Russians Have Long Marin History; Now One of Voices at Whistlestop

By John Bowman

Russians have lived in Marin County since shortly after they created Fortress Ross (now Fort Ross) in 1812, and their settlements soon spread to the Tomales Bay area.

Today, the Russian population is growing fast in the county, and a Whistlestop volunteer is helping to organize a Russian-speaking social group. She is Anna Ladyzhenskaya, a native of Moldova who now lives in Novato. Russian is one of at least 14 languages one might hear when walking through Whistlestop’s Active Aging Center.

Anna and her husband, Samuil, are both architects. They came to the United States in 1989. “Conditions were not good there (in Kishinev, now called Chisinau, Moldova). Friends said to me, ‘You need to get out of here.’ We left by bus in September 1989, thirteen of us with twenty-six suitcases.” This included her, her husband, their two children, Samuil’s parents and several other relatives. They traveled in a crowded bus to Italy and then to Austria, eventually landing in Buffalo, NY.

“I learned English in school,” Anna said. “I thank my parents because they signed me up for English, not French. But when we got to Buffalo, I discovered my English did not work so well. There is English and there is American English. They are different.” They took English lessons at an international language school in Buffalo. Now her English is impeccable.

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Photo CONTEST

Rosemary Greenberg of Greenbrae won a first place prize in the Pacific Sun-Whistlestop Photo Contest with this shot of a baby ostrich. See more on Page 4.
Whistlestop PERSPECTIVE
By JOE O’HEHIR

Creating an Age-Friendly Marin

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his spring, I was fortunate enough to attend the American Society on Aging’s (ASA) national conference on “Aging in America” in Chicago. I was struck by the magnitude of how aging is fast becoming a global challenge, and one that has not been seen before in the history of civilization. To put this challenge into perspective, by the year 2020, there will be 1 billion people over the age of 60 on this planet. There will be more people over the age of 60 than under the age of 15 for the first time since the beginning of global population census counts. America and the rest of the world are not prepared for this dramatic shift.

As part of a broader response to the rapid aging of populations, the World Health Organization (WHO) in 2010 launched the Global Network of Age-friendly Cities. The Network aims to help cities create urban environments that allow older people to remain active and healthy participants in society. WHO tries to place more emphasis on the positive contributions older people make to society. “Older people are a vital and often overlooked resource for families and for society,” said Dr. John Beard, Director of the Department of Aging and Life Course at WHO. “Their contribution will only be fully realized if they maintain their health, and if the barriers that prevent them from engaging in family and community life are broken down.”

Research from the WHO Age-friendly Cities initiative confirmed the importance for older adults of access to transportation services, outdoor spaces and buildings, as well as the need for appropriate housing, community support and health services. The research also highlighted the need to foster the connections that allow older adults to be active participants in society, to overcome ageism, and to provide greater opportunities for civic participation and employment.

I came away from the conference with the vision of having WHO one day certify Marin as an Age-friendly community. If New York and Chicago can become certified, why not Marin?

The critical success factor for Marin to becoming an age-friendly community lies within a new model of embracing our older adult population as an important asset. It starts with reframing the community’s feelings toward aging. Marin needs to shift from viewing aging as a “silver tsunami” (as it has been referred to in the past) to one of a positive opportunity for the community. We at Whistlestop are committed to leading this positive movement in Marin. We have done so for the past 59 years. And, we will continue this important work with Whistlestop 2.0, including the development of the first transit-oriented urban living community for older adults here in Marin. Thank you for supporting our efforts to create an age-friendly Marin. ✦

Joe O’Hehir is Whistlestop’s CEO.
Creating an Age-Friendly Marin

2013

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SEPTEMBER 12 • 6:30-8pm
Planning Ahead:
Funeral Decision;
Your Life, Your Legacy
Presenter: Brigitte LaFauci,
Keaton’s Mortuary

AUGUST 14 • 6:30-8pm
Preserving Your Estate
from and for the Kids, A
Primer on Asset Protection
Presenter: J.R. Hastings, J.D.

AUGUST 21 • 6:30-8pm
Financing Long Term Care:
Insurance, Medi-Cal, VA
Presenter: Guest & J.R. Hastings, J.D.

SEPTEMBER 25 • 6:30-8pm
On Being a Trustee
Presenter: Guest & J.R. Hastings, J.D.

