Regulars at Book Passage in Corte Madera have seen best-selling author Isabel Allende there sipping tea and reading so often that some of them think she owns the place.

She doesn’t. But Allende, whose latest book, *Maya’s Notebook*, was launched at Book Passage, is not the only literary star that people-watchers might spot there. Salman Rushdie, Joyce Carol Oates, Chronicle columnist Jon Carroll, Anne Lamott, Evgeny Morozov, and Lemony Snicket (Daniel Handler) have had author events or classes there just in the past few months. In a year’s time, 700 author events take place at either the Corte Madera or the San Francisco Ferry Building store. President Jimmy Carter is in one of the photos on the store’s lively website, taken when he was there for a book signing.

The owners, Elaine and Bill Petrocelli, never imagined such celebrity gazing was possible when they opened their first bookstore in Larkspur 37 years ago. “I just wanted to have a little bookstore,” Elaine said. The boom started about 25 years ago when a friend suggested that Elaine invite Marin

authors to teach classes at Book Passage. “Judith Greber (who wrote the best-selling *Mendocino*) taught the first class,” Elaine recalled.

“And after Anne Lamott taught her first class there, we suddenly had a waiting list of 500 for her next one.” Their annual Mystery Writers Conference draws people from all over the world. Cara Black, who got her start at the conference, now has her 10th best-seller out and will be teaching at the conference this July.

Elaine lights up when she talks about Book Passage, which has become a Bay Area haven for readers, writers, poets and students to gather, to visit and to learn. She also is excited about the store’s partnership with Dominican University. People who take classes and writers conferences at Book Passage, from writers, lawyers,
Honoring Our National Pastime

Springtime brings the thoughts, sounds and smells of America’s favorite national pastime, baseball. Recently, the baseball gods have been good to the Bay Area, giving us two world series championships in the past three years with the San Francisco Giants, and a brash, young and fun to watch team in the Oakland A’s.

Thanks to the pioneering efforts of Mike Shapiro and a group of dedicated Marin citizens, the baseball gods blessed San Rafael with a local team, the Pacifics. Their inaugural season was a success judging by the positive response from the community. Albert Park was once again alive with the sound of the bat, the calls of the umpire, and the smell of ballpark food. It was heartening to see Marin families, especially children, enjoying an evening or day at a Pacifics’ game.

Whistlestop held two special events during the Pacifics’ first season, and the attendees thoroughly enjoyed the baseball experience and atmosphere. We are pleased to announce that our partnership with the Pacifics will be expanding this year. We are introducing a new “Old Timers Club” in association with the Pacifics. Marin county adults over sixty can apply to become a member of the Old Timers Club. Old Timers club member benefits will include discounted prices on tickets to Pacifics games, a special Whistlestop Express newsletter supplement during June, July and August, and perhaps other special offers from local businesses who sponsor the team. The Pacifics will have “Whistlestop Wednesdays” for every home game held on that day.

The Old Timers Club application asks for members to share personal fond memories of their first experiences with our national past time. For me, my baseball memories go back to early childhood years in Brooklyn New York. 1955 the Brooklyn Dodgers win the World Series against the New York Yankees at Ebbets field. I remember the victory parade and seeing Jackie Robinson waving from a Cadillac convertible. My first trip walking in to Yankee stadium in the Bronx in 1960, and being in awe of how green the field was while Mickey Mantle took batting practice. And, in 1962 I fell head over heels for the New York Mets, the loveable losers of the National league managed by the great Casey Stengel, and with a cast of wonderful baseball characters like “marvelous Marv Throneberry.”

I’m sure that most of you have fond memories of your first experiences with baseball. We encourage you to join the Old Timers Club and to share your memories for all to enjoy. We look forward to seeing you at a Pacific’s game. It’s just about time to hear the call, “play ball!”

