed it on the burner as I always do. But this time I mistakenly turned on the wrong burner. And left the room.

I ran into the kitchen and saw the pot my wife had used to make popcorn for movie night. What had been leftover popcorn, kernels and oil had burned, and now white smoke was violently billowing out of the rim of the lid like smoke from a steam engine. I grabbed some towels and put the pot in the sink and hosed it down.

Then it hit me. Five smoke alarms were blaring away and none of my sleeping family stirred. As I checked each room where someone was sleeping, I wondered, what if I had been sleeping and the alarms weren’t from something I had caused and could quickly correct?

I am not negating the value of smoke alarms. In fact, I learned later that day that my daughter did hear the alarms, but didn’t stir. She said she didn’t think there was a problem because I wasn’t screaming, “Get out of the house!” My wife woke up later and only asked what I had burned. My son slept through the fracas.

Statistics on fire safety are staggering:

Fires caused by cooking are the leading cause of fire-related injuries in the elderly.

Over 1,200 Americans over the age of 65 die as a result of a fire each year.

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.

As a call to action, Whistlestop has set up a home fire safety presentation, with the San Rafael Fire department presenting fire safety tips.

The event is open to all. Please join us at Whistlestop, 930 Tamalpais Ave, San Rafael. Call 415-456-9062 for more information.

I hope to see you there.

Marty is Whistlestop’s Marketing and Communications Specialist. This article first ran in the Marin Community Newspapers group.
Paratransit Provides a Quality Life

By MARTY ORGEL

For Jean, Whistlestop’s paratransit vans are a lifeline. And she says paratransit driver Freeman Baysinger is a life saver.

Jean started using the service this year, and says remaining mobile means everything to her. Riding with Freeman, she says, is always a treat. “He’s a great driver. He keeps all of us on board laughing and smiling.

“I couldn’t do this without the paratransit van,” Jean says on a recent ride. She was using Whistlestop’s paratransit services to go from her home to LifeLong Medical Care in Novato. Along the way, she enjoys the scenery out the window. “It’s just so beautiful here in Marin. It’s always refreshing to get to go outside and enjoy all the trees and flowers and plants.”

Jean’s sister, Barbara, lives in New York and is able to set up rides for Jean on the computer and by telephone, working with our dispatch center. The flexibility gives Jean her much appreciated mobility, and riding on our buses has let her make new friends, get to medical appointments, and make other trips around town.

Jean will be enjoying her rides for a long time. As we’ve been reporting, the Marin Transit Board has awarded Whistlestop a new contract for the operations and maintenance of Marin Access Paratransit Services effective January 1, 2016 through June 30, 2022.

Whistlestop CEO Joe O’Hehir shared this great news with the Whistlestop staff saying, “You should all be proud of the work you do every day to help Marin’s older adults and individuals with disabilities get around and stay connected to the community. It’s not just our mission, it’s also our responsibility.”

Special needs Transportation services have been at the very core of Whistlestop’s community-based programs and services since the organization’s inception in 1954. And Jean is just one of our many riders taking full advantage of the rides!
The Power of Dance Transforms Disability

By VAL BOWMAN

Participants in Marin’s Parkinson’s Dance Project experience firsthand the power of dance to strengthen bodies and minds. “We are continuously amazed at the transformation of participants during class,” says Torri Campbell, who started PDP in San Rafael. “A family member of a PDP dancer recently attended a class and afterwards commented that she saw noticeable differences from the start of the class to the end — a more fluid gait, a straighter back, swinging arms, sureness of foot, an easy smile and lots of laughter.”

Torri says, “I have danced professionally and taught dance to people of all ages. I have always believed in the power of dance to build community and bring joy to all. Five years ago, after a long break to pursue a clinical psychology practice, she heard Mark Morris discussing the Dance for Parkinson’s program that members of his company (Mark Morris Dance Group) started in collaboration with a PD support group in Brooklyn, NY. “Three days later, I was in Brooklyn taking an intensive Dance for PD training.