Persian and Greek Festival held recently in Marin raised $2,500 for Whistlestop. Organizer Farhad Taleghani said, “The family style event was terrific. All the proceeds came from in-kind donations and door fees. The best part was the warm family-oriented feeling in the gathering. We even have two to three new volunteer drivers as a result.”

Taleghani said that next year’s event will be larger and better promoted with more funds and involvement, and added, “The Greeks have promised at least 100 guests and you know the Persians will not sit back to be outdone.”

Persian and Greek Festival Benefits Whistlestop

What Anna likes about the US, she said, is no surprise. “It’s what everyone likes – the many opportunities.”

Her job of organizing the Russian-speakers’ social group is difficult because people are spread out throughout the county. She really likes Whistlestop staff and volunteers. “Getting old is not a joyful time for many people, but at Whistlestop, people make connections. Being with others who care about them is very important and brings some cheer into their lives.”

Some of the activities in which Anna has participated and helped within her Volunteer Coordinator position: A multicultural picnic and the flash mob event. Together with the Multicultural Department, Anna also assists Russian clients with translation and referrals to many social services and activities.
7th Annual Photo Contest Winners Announced

The 7th Annual Pacific Sun and Whistlestop Photo Contest uncovered a compelling variety of images captured by older adults, from a 98-year-old woman blowing out the candle on her birthday cupcake to a personable baby ostrich.

The Older Adult division was open to Marin County residents aged 60 and older.

Winners of all categories for Pacific Sun and Whistlestop will be honored at a reception at Whistlestop, 930 Tamalpais Ave., at 5:30pm on Thursday, Aug. 15.

Prizes: First place, $75 from Pacific Sun and $50 gift certificate from Marin Filmworks; second place, $50 from Pacific Sun and $25 gift certificate from Marin Filmworks; third place, $25 from Pacific Sun and $15 gift certificate from Marin Filmworks.

Mike’s Camera, Marin Filmworks, Cheap Pete’s and Cafe Arrivederci sponsored the contest.

Winners in the Older Adult Division by category:

**People, Pets & Animals** – First place, “98th Birthday” by Linda Sheridan, Mill Valley; second place, “12th Birthday” by Jesse Kincaid, Mill Valley; third place, “Pasha” by Ben Borok, Novato; honorable mention, “Friday at the Redwoods” by Bart Zachofsky, Mill Valley.

**Marin Images** – First place winner “Tree” by Jack Androvich, San Rafael.

continued on page 5
Judging the contest were (from left) Missy Reynolds, graphic designer; Robert Vente, photographer; Mark Lindsay, photographer and artist; Terry Scussel, photographer and Whistlestop board member; Julie Vader, assistant editor of the Pacific Sun; and John Bowman (not pictured), co-editor of the Whistlestop Express.


Congressman Visits Whistlestop Food Pantry

U.S. Rep. Jared Huffman served food at the Whistlestop Food Pantry as part of his experience last month taking the SNAP Challenge, where he limited himself to $4.50 a day for food for five days. That is the average benefit for recipients of the Supplemental Nutrition Assistance Program (SNAP). Huffman wanted to call attention to a House farm bill he opposes because it would cut $20 billion from SNAP, eliminating food assistance to nearly two million low-income Americans. Whistlestop’s pantry is open to all Marin County low-income residents over age 60.

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George Bernard Shaw once said “Youth is wasted on the young.” Were he alive today, he might well say that computers and the Internet are wasted on the young. The very people who can benefit most from the digital revolution are the ones who are least likely to take advantage of it. Computers seem to be designed for teenagers, and many older folks are intimidated by the complex operating systems and complicated navigation. It’s gotten so bad that some people have to pay for instructional videos or go to classes just to use their computer. Now, the leader in developing products for Boomers and Beyond™ has introduced a computer that’s designed just for people like you. It’s helping thousands of people get back into life by keeping them connected.

Let’s start with the computer itself. It features the latest touchscreen technology, so if you can dial a phone, you can use this computer. If you’d rather use a keyboard and a mouse, we’ve included those too. The keyboard features large lettering and the trackball mouse is easy to use. The speakers enable you to turn up the volume if you have trouble hearing, and there is even a built-in camera for taking photographs of yourself and for video chat.