Whistlestop
PERSPECTIVE

By JOE O’HEHIR

Marin Senior Coordinating Council, Inc.
930 Tamalpais Avenue San Rafael, CA 94901
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Whistlestop Express is a publication of the Marin Senior Coordinating Council, Inc. A 501 (c) 3 not-for-profit organization.

The Mission of Whistlestop:
Whistlestop believes that we share a responsibility to ensure that all Marin residents have an opportunity to age with dignity, grace and independence.

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To be added to, or taken off, the email list for Whistlestop Express, please call 415-456-9062. Or send an email, with your request, your name and address to INFO@whistlestop.org.

Subscriptions mailed to your home are $10/year.

Table of CONTENTS

3 Call for Photos
4 Healthy Aging Symposium
5 Virginia Stella Story
6 Isabel Allende Story
7/8/9 Whistlestop Classes, Events
10 Activities Calendar
11 The Bird’s Side of Marin
RICHARD PAVEK
12 Multicultural News
VICKY VOICEWSKY & SANDRA JIMENEZ
14 Nona Knows Best
MARY ANN MAGGIORE
15 Mayor for Meals

Valid for___________________

Whistlestop Express

April 2013

Mayor for Meals

Valid for___________________

Whistlestop

APRIL 2013
Send Us Your Baseball Story

It’s that time again. The Giants have started to defend their World Series championship. Kids across Marin are sharpening their batting and pitching skills in Little League parks. Older adults are icing sore muscles and joints after another “Over-55” softball game.

The June issue of the Whistlestop Express will be a special Baseball edition. The San Rafael Pacifics open in June.

Share your favorite baseball stories. It could be about the time you hit a home run for your high school team in the championship game, or how you caught a home run ball hit by your favorite Giant at AT&T Park. We want to hear from former players, fans, umpires, coaches, managers and retired batboys and batgirls.

Photos welcome. Simply email your story and photo to Editor John Bowman at john.bowman58@gmail.com. Or, drop them off at Whistlestop, 930 Tamalpais Ave., San Rafael, CA. You must be 60 years of age or older. Include your name, age and address. If you email a photo, please make sure it is a jpeg. Stories should be limited to 300 words. Play ball!
Healthy Aging Symposium: Live, Love, Laugh, Learn—May 9

Marin County’s ninth annual Healthy Aging Symposium is scheduled for May 9 at the Embassy Suites Hotel, 101 McInnis Parkway, San Rafael. The theme of this year’s symposium is “It’s Never Too Late to Live, Love, Laugh & Learn.”

The 9am to 1pm event will feature keynote speaker Dr. Simon Melov, PhD, associate professor at the Buck Institute for Research on Aging. Other speakers will be Allan L Bernstein, MD, Healdsburg District Hospital, on “Aging and Learning Go Together,” and Beth Ashley and Rowland Fellows, who will share their insights.

Marin Health & Human Services and the Marin County Commission on Aging will host the event. Sponsors are Whistlestop, Kaiser Permanente, Sutter Health, and Marin General Hospital.

The fee is $20, which includes lunch. Call 473-2980 today to register. ✶

doctors, chefs and poets, can receive graduate or under-graduate credits. “We’re very proud of this program,” she said. “Dominican is great to work with. We have many exciting classes and events coming up.” She added that the Institute for Leadership Studies presents great thinkers of our time. Madeline Albright, Al Gore and Caroline Kennedy are among the many who have appeared.

The store also offers classes in Spanish, French, Italian, and German and advises more than 300 book clubs that receive advice plus discounts on their book club books.

Bill Petrocelli, a lawyer and bookseller, is also an author, having published several books. His latest, *The Circle of Thirteen*, is due out this fall. Do they ever find time to read? “Our idea of an exciting evening is sitting side by side, reading books.” Elaine said. “I always have a book in my purse. We travel a lot and always take books, then give them to people along the way. We don’t take a lot of shoes, but we always take plenty of books along.” ✶
‘Stirring the Ashes’ — Virginia Stella’s Story


Virginia flips back her white skein of ponytailed hair and laughs. She is Sicilian, with large, deep-set eyes, and quite the storyteller. I have come to her home, a tiny abode clinging to a hill in the outskirts of San Anselmo, but I met her at the Faith and Feminism Conference, where she displayed some of her botanical drawings.