Four months later, Marin Dance Theatre agreed to support the program and she launched it with her co-teacher, Brigid Hoag. The program has been growing since 2011. Torri says that the effects of dancing to improve people’s moods are as important as the physical gains. She has found that dancing in a class promotes a sense of community and camaraderie — it breaks social isolation and increases a sense of well-being.

One new PDP participant told Torri she felt uplifted in body and spirit, she felt a sense of freedom in her movement, that finding the PDP was the best thing that had happened to her since her diagnosis with Parkinson’s. Torri adds, “We often hear PDP participants say that while they are in dance class they are able to forget their diagnosis. They become dancers rather than patients.”

Classes are held at St. Vincent’s Auditorium, One St. Vincent Drive in San Rafael, from 1 to 2:30 pm on the first, third and fifth Tuesdays of each month. Rob Ellis plays the piano, which really gets people moving. Classes are drop-in with no fee and no dance experience is necessary. The program is funded through voluntary donations (suggested $10 per class). Participants range in age from 50s to 80s. For more information contact Torri Campbell at torriacampbell@yahoo.com or 415-819-2066.

I start my day walking through our wildlife preserve …
Disabilities and Dancing for Your Health

By MARTY ORGEL

“And those who were seen dancing were thought to be insane by those who could not hear the music.” – Friedrich Nietzsche

“To live is to dance, to dance is to live.” – Snoopy

Leonidas is a regular at Whistlestop’s Zumba dance class. And our yoga class. And our movement class. Leonidas has been enjoying Whistlestop dance classes for the past 14 years.

Even in a wheelchair, she knows attending these classes helps her stay healthy, and the medical community concurs. Doctors say adding dancing to your regular exercise routine helps maintain a good body weight, helps you lose weight, and can be a good aerobic workout. Dancing can also strengthen muscles, strengthen your heart, improve your energy and help you remain flexible and agile.

Dancing is not only a great form of exercise for anyone with disabilities, but it also has many social benefits. It is a great way to mix socially with other people in a fun and relaxed environment. Dance classes give all participants the chance to meet new and interesting people from all walks of life.

Leonidas comes for fun, and to meet up with her best friend, Conception, who is also a Whistlestop member. With the help of her caregiver, Angelica Villicaña, Leonidas comes to Whistlestop about five times a month.

When people do activities they like, and they get out and about with others, there’s an additional advantage of increasing their self-esteem and confidence. Dancing has a positive impact on overall well-being, both emotionally and physically.

Loss of Vision Doesn’t Stop Him

By JOHN BOWMAN

Embrace blindness, embrace life.” That is Bob Sonnenberg’s answer to how to adapt to a disability.

Sonnenberg, Whistlestop Board member, is Associate Director of Planned Giving for Guide Dogs for the Blind, where he has worked for the past nine years. He has an MBA in Finance and has worked for the past 25 years in finance and development. He is a fifth generation Californian who grew up in Marin County and lives in San Rafael.

His life changed dramatically in January 2004 while he was driving to Sacramento for a CSAA business meeting. He lost most of his vision that day. “It happened in a flash,” he said. Later he learned that his loss of vision was due to a condition called myopic degeneration. “In layman’s terms, this occurs when the retina has reached its maximum stretch point.”

Sonnenberg still has some vision but cannot see sharp images without magnification. He said it is great to be able to see things but that magnifying them can be cumbersome. He is grateful for and takes advantage of any new software technology that comes out and said that another help is CCTV. “The big thing is the audio version, that is very helpful,” he said.

Now in his second term on the Whistlestop Board, Sonnenberg thoroughly enjoys that role. “It’s a great opportunity to engage with the community. Whistlestop is vital in so many people’s lives. The public transportation is a great service. Also, Meals on Wheels for many people is their only contact with the public. The Jackson Café is another way for people to socialize in addition to getting a nutritious, inexpensive meal. And the Whistlestop staff’s passion comes through.”

Sonnenberg loves sports and is pleased that he has had the opportunity to throw out the first pitch at three professional baseball venues: at a Portland Beavers Triple A game, where he threw to Will Venable, who grew up in San Rafael; a Seattle Mariners game; and a San Francisco Giants game where he tossed the first pitch to Sergio Romo.