Why this operating system is different. From the second you turn on your WOW computer, you’ll see the difference. Instead of “clicking and dragging and dropping” little icons, you simply touch the screen. The display is simple and easy to understand and the navigation couldn’t be easier. Just touch and go.

All the fun, none of the problems. The WOW Computer is designed to avoid the two biggest headaches in computer use—viruses and spam. It comes to you ready to use right out of the box, all you need is a high-speed internet connection.

Once you’ve experienced this computer, you’ll wish you had gotten one sooner. It comes to you with firstSTREET’s exclusive risk-free home trial. Try it for yourself, and if you are not completely satisfied simply return it within 30 days for a full refund of the product purchase price.

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WOW! The perfect name for this amazing computer. I have been using it for about a month and thoroughly enjoy the speed and ease in which I am able to download pictures from my camera and share them with family and friends via email. Everything is so easy to use at the touch of my fingertips. To be able to chat with and see my grandchildren is as though they are here with me. I haven’t begun to explore all the benefits of this computer. It has opened up a whole new world for me. I love it, love it, love it!

– Carol K., Benbrook, TX
CALFRESH ASSISTANCE
The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), can add to your food budget to put healthy and nutritious food on the table. The program issues monthly electronic benefits that can be used to buy most foods at many markets and food stores. Whistlestop offers assistance with the application process. Eligibility is determined by CalFresh. For more information or to make an appointment, call Sandra Jimenez or Vicky Voicehowsky at 456-9062.

VOLUNTEER TUTORS NEEDED
The Multicultural Department is looking for volunteer tutors to help our English students improve their language skills. This is a great opportunity to help others better integrate into our community. Hours are very flexible. If interested, contact Vicky Voicehowsky at 457-0586.

NEW IMMIGRATION ASSISTANCE CLINICS
Last Friday of the month • 9–11:30am
General Consultation Fee: $30
By appointment only
Whistlestop and Brazilian Alliance are now offering Immigration assistance consultations regarding Immigration Law and Reform, DACA (Deferred Action for Childhood Arrivals) and citizenship and naturalization. Call Sandra or Vicky at 456-9062 for an appointment.

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

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.
HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP) CONSULTATIONS
2nd and 4th Tuesday • 1–4pm
Registration required
Medicare can be complicated, but don’t let it complicate your life. Meet with a HICAP Counselor who will provide individual assistance with: Medicare, prescription drugs, Medicare Advantage (HMO), Medi-gap, long-term care insurance, and billing & claims issues. A counselor will be available to provide confidential, free health insurance counseling at Whistlestop.
Call: 1-800-434-0222 to make an appointment

FRENCH SOCIAL GROUP
Tuesdays • 1-2pm
Come join the French Social group on Tuesday afternoons and connect with other French speakers in the community. Please call Vicky Voicehowsky for more information at 457-0586.

JEWELRY CLASS- NOW TWICE A MONTH!
Thursday, August 8 • 10–11:30am
Thursday August 15 • 1:30–2:45pm
Fee: $8 per class • Fee includes materials.
Registration and payment required prior to the class. Maximum space available: 10 people. Call 456-9062.
Maria Barsesat, local bead artist, will show you how to make beautiful, simple and easy jewelry items for yourself or as gifts.

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. We need Board/Card Game Leaders; a Bi-lingual Computer Teacher; English Tutors; Jackson Café Volunteers; Information and Referral Office helpers and Volunteer Drivers for Meals on Wheels Program. Contact: Millie at 456-9062 x117 or volunteer@whistlestop.org.

IN-KIND DONATIONS NEEDED
Mah Jongg sets, Chess set, Dominos, books, yarn, movies on DVDs. If you have items to donate, please call 456-9062.

SUMMER CONCERT SERIES AT THE JACKSON CAFÉ
Thursday, August 15:
Rock the Ages Chorus from the Redwoods, Mill Valley Bread & Roses and Whistlestop are hosting a free Summer Concert Series during lunch at the Jackson Café on the third Thursday of the month. For more information, call 456-9062.

