Attitudinal Healing Helping People for 40 Years

BY JOHN & VAL BOWMAN

The most important thing a human can do, right up to his or her last breath, is to give love to other people. That was the message that Jerry Jampolsky, MD, shared with a group at Whistlestop recently. “We are really big fans of Whistlestop,” said Jerry’s wife Diane Cirincione-Jampolsky, PhD, who has visited with her husband. “We may even get more out of the experience than the people there do. What they do there is heart-warming. And they are such a great support for each other.”

Trish Ellis, International Communications Coordinator for Attitudinal Healing International (AHI), said, “People there were wonderful. We were so impressed with how they supported each other. The opportunity to be at Whistlestop creates a sense of community for them, where they can be themselves and be in their hearts with each other.” She and Jerry spoke to the Senior Circle at Whistlestop.

Jampolsky has written 16 books since his first best seller, Love Is Letting Go of Fear, was published in 1979. He started Attitudinal Healing in 1975 in Tiburon and his wife joined him in 1981. They have been helping people heal their hearts and minds through the power of unconditional love and forgiveness as ways of getting rid of the blocks that many of us have that interfere with our experiencing love each day and passing our love on to others with no exclusions.

“When you are in the consciousness of helping other people,” Jampolsky says, “an amazing energy occurs.”

When asked about how to deal with end-of-life issues, Jerry says the greatest gift we can give to them is their own peace of mind, not a prescription for dying.

Diane and Jerry Jampolsky

“Sometimes, when people are dying, they concentrate on ‘What’s going to happen with me?’ Family and friends can make sure that their purpose is to give love to other people. The biggest gift we can give to them is their own peace of mind. What’s most important is the energy you bring into the room. Come into the room with peace and if they don’t want to talk about it, that’s...”

continued on page 5
In 2014, Whistlestop begins its 60th year of service to the Marin community. While much of what we work on now focuses on the present and the future, it’s important to take time to reflect on the past.

And, in the case of our participants, employees, and volunteers, it represents a “back-to-the-future” perspective.

I recently took the time to read the Whistlestop newsletters that covered the organization’s 50th anniversary celebration. While some may feel that 10 years is a long period of time, it seems like yesterday for Whistlestop. You notice the same names of staff members and volunteers mentioned in the 2003-4 editions of the newsletter, many of whom are still working with the organization today. The programs, activities, and classes highlighted then are quite similar to the ones you see listed now in this newsletter. Several board members, donors, and civic organizations who generously support Whistlestop appear then and now.

The most significant observation about the back-to-the-future perspective is that older adults’ primary support needs in Marin have not changed over the course of the past 60 years. Transportation services, daily nutrition, and social connectivity within the community for older adults have remained at the top of the list. The only aspect that has changed is the dramatic growth in the number of older adults needing these vital services. Whistlestop began its transportation services in 1968 with one vehicle and a volunteer driver. Now we have a fleet of over 55 vehicles providing more than 138,000 rides per year. Noontime meal programs began being served in 1972. Today the Jackson Café serves over 18,000 lunches annually. Our Active Aging Center opened its doors in 1971 as one of the first of its kind on the West Coast. Today the Center offers more than 3,000 opportunities to engage in social interaction. Whistlestop launched the Multicultural Program in 1993 with a small group of Vietnamese older adults. Today we have become the United Nations for older adults with social groups in their native languages of Spanish, German, Farsi, French and Russian.

In the December 2003 edition of the Whistlestop Express, former Executive Director, Linda Compton, wrote, “We live in a community fashioned by those whose contributions precede us. They have built the structures and infrastructures of our modern world. Many of the older adults Whistlestop now serves are the very elders who have made possible that which we now daily utilize, depend upon and enjoy. They are the many who stretch the lines...”

continued on page 3
Bringi ng Dea th Out of Si lence

BY VAL BOWMAN

“Welcome to Death Café” might sound morbid, but in more than 300 locations around the world, strangers and friends are coming together in homes and churches and theaters to talk about a subject that many of us avoid like the plague. Another common detail: cake will be served. That is a ritual started by the early organizers.

The movement began in England and France two years ago to deal head-on with the taboo subject. People came together – funeral industry professionals, grief counselors, poets and people who had been touched by death. It spread to other countries and there are Cafés in Sebastopol, the Bay Area, Sacramento and now Marin.

Catherine Abby Rich, 69, of Larkspur, an herbalist and co-vendor of the Marin County Farmers Market, and the members of her long-time book club decided it was time to change their focus to death. They heard of a Death Café happening in Sebastopol, attended and started one the following month in Marin.