Adorning her simple living room are a few of her drawings and watercolors. I remark on her talent, and she responds that we all are creative beings. Her own art enables her to focus on where Spirit is calling her, she says. “It might be making a greeting card for my church members to sign for a sick person, or volunteering to coordinate an art exhibit, or attending an art association meeting, or donating my favorite oil painting to a good cause. I’m not waiting for inspiration to make that $1,000 painting, but I just keep on making art and letting the path unfold. Keep stirring the ashes, and they will burst into Spirit Fire.”

Although peppy and imaginative, Virginia acknowledges the challenges of aging. “So when various things started to happen to me, both physically and with my memory — like ‘Oh God, what was her name? Is that happening to me?’ — there came a day when I said, ‘I’m a senior.’ And I acknowledged the sadness and the problems that come along with that. ‘This is where I’m at,’ I said. ‘I really need to accept this.’ So it’s acceptance, letting go and trusting that this will be a good time in my life.”

Virginia Stella lives in San Anselmo and exhibits her art at O’Hanlon Center for the Arts in Mill Valley. Birthing God can be purchased at skylightpaths.com or amazon.com.

Marin County’s Choice for Home Health Care

To arrange for care or learn more about our services, please call 415.492.4600 or visit us online at www.SutterCareAtHome.org www.facebook.com/SutterCareAH Not For Profit, Locally Based

Visiting Nurses • Home Care • Mom/Baby Visits

Sutter Care at Home offers you the most comprehensive range of home care services available.
In Giving I Connect with Others

By ISABEL ALLENDE

From NPR’s ‘This I Believe’

I have lived with passion and in a hurry, trying to accomplish too many things. I never had time to think about my beliefs until my 28-year-old daughter Paula fell ill. She was in a coma for a year and I took care of her at home, until she died in my arms in December of 1992.

Paralyzed and silent in her bed, my daughter Paula taught me a lesson that is now my mantra: You only have what you give. It’s by spending yourself that you become rich. Paula led a life of service. She worked as a volunteer helping women and children, eight hours a day, six days a week. She never had any money, but she needed very little. When she died she had nothing and she needed nothing. During her illness I had to let go of everything: her laughter, her voice, her grace, her beauty, her company and finally her spirit. When she died I thought I had lost everything. But then I realized I still had the love I had given her. I don’t even know if she was able to receive that love. She could not respond in any way, her eyes were somber pools that reflected no light. But I was full of love and that love keeps growing and multiplying and giving fruit.

The pain of losing my child was a cleansing experience. I had to throw overboard all excess baggage and keep only what is essential. Because of Paula, I don’t cling to anything anymore. Now I like to give much more than to receive. I am happier when I love than when I am loved. I adore my husband, my son, my grandchildren, my mother, my dog, and frankly I don’t know if they even like me. But who cares? Loving them is my joy.

Give, give, give – what is the point of having experience, knowledge or talent if I don’t give it away? Of having stories if I don’t tell them to others? Of having wealth if I don’t share it? I don’t intend to be cremated with any of it! It is in giving that I connect with others, with the world and with the divine.

It is in giving that I feel the spirit of my daughter inside me, like a soft presence. ♦
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

ANNUAL MULTICULTURAL PICNIC
Friday, May 31 • 11am-1pm
Location: Pickleweed Community Center, 50 Canal Street, San Rafael | Fee: $3 suggested donation, 60 and over, $6 for people under 60
Registration: Required prior to the event, Vicky Voicehowsky & Sandra Jimenez, 456-9062
Come join us once again at our Annual Multicultural picnic! Live entertainment: ‘The Bubblesmith’ (a wonderful bubble show) provided by Bread and Roses, and a traditional Haitian dance performance. Hot dogs and burgers will be served during this fun event. Don’t miss out!