“I wouldn’t have done any of it if I hadn’t had a guide dog,” he said. His first guide dog, Nino, has retired and is now a “couch potato” at the Sonnenberg home. His current dog, another lab, is Langley.
Keep Learning at WHISTLESTOP

To support our Center, Whistlestop has instituted a new fee structure for classes, activities and special events. There are now fees (or suggested donations) for most programs, and discounted rates for WhistleStar members. Whistlestop has also instituted a “new member annual fee” of $5. Membership entitles participants to reduced rates for classes and meals in the café, supports the funding for our center, and improves our method of collecting participation data. Please pick up an application at our front desk, or register for classes and events at 930 Tamalpais Avenue, San Rafael, from 8:30am-5:30pm, Monday-Friday. Or call 415-456-9062 for more information.

For a full list of classes and services, refer to the Whistlestop monthly calendar online at whistlestop.org/classes/calendar or pick up a calendar at the Active Aging Center. Fees listed below show the member fee first, followed by the non-member fee (e.g. $3/$5).

Please note that the Active Aging Center, including the Jackson Café, will be closed on Friday July 3 in honor of the Independence Day holiday.

SPECIAL EVENTS

PATRIOTIC LUNCH
WITH LIVE MUSIC
Thur, July 2, Lunch: 11:30am-1pm/Music: 12-1pm
Fee: $10/$12 TICKETED EVENT, must buy in advance!
In honor of Independence Day, we will have a special lunch including, Chili Dogs, Vegetarian Dogs, Potato Salad, Cole Slaw, Side Salad, Vanilla Ice Cream Blueberries and strawberries. In addition we will have a sing-along to your favorite patriotic songs with the talented duo Desiree Goyette and Ed Bogas, brought to us by a partnership with Bread & Roses Presents™. Please purchase your ticket by June 30!

LIVE MUSIC LUNCH
Thur, July 23, Lunch: 11:30am-1pm/Music: 12-1pm
Fee: Regular menu pricing
Enjoy the live piano music of local talent Nancy Foxx while enjoying your favorite menu item at the Jackson Café.

NEW/HIGHLIGHTED
CLASSES & WORKSHOPS

QIGONG: RELAX & RENEW
Mondays, 4-5pm
Fee: $5-$10 sliding scale (per class); $12 non-member
Release your stress, renew your zest with Qigong. Easy, gentle practices for all levels of ability optimize self-healing, body-mind health, and a happy, bright life. Includes both standing and sitting options. Drop-in OK. Bring a water bottle. Barbara Lovejoy, MSW, is a Certified Teacher of Qigong (Yuan Gong style). For more information, www.claimjoy.com.

WHISTLESIZERS CHAIR EXERCISE CLASS with ELIZABETH
Tuesdays, 9:30-10:30am, and Thursdays, 11-12pm
Fee: $4/5
This exercise class offers a new way to improve your health and quality of life with gentle chair fitness. Keeping the focus on safety and fun, this class includes sitting range of motion, strength, flexibility, and light cardio exercises (with some standing if possible). Drop-ins welcome! Whistlesizers is facilitated by Elizabeth Lynn, a Certified Senior Fitness Leader through the National Senior Fitness Association.

TAI CHI
Wednesdays, 9-10:15am
Fee: $5-10 (sliding scale for members) $12 non-members
Tai Chi offers gentle energy work for all levels of ability. This class is run on a drop-in basis, so no advanced sign-ups are required. Instructor Calvin Ahlgren has taught at Whistlestop for eight years.

BEGINNING & INTERMEDIATE UKELELE
Wednesdays, starting July 1 for six weeks, 12:30-1:30pm
Fee: $30
Maximum 25 participants- sign-up soon!
Come and learn to play the ukulele from teacher Fred Riley or continue learning if you are already playing. Bring your own ukulele or the teacher will lend you one to use to try it out!

MIND EXERCISES with LLOYD
Thursdays, July 2 & 16, 3:30-5pm
Fee: $3/5
Stimulate your mind by exploring dynamic word and number puzzles. Facilitated by experienced YMCA teacher Lloyd Licher. Drop-in.