“WEAVING YOUR HERITAGE”
Tuesday, August 13 & 27 • 10am–2pm
Pre-registration required.
(Maximum 11 people per class)
Materials included
Call: Vicky, 457-0586
Explore your roots with the art of weaving at the Cedars of Marin Textile Center and create beautiful textiles. Bring your lunch to enjoy in the garden. Transportation will be available from Whistlestop to Cedars Textile Art Center and back.

NEW MEN’S GROUP
Elder Men’s Support Group is forming at Whistlestop. If you are over 60 years old and are interested in participating in some ‘heart to heart talk’ and exploring topics, such as courage, loss, identity, goodness, aloneness, connection, and truth as they relate to the aging process, please contact Arvin Paul at 510-417-1542 or Vicky Voicehowsky at Whistlestop, 457-0586 for information on time and date.

MARIN COUNTY COMMISSION ON AGING
There is no meeting scheduled this month
TECHNOLOGY
For information about our computer classes, registration process and refund policy, please call 456-9062.

OPEN COMPUTER LAB
Monday & Wednesday • 10am–12pm

NEW in September! COMPUTER CLUB
Wednesday • Noon–1pm

NEW in September! COMPUTER TUTOR
Wednesdays • 1pm–4pm by appointment only. $20 per hour

INTRODUCTION TO COMPUTERS
Thursday, Sept. 5 & 12 • 10am–12pm
$20 for 2 weeks.
A hands-on course that will provide you with the basic skills needed to use your Windows based personal computer. It is designed for first-time computer users.

COMPUTERS LEVEL
Thursday, Sept. 19 thru Oct. 10 • 10am-12pm
$40 for 4 weeks
(Buy the package, Intro and Level I, for $55)

iPHONES, iPADS & ANDROIDS, OH MY!
Fridays in September • 10am–12pm
$48 for 2 weeks
Android for Tablets & Phones, 9/13 & 9/20
iPhone & iPad, 9/27 & 10/4

TECH CONNECT:
SOCIAL MEDIA FOR ADULTS
Friday, OCT. 11 & 18 • 10am–12pm
$48 for 2 weeks
What is Facebook and why do I need it? How do I Skype with my grandchildren? Use technology to stay in touch!

DIGITAL PHOTO CLASS LEVEL I
1st Friday of the month • 2pm–4pm
$15 for one week
Learn how to share our digital photos with friends and family.

DIGITAL PHOTO CLASS LEVEL II
2nd Friday of the month • 2–4pm
$15 for one week
Requirements: completion of Beginning class or knowledge of how to transfer pictures from your camera to the computer and send/receive them to others as attachments to emails.

YOUR COMPUTER: FRIEND OR FOE
FREE, 3rd Friday of the month • 2–4pm
Overwhelmed, confused, need some confidence to go for it? Designed to help you feel like you can really take charge of a computer.

INTERGENERATIONAL TECH SAVVY
Thursdays • 1–3pm
$5 for 1 day
Bring your cell phone, computer pad, or digital camera and get ready to take some notes with tech savvy teens/young adults ready to answer your questions of “How do I ____?”

Have a Bite & a Brew for Whistlestop
Every Tuesday
Iron Springs Pub & Brewery in Fairfax, 765 Center Blvd., donates a percentage of its proceeds to a local cause or organization. On Tuesday, Aug. 13, Whistlestop will be the beneficiary of this generosity starting at 4pm. Enjoy a delicious meal, support a locally-owned restaurant and Whistlestop at the same time. You can watch the Giants play the Nationals on TV. For information, call 485-1005.