GERMAN SOCIAL GROUP
Fuer unsere deutsch sprechenden Freunde: unser neuer Treffpunkt fuer die Deutsche Gesellschaftsgruppe ist Dienstags, 11:00-12:30 PM, in der Whistlestop Lobby. Herzlich willkommen!
For our German speaking friends: our new meeting place for the German Social Group is the Lounge at Whistlestop. The group meets Tuesdays, 11am-12:30pm. A heartfelt welcome!

NEW RUSSIAN SOCIAL GROUP
Thursdays • 1-2pm
Whistlestop has a new Russian social group. This is a great opportunity for Russian speakers to have a support group and a good time in the community. If you are interested in participating or know someone who is, please contact Vicky Voicehowsky, 457-0586, or Anna Ladyzhenskaya, 336-8430.

FRENCH CLASS
Tuesdays • Noon-1pm
Fee: Free | Level: Basic-Intermediate
Registration: Call Vicky Voicehowsky, 457-0586
Learn to speak the language of love with Susan Duncan, who has been teaching French for 18 years.

NEW! IMPARARE L’ITALIANO!/LEARN ITALIAN!
Tuesdays & Thursdays • 3-4pm • Starting May 7th
Fee: $24/month
Information: Contact Sandra Jimenez, 454-0998
Registration required
Learn Italian with our new teacher, Elizabeth Guagenti. Elizabeth has a Bachelor’s degree in Italian Language and Literature from UCLA. She spent a year at the University of Padova, Italy.

Stay Social. Stay Well.

We Make It Easy to Make Friends
Studies agree. It’s good for your health to be social, especially as we age. At our communities, friends are easy to make and even easier to keep. With discussion groups, classes, volunteer projects and organized trips, days are filled with opportunities to mingle. Get Social!

You and a loved one are invited to come enjoy an activity. Call 510.489.3800 to learn more and schedule your visit.

AlmAVia of San Rafael, an Elder Care Alliance community is cosponsored by the Sisters of Mercy of the Americas West Midwest Community & the Sierra Pacific Synod of the Evangelical Lutheran Church in America. RCFE Lic #: 216801868.

For more estate plan information visit: jrhastingslaw.com and estateplanning.com

Reserve a Seat Today on Our Website
www.jrhastingslaw.com/event.php
or Telephone 415-459-6635
DIGITAL PHOTO CLASS
Beginning: 1st Wednesday • 2-4pm
Advanced: 2nd Wednesday • 2-4pm
Fee: $15
Instructor: Gene Dyer
Registration: required 459-6700
Call for more information and class descriptions.

YOUR COMPUTER — FRIEND OR FOE?
Thursday, May 16 • 10am-Noon
Fee: Free
This is a one-time, two-hour information presentation in a seminar format which will include: Getting acquainted with your computer; what it can and can’t do; how you tell your computer what to do; how it can work for you at home; how it can work for you on the Internet; how it’s a machine and how it’s a magician; how it trains you to be its master. These issues and many others, will be covered. Join seminar leader Frank Cassou for this informative session that will familiarize the non-techie with the world of computers.

WHISTLESTOP TAX PROGRAM
A Sincere Thanks to All Our Volunteers!
Whistlestop offers our heartfelt thanks to our volunteers who worked so hard on the tax program. We truly could not help as many people and achieve as much as we do without your commitment. We are really grateful for all you do and the difference you make. A special thanks to our Tax Preparers, Anne Johnson and Denise Bertucelli from the Margaret Todd Senior Center, Carol Golden and Kirk Beales from Whistlestop, and Tax Greeter, Scott Marcum.