JEWELRY CLASS: MAKE EARRINGS
Wed, July 15, 1:30-2:45pm
Fee: $10 per class/includes materials.
Registrations and payment required prior to class.
Maria Barnesat, local bead artist, will show you how to make earrings. Class limited to 10 people.

BEGINNING GERMAN CLASS
Starting Fri, July 17, 2-3:30 pm for 6 weeks
Fee: $20/$25 for 6-week class
Come and learn Beginning German with a 6-week class, taught by native speaker Traute Eckersdorff, who recently taught German at Tam High School and with Berlitz Language Academy. Call to sign-up in advance.

RUSSIAN SOCIAL GROUP
Held at Margaret Todd Senior Center in Novato, 1560 Hill Rd.
Wed, July 22, 10:30-11:30am
Fee: Free (Donations appreciated)
Come to socialize and learn about community resources; stay for lunch from 12-1pm and/or the Brown Bag Program from 1-2pm.
To sign-up or if you would like to participate in Brown Bag and/or Lunch Program, please call Whistlestop’s Russian Multi-Cultural Coordinator Anna Ladyzhenskaya at 415-456-9062, ext.138.

ZENTANGLE CLASS
Thur, July 23, 1:30-3pm
Fee: $3/$5
Join new Zentangle teacher, will show you how to make ear-rings. Class limited to 10 people. Facilitated by experienced Zentangle teacher, will show you how to make earrings. Class limited to 10 people.

FIRE/HOME SAFETY PRESENTATION
Tues, July 28, 3-4:30pm
Fee: Free (Donations appreciated)
The San Rafael Fire Department will talk about fire prevention and general home safety methods, as well as inform you about an essential new program to help you in an emergency. Please sign-up in advance.
NEW/HIGHLIGHTED HEALTH PROGRAMS

RABEL’S MEDITATIVE MASSAGE CLASS
Mondays, 3:30-4:30pm
Fee: $10/$12
Practice gentle self-massage and learn to massage others using peaceful meditation. Focus on specific health issues related to your needs and the needs of others. Acquire inner peace in appreciation of the miracle of your body and share this. For singles or couples. Facilitated by Certified Massage Therapist Rabel Manga-has, Medical Massage Specialist.

HOW TO BECOME AN EMPOWERED MEDICAL PATIENT
Tuesdays, 2:30-3:45 pm
Free (Donations appreciated)
Learn how to become an empowered medical patient. Through instruction, practice, and discussion, you will learn how to optimize communication with doctors and the medical team. You will learn how to be an expert in your particular medical conditions. A science-based breathing method, mental imagery, and other practices are taught to improve mind-body health and wellbeing. Taught by Larry Berkelhammer, PhD, author of In Your Own Hands: New Hope for People with Chronic Medical Conditions.

COPIING WITH DEPRESSION AND AGING WORKSHOP
Tues, July 21, 3-4pm
Free (Donations Appreciated)
Aging could be felt as an ending of all that was familiar — our social and professional roles, where we considered home, or our ability to stay independent. BOOST (Behavioral Options to Optimize Senior Transitions) is a new program offered by Seniors At Home, a division of Jewish Children and Family Services, to help older adults negotiate difficult life transitions. This workshop will address how to cope with changes as we age.

These changes can lead to sadness and worries which affect our sleep, increase our fatigue and decrease our motivation to do the things we used to enjoy. You will learn how to identify depression and anxiety, understand how they impact our lives and review some tools in managing these unwanted feelings and intrusive thoughts. Julia Chu, Ph.D., is an experienced psychologist who specializes in geriatric services. Over the past 20 years, she has worked with older adults in the wider Bay Area. She is now the project coordinator for BOOST. Please register for this workshop.

HIGHLIGHTED SUPPORT SERVICES

NEED ASSISTANCE? MULTICULTURAL CONSULTATIONS CAN HELP
By appointment: 456-9062
Spanish/English: Marta Villaile, ext. 131; Russian/English: Anna Ladyzhenskaya, ext. 138; Vietnamese/English: Dina Duong, ext. 129
No fee for consultations; small fee may apply for translation services
Whistlestop offers assistance to English and non-English speakers in Spanish, Russian and Vietnamese. We assist with applications for many social services, such as healthcare management, citizenship, housing, employment, and federal assistance, plus translations and referrals.