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
<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
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<tr>
<td>9–NOON</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8 min.</td>
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<tr>
<td>10–11AM</td>
<td>Exercise Zumba</td>
<td>457-0586</td>
<td>$6</td>
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<tr>
<td>10–NOON</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td>10:30AM–1PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
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<tr>
<td>11–12:30PM</td>
<td>Language German Social Group</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td>11–12:30PM</td>
<td>Relax Chiropractor</td>
<td>456-9062</td>
<td>$2</td>
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<tr>
<td>3:30–5PM</td>
<td>Language Citizenship Class</td>
<td>454-0998</td>
<td>$25</td>
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<tr>
<td>9:15–10:15AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
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<tr>
<td>10:00–NOON</td>
<td>Relax Mah Jongg</td>
<td>Open</td>
<td>Free</td>
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<td>10:45–11:45AM</td>
<td>Exercise Cardio Exercise Class</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td>11:00–12PM</td>
<td>Language French Class</td>
<td>457-0586</td>
<td>Free</td>
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<tr>
<td>10:30AM–1:30PM</td>
<td>Relax Manicurist</td>
<td>Appt. Needed</td>
<td>Free</td>
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<tr>
<td>1–2PM</td>
<td>Language French Social Group</td>
<td>457-0586</td>
<td>Free</td>
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<tr>
<td>1–3PM</td>
<td>Language Learn Spanish</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td>3–4PM</td>
<td>Language Learn Italian</td>
<td>454-0998</td>
<td>$24/mo</td>
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<tr>
<td>9–10:15AM</td>
<td>Exercise Tai Chi Qigong</td>
<td>Sugg. Donation</td>
<td>$10 or less</td>
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<td>10AM–1PM</td>
<td>Relax Chair Massage</td>
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<td>$4/8 mins.</td>
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<td>Open</td>
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<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
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<tr>
<td>10:30–11:30AM</td>
<td>Support Corazón Latino</td>
<td>Open</td>
<td>Free</td>
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<td>9:15–10:15AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
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<tr>
<td>11–NOON</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6</td>
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<tr>
<td>2–4PM</td>
<td>Learn Memoir Writing Class</td>
<td>Open</td>
<td>$5/class</td>
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<tr>
<td>2:30–3:30PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation</td>
<td>$10</td>
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<tr>
<td>3–4PM</td>
<td>Language Learn Italian</td>
<td>454-0998</td>
<td>$24/mo</td>
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<tr>
<td>11:00–NOON</td>
<td>Support Brown Bag Pantry</td>
<td>456-9062</td>
<td>Free</td>
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<tr>
<td>1:30–3:30PM</td>
<td>Support ACASA</td>
<td>Peer Counseling</td>
<td>Free</td>
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<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>August 16 &amp; 30</td>
<td>$3</td>
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<tr>
<td>2–4PM</td>
<td>Exercise Ping-Pong</td>
<td>August 2, 9 &amp; 23</td>
<td>Free</td>
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<tr>
<td>2:30–3:30PM</td>
<td>Exercise Yoga</td>
<td>Open</td>
<td>$3</td>
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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.
As I was hosing down the deck of my floating home on Saturday, I noticed two ripe blueberries lying there. Uh oh, I thought! The pigeons are after my ripening berries. I began searching through the branches of my two blueberry bushes. I noticed something yellow off to the side, embedded in the black mesh protective netting I’d thrown over the bushes to discourage the pesky pigeons. Strange, the netting was extended out as if a yellow spear point was pushing it. I looked closer. My gosh! It was a butterfly; a yellow-form Anise Swallowtail had gotten herself entangled in the netting. Every struggle forward to get out had collapsed the netting around her body and wings, trapping her ever more tightly.

It took several minutes of delicate maneuvering to unlock the snarled netting without tearing off a leg or wing, but finally she was loose, tumbling onto my hand where she barely moved. Gently I carried her to a nearby railing and tilting my hand, slid her onto it. Immediately she moved over the edge until she was hanging upside down, as butterflies often do. There was not much more I could do, so I left her to rest and recover.

In the morning, I looked out to discover that, surprisingly, she had made it through the night and was now on the side of the railing, slowly flexing her wings in the warmth of the early morning light! Wonderful! I noticed a tiny tear in the tail of her left wing, but decided it would not prevent her from flying. She would be okay.

About four hours later, I returned, expecting her to be gone, but she was still there, barely moving as I approached. Realizing that she was probably unable to fly because she was dehydrated – butterflies require a large amount of water – I brought a blossom from a still blossoming patch of bright Red Clover. I moistened it with water and constructed a makeshift feeding station close to her face. Suddenly alert – she knew what that smell was – she crawled to the top of the flower and began siphoning fluid through her proboscis. A half hour later she was gone.

Now she may have fallen into the water below, but I saw no sign of her on the still surface. Or, she could have been eaten by a bird, but insect eating birds never come to my feeders – there is no ground around to harbor insects that would draw them. I prefer to think that she is off somewhere telling her mates about the monstrously huge creature that pried her free from the crushing net and the luscious wet red flower that miraculously appeared to save her.