VOLUNTEER OPPORTUNITIES
Be a part of the incredible Whistlestop family of volunteers, have fun, inspire others, and gain the satisfaction of being an active member of your community.
Contact: Millie, 456-9062 x117 or volunteer@whistlestop.org
• Exercise Instructor
• Board/Card Game Leaders
• Bi-lingual Computer Teacher
• English Tutors
• Jackson Café Servers
• Information and Referral Office
• Drivers for Meals on Wheels Program

IN-KIND DONATIONS NEEDED
Mah Jongg sets, Chess set, Dominos, Ping Pong table, books, yarn, movies on DVDs. If you have items to donate, please call 456-9062.
MEMOIR WRITING CLASS FOR OLDER ADULTS
Thursdays • 2-4pm
8-week workshop, starting Thursday, May 16-July 18
(No class July 4 and July 11)
Fee: $5 per student per class, plus one-time materials, materials fee of $2
Registration: Requested
Maximum of 15 students to ensure each participant has an opportunity to read their writing assignment each week.
Instructor Barbara Withers will lead you in stimulating group activities to preserve family and community histories, as well as providing an opportunity for personal growth in a new, creative experience. Strengthen cognitive abilities. Learn to support the creative work of others through readings and feedback, which contributes to an increased sense of well-being. Experience a sense of accomplishment and an opportunity to capture memories for participants’ family members.

CHIROPRACTIC SERVICES ARE BACK
2nd & 4th Monday of the month
11am-12:30pm in the Lounge
Fee: $2 | Signups will only be taken on the day chiropractic services are offered.
Do you suffer from back or neck pain, tension headaches or aching muscles and joints? For relief from aches and pains of everyday stress and strains, visit Whistlestop to see chiropractic professional Dr. Huong Danh from Nystrom Chiropractic. She will provide safe and gentle chiropractic adjustments – a hands-on procedure used to restore normal movement by loosening joints and stretching tight muscles. She will also help with mobilization — simple stretches of soft tissues by moving joints to increase the range of motion of arms, legs, and shoulders.

NEW! CONVERSATION GROUP FOR 90-YEAR-OLDS & OLDER
3rd Thursday of Every Month • 1:30-3pm
Join this group for lively conversation. One rule: no discussing ailments! Contact Virginia Dziomba if you are interested, 456-6647.

TELEPHONE REASSURANCE PROGRAM
Feeling isolated and alone? Looking for peace of mind? Looking for connection? The Telephone Reassurance Program may be right for you. Receive a free morning check-in phone call twice per week. Call Leslie Klor at Whistlestop for more information, 456-9062, ext. 132.

HICAP to Present Information and Answer Questions on Medicare and Your Options
Monday, May 20 • 1:30pm-3pm
Whistlestop Active Aging Center
• Are you new to Medicare? Are you disabled? Know your rights!
• Is Medicare automatic or do you need to apply?
• Medicare Parts A, B, C, & D and Medicare Supplement Plans
• Low-Income Assistance Programs
• Handouts will be provided.

FREE LEGAL CONSULTATION FOR OLDER ADULTS
Thursdays • 12:30-2:30pm
By appointment only: 459-6700
Legal Aid of Marin provides a free 30-minute legal consultation at Whistlestop. Must be Marin County residents and 60 years or older. Marin lawyer, George John, a volunteer since 1986, explains, “We give general advice, give them options, explain their rights, and if appropriate, refer them to attorneys who have expertise in certain areas of law.”

GOING PLACES—MARIN YMCA
Marin YMCA and Whistlestop invite you to join Adventures in Culture.

Friday May 3
UC Berkeley Botanical Garden & Sake-Making Tour
Program Members: $25, Community Members: $30

Thursday May 16
Presidential Yacht Potomac, Oakland
Program Members: $60, Community Members: $65

Wednesday, May 22
Angel Island Hike
Bring a lunch. Depart at 9am, return about 5pm.
Fee for hike: $5 (does not include Ferry ride)
To register for a trip or hike, please contact Lisa O’Brien, MARIN YMCA, 492-6922, or Vicky Voicehowsky, 457-0586.