“It started with four friends in our own circle and the first event drew 60 people, by word of mouth alone. This was about cultivating conversations about facing our deaths, our decisions around end of life, exposing our fears and grieving the loss of others. Some people talked about their parents’ deaths, another about the suicide of a child.”

Catherine Abby said that seven years ago she was standing at the threshold herself when she was diagnosed with fourth stage cancer. “I thought about my life and decided I wanted to do everything to be here and I was lucky, I recovered.” During that process she was touched by the love and support that poured in. She felt she matured spiritually with the depth of self-reflection required for withstanding such an ordeal.

A friend of Catherine Abby’s, Katy Butler of Mill Valley, has published Knocking on Heaven’s Door: The Path to a Better Way of Death, a memoir combined with investigative reporting based on an acclaimed New York Times magazine piece about her 79-year-old father. He had a stroke and doctors gave him a pacemaker that kept him alive despite six years of dementia and near-blindness. He told his wife, “I’m living too long.” Amazon’s review says, “It chronicles the rise of Slow Medicine, a new movement to reclaim the ‘Good Deaths’ our ancestors prized.”

Death Café gatherings are not dark and depressing. They are as much about living life fully as they are about death. Catherine Abby says this is about walking toward our death in the most conscious way we can. If you would like to know more about future Death Café events, contact her at deathcafemarin@gmail.com. ✨

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across our County, built the bases for the buildings within our cities and laid the cornerstones for our civic institutions.”

As Whistlestop begins its 60th year of service to the community, let us remember all who have gone before us to make Marin’s abundant quality of life possible. Our oldest citizens have given us a wonderful gift. Let’s make sure that they can enjoy the fruits of their labor by giving back to them at their time of need. ✨
When She Needs You Are You Ready?

Medications. Treatments. Insurance...
There are so many decisions when your loved one faces challenges. But finding good information isn’t easy. Between our highly knowledgeable staff and public seminars, we give you the information you need to make good decisions.

Let us help. Our expert staff can answer your questions. Call today to schedule your visit.

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415.233.6095
almaviasanrafael.org

Senior Sketchers Showing at Dominicain University

The next exhibit in the Community Art Exhibitions at Dominican University will be Mondays in Marin: Senior Sketchers from Thursday, Feb. 27 to Friday, Aug. 22. There will be a reception on the opening day from 5 to 7pm in the Joseph R. Fink Science Center on campus.

Director Sandi Chin says, “The Community Art Exhibitions provide support for artists and engage members of the community. Thus a closer connection between the university and the community is cultivated. It is the rhythm of art and the underlying connections between works that have the power to provide a stimulating environment for our students, inspiring them to be creative individuals and socially responsible citizens who incorporate the Dominican values of study, reflection, community and service into their lives.”

The sketch group has about 25 members and began in 1989 as a Sketching for Travelers class at College of Marin. Kenneth Morgan, who led the group for awhile, said their mission was “To do what we love to do, in places we love to be, with people we love to be with.” The group meets Monday mornings, 10am to Noon. There are no fees, no business meetings and no instruction. The group is open to artists of all levels. For more information: Phyllis Barry, 460-0266 or plbarry@sbc-global.net.
okay. So often the most important things happen in the silent mode.”

Diane says, “In my experience, our mother is 93 and has faced death three times. So, my brother and sister and I learned to talk about it – to plan ahead. We have monthly meetings talking about all of the issues including the memorial service, what will be in the newspaper, our feelings about it. Our mother’s wish is that we have peacefulness among us. We get together and thrash things out and come to a consensus. Then we share it with our mother. She wants harmony among us.”

Diane notes that some people are in denial but we are all going to die. Harmony around the person who is passing is important.

She adds, “For caregivers, it can be an opportunity to deal with their own fears so that they can then deal with the issues at hand. Everyone is so different. Respect each person’s wishes about how they want to handle the end of their life.”

Trish says, “Attitudinal Healing offers a safe and trusting environment to explore those things that trouble them at the time of dying.”

The Jampolskys, whose office is in Sausalito, continue to keep a breath-taking pace, traveling worldwide to do their work. How do they do it? “It doesn’t seem like work to us,” says Jampolsky, who turns 89 this month. Trish just returned from a trip to China to share Attitudinal Healing. She says that people there were very welcoming and have already established an Attitudinal Healing Center and several support groups.