HOMESHARE PROGRAM
To register: Call Leslie Klor: 415-456-9062, ext. 132
Free (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. Do you have a room to share, or do you need a place to live? Do you know someone who can use our services? Call us.

TELEPHONE REASSURANCE PROGRAM
To register: Call Leslie Klor: 415-456-9062, ext. 132
Free (Donations appreciated)
Do you live alone? Would you like someone to care about how you are doing? If you often feel isolated and are looking for connection and peace of mind, this program is for you. Trained volunteers will call you three mornings a week to check on you. We can answer questions about other senior resources. We now also offer this service in Spanish.

ROTARY HOME TEAM
Saturday in July or August (date tbd), 9am-1pm
More info: Call Leslie Klor, 415-456-9062, ext. 132
Free (Donations appreciated)
If you are a San Rafael homeowner, the Rotary Home Team offers a free service for seniors and people with disabilities who may have financial or physical challenges in performing basic household repairs.

VICTIM-WITNESS PROGRAM
2nd & 4th Thursdays, 9am-12pm
Yolanda Johnson, Advocate from the District Attorney’s office, will be available to meet with you to answer questions, provide information, and connect you to resources, or call 415-473-6450.

VOLUNTEER ANNOUNCEMENTS

MAKE A DIFFERENCE IN AN OLDER ADULT’S LIFE.

NEW 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 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 car 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
The 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. Lunch hour shifts are Monday-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 9-10am.

MEALS ON WHEELS DRIVERS NEEDED
Meals on Wheels volunteer drivers are needed to 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. We also need a few good strong people to help with the Friday morning Brown Bag Pantry. To learn more about these opportunities or others contact: volunteer@whistlestop.org Phone: 415-456-9062, ext. 117, www.whistlestop.org.
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>
</thead>
<tbody>
<tr>
<td>9:30–10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–1PM</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>N</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Persian Social Group</td>
<td>415-472-6020</td>
<td>N</td>
</tr>
<tr>
<td>12:15–1:45PM</td>
<td>German Social Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>12:30–1:30PM</td>
<td>Russian Social Group</td>
<td>415-456-9062</td>
<td>N</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL Basic/Advanced</td>
<td>Ends 7/13</td>
<td>Y</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Meditative Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>4–5PM</td>
<td>Qigong: Relax and Renew</td>
<td>Drop-in</td>
<td>Y</td>
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**MONDAYS**

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<th>INFO</th>
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<tbody>
<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>10:45-11:45AM</td>
<td>Cardio/Yoga Exercise Class</td>
<td>415-472-6020</td>
<td>Y</td>
</tr>
<tr>
<td>11AM–2PM</td>
<td>Manicurist</td>
<td>Appt. Req.</td>
<td>N</td>
</tr>
<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>2:30–3:45PM</td>
<td>Be an Empowered Medical Partner</td>
<td>Drop-in</td>
<td>N</td>
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**TUESDAYS**

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<tbody>
<tr>
<td>9–10:15AM</td>
<td>Tai Chi</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–11:30AM</td>
<td>Seniors’ Circle</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Persian Social Group</td>
<td>415-456-9020</td>
<td>N</td>
</tr>
<tr>
<td>* 11AM–1PM</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>Starts 7/1-8/5</td>
<td>Y</td>
</tr>
<tr>
<td>1–2PM</td>
<td>English Pronunciation</td>
<td>415-456-9062 x131</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL Basic/Advanced</td>
<td>415-456-9062 x131</td>
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**WEDNESDAYS**

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<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>
</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>
</tr>
<tr>
<td>1–2:30PM</td>
<td>Intermediate Italian</td>
<td>5/28-7/10</td>
<td>Y</td>
</tr>
<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></td>
<td>Y</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Mind Exercises</td>
<td>7/2 &amp; 7/16</td>
<td>Y</td>
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**THURSDAYS**

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<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30AM</td>
<td>Community Breakfast</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<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>Starts 7/17</td>
<td>Y</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Ping-Pong</td>
<td>7/10 &amp; 7/24</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Yoga</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
</tbody>
</table>

**FRIDAYS**

* 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.