Important Numbers
Marin Access Call Center: 454-0902
Get Qualified to Ride: 456-9062, x106
eligibility@whistlestop.org
Schedule a Ride: 454-0964
Cancel a Ride: 457-4630
STAR Volunteer Driving: 454-0969
Meals on Wheels: 457-4636
# Whistlestop Weekly ACTIVITIES

**This Month at Whistlestop**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>9–2PM</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8min.</td>
</tr>
<tr>
<td>10–11AM</td>
<td>Language AM Monday</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Exercise Movement &amp; Music</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language English as a Second Language (ESL)</td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Language Citizenship Class</td>
<td>454-0998</td>
<td>$25</td>
</tr>
<tr>
<td>9:15–10:15AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>10:00–NOON</td>
<td>Relax Mah Jongg</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:45–11:45AM</td>
<td>Exercise Cardio Exercise Class</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>11–12:30PM</td>
<td>Language German Social Group</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>Noon–1PM</td>
<td>Language French Class</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>Noon–3PM</td>
<td>Relax Manicurist</td>
<td>Appt. Needed</td>
<td>Free</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Language French Social Group</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Language Learn Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language English Conversation</td>
<td>454-0998</td>
<td>$10</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Language Learn Italian</td>
<td>454-0998</td>
<td>$24/mo</td>
</tr>
<tr>
<td>9–10:15AM</td>
<td>Exercise Tai Chi Qigong</td>
<td>Sugg. Donation</td>
<td>$10 or less</td>
</tr>
<tr>
<td>10–11:30AM</td>
<td>Support Seniors' Circle</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10–12PM</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>10:30–1:30AM</td>
<td>Support Corazón Latino</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language English as a Second Language (ESL)</td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>9:15–10:15AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Relax Knit!!</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language English Conversation</td>
<td>454-0998</td>
<td>$10</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Support Writing Workshop</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation</td>
<td>$10</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Language Learn Italian</td>
<td>454-0998</td>
<td>$24/mo</td>
</tr>
<tr>
<td>11:30–12:30PM</td>
<td>Support Brown Bag Pantry</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Support ACASA</td>
<td>Peer Counseling</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Language Practice Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Learn Arts &amp; Crafts w/Vicky</td>
<td>May 3 &amp; 17</td>
<td>$3</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Exercise Ping-Pong</td>
<td>May 10, 24 &amp; 31</td>
<td>Free</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Exercise Yoga</td>
<td>Open</td>
<td>$3</td>
</tr>
</tbody>
</table>

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**Jackson Café**

Monday-Friday
11am-1:30pm
Located in Whistlestop Active Aging Center
• Open to the Public •

**LUNCH MENU**

60+ PRICES/UNDER 60 PRICES
(Prices Subject to Change)

Main Entrée
$4.95/$6.95
(+$1 for Seafood Entrées)

Sandwiches
$4.25/$6.25

Soup du Jour
$1.75 cup/$2.95 bowl

Hamburger w/Fries
$4.25/$6.25

Garden/Caesar Salads
$3.50-$4.50

**OTHER ITEMS**

Tuna Salad Side $1.25
Beverages $1.00
Desserts/Fruit $2.00
Cheese $0.50
Avocado $1.00

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For a complete list of all classes, visit whistlestop.org

The Caboose, Computer Lab, Board Room and Jackson Café are all located at Whistlestop’s Active Aging Center – 930 Tamalpais Ave., San Rafael.
Seeing Great Blue Herons

S
dly, the population of Great Blue Herons in Richardson’s Bay, where I live, and at Stowe Lake in Golden Gate Park has been diminishing year by year. Only two nests at Stowe Lake this year; there were seven four years ago.