Encounter with a Butterfly
Back when I was 12, all I cared about was sports. Weighing less than a hundred pounds, I carried my shoulder-chip everywhere.

My best friend at the time was a tall, well-coordinated kid, Rick Katz. He and I were above-average pitchers, on two different Little League teams. I didn’t intimidate batters with blinding speed, but I was known to be “effectively wild.” When kids slouched into the batter’s box to face me, they were more worried about being hit than getting a hit.

So there we were, Rick and I, toward the end of summer, on teams vying for the championship, and that night we were slated to pitch against each other! Our parents were easily persuaded to let Rick spend the night at my house after the game.

That night we donned our game faces and got down to business. Rick’s blazing fastballs darted into the catcher’s mitt with an impressive thwack! confounding my teammates. I did my part, sneaking balls past his guys by scaring them a little, then nibbling at the corners of the strike zone while they were off balance. Two hours later, one inning left, neither team had scored. I trudged out to the mound. And there was Rick stepping into the batter’s box. I wasn’t tired anymore. I’m gonna teach him a lesson. First a high hard one, a purpose pitch near his chin to brush him back, then a couple of slower pitches low and outside, and finally the strikeout pitch, a high heater.

I chuckled to myself as he waved ineffectually at the slow outside stuff, disconcerted after having to hit the dirt to avoid my first pitch. I had the count I wanted: one ball and two strikes.

I went into my funky left-handed windup, focused on the catcher’s mitt set up on the inside corner. As the ball headed his way, Rick straightened up, unfurled his spaghetti arms and made serious contact. I didn’t have to look behind me.

After the game and some private hot tears, I pulled Mom aside.

“I don’t want him sleeping over!”

“Aw, come on honey, it’s just a game! He’s one of your best friends. It’ll be your turn to hit a homer next time. Here’s a dollar, why don’t you go get some cokes for yourselves.”

If I had known then what every kid knows now, I would have followed up with the one word that puts the world in its proper perspective.

“Whatsoever, Mom.” ✪
Multicultural Outreach Coordinator Sandra Jimenez from Costa Rica with Whistlestop participants, Elvia Quesada and Encarnacion ‘Chochoy’ Rivero from Venezuela.

“Diversity is the one true thing we all have in common. Celebrate it every day.” ~Unknown

There is no question that Whistlestop is an ethnically diverse place. Through the years, the Multicultural Department has seen people from many different countries come through its doors. This has built the strong cultural competence that allows us to be of great help to participants of many different nationalities, including: Afghanistan, Armenia, Argentina, Bolivia, Brazil, Canada, China, Colombia, Costa Rica, Cuba, Czechoslovakia, Egypt, El Salvador, France, Germany, Guatemala, Haiti, Honduras, Iran, Ireland, Italy, Japan, Kyrgyzstan, Mexico, Nicaragua, Panama, Paraguay, Peru, Philippines, Poland, Portugal, Puerto Rico, Russia, Slovenia, Spain, Sweden, Thailand, Uganda, United States, Uruguay, Venezuela, Vietnam

Everyone, regardless of gender identity, status, or ethnicity, deserves respect. At Whistlestop, we cultivate an environment where people are proud to always remember where they come from.

Multicultural NEWS by VICKY VOICEHOWSKY and SANDRA JIMENEZ

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Multicultural Outreach Coordinator Sandra Jimenez from Costa Rica with Whistlestop participants, Elvia Quesada and Encarnacion ‘Chochoy’ Rivero from Venezuela.

“Diversity is the one true thing we all have in common. Celebrate it every day.” ~Unknown

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whistlestop.org 13
I love to laugh, don’t you? How many times have you been at a party and heard a great laugh and found yourself rushing toward it? Laughter just makes any event, even a serious or strenuous one, better. Who doesn’t remember the first time they heard their favorite baby laugh! Or the exquisite moment when your favorite teen said, “That’s funny! You’re really funny!”

The other day, I was in the Hospice Thrift Store on Lincoln Avenue in San Rafael and two laughable things happened in a row. The first occurred when I came upon a row of cookie jars of unusual shapes and one of them, which was trying to be the Cedars of Lebanon I think, actually looked like a green version of a very well-formed part of the male anatomy. I laughed out loud and so did the big and little people around me.