July and August COMPUTER CLASSES

**iPad/iPhone Basics 2: Essential Applications**

Tuesdays, July 9 & 16, 10am-12pm (2 classes)

Fee: $48, Maximum 8 people

This course will review some of the basics of using your device. We will show you 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 1: Getting to Know your Device**

Thursdays, August 4 & 11, 10:00am-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)

Computer Tutor

Mon and Wed, 12-1pm

Fee: $20/hour by advance appointment

Personalized computer assistance, troubleshooting and instruction for the PC user, specializing in assisting older adults and novices.

Open Lab

Every Mon and Wed, 10am-12pm

No Fee

Use our PCs to access the Internet. Volunteer staff available for advice on problems with your electronic devices, laptops, and tablets.

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
One day I was out at the end of the neighboring parking lot attempting to photograph the Terns that were flying about when I saw, far out over Tiburon, the Shuttle Endeavour atop a Space Carrier Aircraft heading north. I presumed they were about to turn to make a low pass across the Bay. I calculated that I was likely to be in a good spot to get a photo when they made their run. I was. Slowly they swung about and came straight towards me. I couldn’t have been in a better position.

With a thunderous roar they passed right overhead, perfectly in the frame of my viewfinder. It was a good thing they were; there are no do-overs in photography like this.

I offered the photo to the Marin IJ for the cover of the next day’s issue but they preferred to use one from their own photographer. Since then, I have exhibited this photo in several venues and it has always been met with excitement and often thanks from folks who were not there when it took place.

So I decided to show it here. Our efforts in space are one of the few things the United States has done in recent years that everyone is proud of. If it brings a tear to your eye, you are not alone.

Every week I email a free bird photo to those who ask to be on my list, SHENmaker@MSN.com. Just ask.

Till next time,

Richard
Before the start of Memory Walk 2005, I was struck by the beauty of the San Francisco skyline from Treasure Island; my mother would have loved it. Thousands of people milled about, waiting for the start of the fundraiser to raise awareness about Alzheimer’s disease and dementia in the Bay Area. We huddled around a registration table, team members in our “Wee Ones” T-shirts.

Music resonated over the throng as people drank coffee and energy drinks and ate doughnuts to prepare for the gentle three-mile walk around the island. I was there with my two sisters and some friends to honor my mother, who died July 23, 2004 of complications brought on by Alzheimer’s and dementia. She was 80.

“Wee” was her nickname since she was the youngest of the Wallace girls. I began her eulogy by saying she was a woman of few words and even fewer needs. Little did we know the silence of her golden years were really the tentacles of Alzheimer’s disease grasping her. I walked the circuitous route in complete silence, as my mother had spent most of her final years.

People walked with pictures of their loved ones; some carried portraits, still in their frames. People walked with dogs and pushed baby strollers. I carried memories of my life with my mother in my heart.

The reality of Alzheimer’s is clear: More than 5 million Americans have it and, with mortality rates increasing, more people will be getting diagnosed and more will become caregivers as a cure is sought. It has been 100 years since a German doctor named Alois Alzheimer published his first paper describing the symptoms of a disease that would later bear his name.

As the others tried to keep up with my pace, we turned the corner for the home stretch and were awestruck by the beauty of the Bay. Alcatraz, once a prison for the worst of the worst, stood guard as ships made their way through the Golden Gate. After getting a cold drink, my daughter, Leah, and I went into the island’s chapel near the finish line. People gathered to write notes of remembrance for loved ones and placed flowers on an altar. We collected our thoughts on paper and sought out a place on the board to post our note. Unbeknown to us, we picked a spot next to the note my younger sister had left the year before.

Joe Wolfcale, managing editor of the MarinScene Community Newspapers, has been a journalist for more than 30 years in the Bay Area.
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