Nest building was just getting underway when I checked in late March. There were no baby chicks in sight; however, by the time this issue is on the street, the young chicks will be raucously demanding food from both Mom and Dad.

Stowe Lake is the best spot in the Bay area to see them nesting. For those of you who wish to drive over and observe them, the nests are high in the tall cypress trees by the paddle boat dock at the north end of the lake. The best view is from the lower path on an island just across from the trees. I would suggest between 9:30 and 11am on any sunny day. (On dark days it is difficult to see the beautiful coloring on these great birds.) You can get a better view of the nesting birds from a slightly higher path, but the spaces between trees is smaller, so you won’t see the graceful birds in flight, as you can from the lower path. Loud as they are, you will hear the chicks from either vantage point. Bring binoculars if you have them.

Every weekend I email a special bird photo to Express readers, free. If you’d like to be on the list, just ask me at SHENmaker@MSN.com.

’Til next month, Richard
Join Our Flash Mob
For Fun & Fitness

The month of May is full of opportunities for celebration at Whistlestop. May is ‘National Older Americans Month’ and with summer right around the corner, we are taking the party outside. First up is the ‘Whistlestop Flash Mob.’ Although you may already be familiar with this term, a flash mob is loosely defined as a large group of people coming together to perform an action to draw an audience and lots of attention. Because Wednesday, May 29 is ‘National Senior Health and Fitness Day,’ Whistlestop participants and staff will be performing a simple and fun exercise routine right outside in our parking lot. Health and Fitness for the older adult is an important issue to remember every day and what better way to promote this cause than to do it ourselves?

Next up is the Annual Multicultural Picnic. This event, sponsored by collaborative efforts between Marin County Division of Aging and Adults Services, Good Earth, Margaret Todd Senior Center and Whistlestop, has been a major hit for years. The picnic will take place on Friday, May 31 at the Albert J. Boro Community Center at Pickleweed Park. More than 100 people from various cultures attend this event every year. This year’s party starter, provided by Bread & Roses, is ‘Sterling the Bubblesmith,’ who will perform an incredible hand-blown bubble show. Florencia Pierre, one of our own participants, and her family will portray the culture of Haiti through traditional Haitian dance and song.

We need exercisers who will join us in our flash mob to help us promote a healthy lifestyle. We would also love to see you at the picnic for a day of fun. For more information, please call Vicky or Sandra at 456-9062. You can find more details about these events on page 8.◆
Remember the feeling you had the first time you got into a hot tub? The warm water, the energizing bubbles and the gentle hydrotherapy of the jets left you feeling relaxed and rejuvenated. Aches and pains seemed to fade away, and the bubbling sound of the water helped put you in a carefree and contented mood. The first time I ever got in a hot tub at a resort, I said to myself “One of these days I’m going to have one of these in my home– so I can experience this whenever I want.” Now that I’m older, I’d still like to have the pain relief and relaxation, but I have to be careful about slipping and falling in the bathroom. That’s why I was thrilled to find out that Jacuzzi, Inc. had combined the safety of a walk-in bath with the benefits of a hot tub. Now that I have one in my home I can have that luxurious resort experience… whenever I want.

The moment you step into your New Jacuzzi® Walk-In Hot Tub you’ll see the superior design and the quality of the craftsmanship. The new entry step is low, so it is easy and safe to get in and out. The new double-sealing door is 100% guaranteed not to leak. The high 17” seat enables you to sit comfortably while you bathe and to access the easy-to-reach controls. Best of all, your tub comes with the patented Jacuzzi® PointPro® jet system with a new jet pattern– which gives you a perfectly balanced water-to-air ratio to massage you thoroughly but gently. These high-volume, low-pressure pumps are arranged in a pattern that creates swirls and spirals that provide both a total body massage and targeted treatment of specific pressure points. There is even an in-line heater to maintain the water temperature. The tub features a high gloss acrylic coating which is more durable, scratch resistant and easier to clean than traditional gel-coat surfaces. It’s American made with full metal frame construction and comes with a limited lifetime warranty on both the tub and the operating system.