From there I searched for more fun and I found it. A little book of jokes which the Hospice team — God bless ’em! — sold to me for a dime. Now I not only have lots of smiles, giggles and some guffaws but a treasury of delights to share with my family on our gathering in Tahoe in a few weeks. It reminded me of all the years when one of our kids would quiz us with riddles at the dinner table or in the car on a long ride or while we waited in line somewhere. Would you like to share some laughter with me? Here are some of my favorites.

What’s the name of the werewolf’s favorite hotel? *The Howl-i-day Inn.*

If you found a fifty-dollar bill in your pocket, what would you have? *Someone else’s jacket.*

Did you hear about the dog that ate nothing but garlic? *His bark was worse than his bite.*

Of course, nothing is better than a homegrown tickler from my very own four-year-old granddaughter:

“French fries,” she informed me solemnly over a plateful of her favorite ‘taters, “are so you can eat ketchup.”

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**New Board Member Brings Wealth of Healthcare Experience**

New Whistlestop Board Member Sharon Jackson is an active civic volunteer and leader in Marin’s healthcare community.

Twice elected to the board of the Marin Healthcare District, Sharon provided strong leadership for the return of Marin General Hospital to the people of Marin. Following her retirement from the Marin Healthcare District, she joined the community relations staff of Marin General Hospital where she focuses on community outreach, working through nonprofit and civic organizations. Sharon has also served as a healthcare educator and a consultant. As a consultant, she provided strategic planning and change management services to hospitals, clinics and rehab programs. As an Adjunct Professor for the University of San Francisco, she taught graduate students in Healthcare administration.

Sharon said, “Whistlestop is sitting right now at the cutting edge of need and opportunity: need for services for our growing population of older adults and insufficient supply of well-located and affordable senior housing, and opportunity to create the wonderful downtown senior center and housing.”
Gratitude For Board Members’ Service
by MICHAEL HINGSON, WHISTLESTOP BOARD PRESIDENT

I have had the pleasure of serving on the Whistlestop board of directors for the past eight years with Debbie Mills and Dennis Thompson. I have nothing but the highest praise for both of them. Debbie saw us through the hiring of our former and current CEO, and then she actively led the effort which resulted in Joe O’Hehir coming to Whistlestop, and what a great find Joe was!

When Debbie felt it time to retire from the presidency, Dennis stepped right in and transitioned seamlessly into his new position. Dennis has been a role model of leadership at its best as he encouraged all of us, and as he led by example in all aspects of his service. He has been not only a significant fundraising ambassador for the organization, but he also has been a major contributor himself.

No board or organization could ask for two greater leaders. Dennis and Debbie, we all shall miss you. We expect to see you often at the Jackson Café. Your contributions to Whistlestop are immeasurable and timeless. We are all proud to call you friends and we are honored to have served with you. By the way, don’t be surprised when we ask you to take some continued important role in the world of Whistlestop. I know all the staff, members of the board, and volunteers won’t let you get away that easily. So on behalf of us all, may I express our heartfelt thanks to both of you for a job well done!”

Learn About Social Media
By SARAH PERCELL, WHISTLESTOP INTERN

All your grandchildren are talking about it, all the local businesses are telling you to go “like them,” and even Whistlestop is doing it! What the heck is social media?

Social media are websites that can be used by anyone to share interesting information. Social media is where the plethora of information that is on the Internet meets your personal style and attitude. It is all about communication and a new way to share that information with the people around you.

Whistlestop is introducing two new classes this fall on social media. “Tech Connect: Social Media for Adults” will teach you how you can use social media to stay in touch with your loved ones. Teacher Nicole Engler believes that “social media is to worldwide communication what the Internet was in the early 90’s.” Also offered: “Intergenerational Tech Savvy.” Bring questions about your cell phone, iPad, tablet or camera to the computer lab on Thursdays from 1 to 3pm. Patrizsa Vijandre, a bright, tech-savvy San Marin High School student, will answer all your questions.

Patrizsa is very excited to be helping older adults learn about social media. See page 9 to sign up for the class.

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**Meet Francie.** Francie Bedinger is the Home Care Assistance Kentfield client care manager and works directly with clients and their families throughout Marin County. With a masters in Gerontology, Francie is an expert in health and wellness for older adults and works hard to ensure her clients are happy and healthy at all times.

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