Isn’t it time you rediscovered the comfort and luxury of a soothing therapeutic hot tub experience again? Call now and knowledgeable product experts will answer any questions and you can have one in your home next week. Don’t wait, call now.
Playing With Baby: A Box And A Blanket

Playtime is a grandparent’s main arena. And the rules are pretty simple. Be safe and have fun.

Start with limited time frames – a few minutes with a baby, a half hour with a toddler, an hour with a growing child.

Playing with a Baby – You need two simple household objects – a box and a blanket. The box should be of a size that, with the blanket, the baby is snug and surrounded by softness. Put the baby in and gently drag the box toward you, smiling and cooing all the way. Watch for smiles. Listen for giggles.

Hiding places – Crawlers, toddlers and many young children love nooks and crannies. Pull the couch away from the wall and lay a blanket on the floor with some toys or books. When the child settles in, sit on the floor nearby and either read to yourself or chat as they play or look through a picture book. Sometimes children just like quiet company.

Dancing – Dance is great exercise and babies and children love fun music like reggae or salsa or even some light rock. Dance with the baby in your arms or sit on the floor and hold their hands as they sway. Children from three up to their teen years may want to perform for you. Applause and approval are all that is asked of you.

Playgrounds – Playgrounds can be fun. Make sure you are fit for the endeavor. You won’t be sitting on a bench from afar; you should be totally with your grandchild the whole time. An infant will sometimes enjoy being strolled around and staring at older kids. Toddlers, depending upon personality, will either want to climb the highest tower or walk about on lower ground and visit the sandbox. Be patient, be present, be safe.

With children from two or three on up, you need to be where the action is. Until they find a buddy at the playground, you will have to serve. Get used to climbing stairs, going down slides, standing around appreciatively watching your grandchild on a jungle gym. With older children, keep an eye out from a reasonable distance. If trouble erupts, do intercede. Children need help in settling quarrels and you know how to do that well, don’t you?

Put a time limit on playground activity. Have a treat ready to tempt them away. If angry cries follow you home, don’t argue with the kid. Just say, “I hear what you are saying. But it was time to go.” Say it often enough and they will believe you.

Mary Ann Maggiore, a former mayor of Fairfax and president of Five 4 Five, consults for families, teens and young adults. Reach her at maryannmaggiore@gmail.com.
Whistlestop’s GOLF TOURNAMENT
Join Us On May 17

The 7th annual Whistlestop Golf Tournament will tee off at noon on Friday, May 17, at the StoneTree Golf Club in Novato. The tournament will open with a shotgun start. It will close with a 19th hole cocktail party at the club. For more information go to www.whistlestop.org/events. The tournament honors Whistlestop bus drivers.

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SPECIAL THANKS!

Belvedere Mayor Sandra Donnell (top) and San Rafael Mayor Gary Phillips deliver meals to residents during the recent Whistlestop Mayor For Meals event in Marin County. All Marin mayors participated.

We are grateful for all of the Marin mayors’ enthusiastic participation in the Mayor for Meals deliveries! It was a mutually beneficial day where recipients got to meet their mayors in person and the mayors were able to learn more about their constituents. On behalf of all of us at Whistlestop, we want to thank the mayors who participated: Gary Phillips of San Rafael; Sandy Donnell of Belvedere; Diane Furst of Corte Madera; John Reed of Fairfax; Dan Hillmer of Larkspur; Andy Berman of Mill Valley; Pat Eklund of Novato; Kay Coleman of San Anselmo; Herb Weiner of Sausalito; and Emmett O’Donnell of Tiburon.

Additional thanks to Susanne Karch, Pat Sandry, Laurel Williams, and Regina Uribes, who sent in some beautiful handmade cards personalized for a homebound older adult receiving Meals on Wheels.
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