Attitudinal Healing defines true health as inner peace and healing as the letting go of fear. ✶

The Center for Attitudinal Healing-North Bay offers several support groups, including the Seniors’ Circle at Whistlestop on Wednesdays from 10 to 11:30 am. For more information about other Attitudinal Healing groups, call 457-1000.
“My friends all hate their cell phones… I love mine!” Here’s why.

Say good-bye to everything you hate about cell phones. Say hello to Jitterbug.

“Cell phones have gotten so small, I can barely dial mine”
Not Jitterbug®, it features a larger keypad for easier dialing. It even has an oversized display so you can actually see it.

“I had to get my son to program it”
Your Jitterbug set-up process is simple. We’ll even pre-program it with your favorite numbers.

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Life is complicated enough… Jitterbug is simple.

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Friendly, helpful Jitterbug operators are available 24 hours a day and will even greet you by name when you call.

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Jitterbug has a plan to fit your needs… and your budget.

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**Keep Learning at WHISTLESTOP**
For a complete list of classes, visit whistlestop.org

**UPCOMING SPECIAL EVENTS**

**Asian New Year Celebration**
**Tues, Feb 11 • 4-5:30pm**
Doors open at 4pm, Lion Dance starts at 4:30pm
Cost: $10 Whistlestars members, $12 non-members
Tickets can be purchased with cash or check in the Front Office.

**Registration required.**
Payment due at registration. Space is limited.
Please join us in celebrating the Asian Lunar New Year, Year of the Horse! We will be serving an Asian-themed early dinner catered by Yet Wah, while enjoying a traditional Lion Dance. Don’t miss out on this event.

**Valentine's Day Luncheon- Jazz Duo**
**Fri, Feb 14 • Noon-1pm**
Regular menu and pricing
Jazz guitarist Michael LaMacchia and Whistlestop’s own Amanda Denny will perform a lunchtime set of love songs and jazz standards – come in for a great meal and enjoy some live music on this special day of love.

**Heart Health Presentation**
**Wed, Feb 19 • 11am-Noon**
No cost
Registration required: 456-9062
This is a free presentation about heart health. Participants will learn about the importance of heart health and seven steps to a healthier heart.

**CLASSES**

**ARTS & ENTERTAINMENT**

**Acting Classes with Margie Belrose**
**Tues • 3-4pm**
No cost
Registration: 456-9062
Have you always wanted to try your talent at acting? Marin’s Women Hall of Famer and local icon Margie Belrose will be offering her expertise in drama and performing arts in this acting class.

**Korean Drumming for Beginners**
**Tues • 3:30–4:30pm**
Starting February 18th
No Cost
Join us on this 10-week journey as we learn basic Korean drumming techniques and dance moves (slow and graceful, similar to Tai Chi), taught by Jong Lee and several Dominican University students. No experience required, but we do ask that you make the 10-week commitment if you sign up. The class will culminate with a performance at College of Marin’s Asian Heritage Day on May 3rd!

**Jewelry Class: Learn Basic Stringing Techniques**
**Thurs, Feb 20 • 1:30-2:45pm**
Cost: $8 per class/includes materials
Registration and payment required prior to class: 456-9062
Maria Barsesat, local bead artist, will show you how to make and finish basic stringing projects. Learn how to make knots in between beads for necklaces or bracelets. Class limited to 10 people.

**HEALTH & WELLNESS**

**Ping Pong**
**Fri, Feb 7 & 21 • 2-4pm**
No cost/Drop-in
Join the Whistlestop Racketeers for Ping Pong. Good for your mind, spirit and body. We have two tables & a wonderful group of regulars who enjoy the benefits of the game. All levels are encouraged to play.

whistlestop.org 7
**Keep Learning at WHISTLESTOP**
For a complete list of classes, visit whistlestop.org

*New Time* Whistlesizers with Tony
**Tues & Thurs • 9:30-10:30am**
No cost
A warm and upbeat chair exercise class that uses breathing muscle exercises to improve posture and relieve pain, leg exercises to increase blood flow and provide knee protection. We shrug shoulders, make faces, laugh, shake our fingers and hands, slap the floor with our feet and raise our arms up and out. The upper body exercises expand our heart space and there are wedges for pain relief floor work.

**LANGUAGE**

**Whistlestop English Language Program**
**Semester dates: Jan 27-May 7**
Registration required

**Basic, Intermediate and Advanced English**
**Mon & Wed • 2-3:30pm**
Fee: $15 for materials

**English Conversation**
**Tues & Thurs • 2-3:15pm**
Fee: $15 for materials

**Imparare l’italiano! (Learn Italian!)
**Learn Italian with our new teacher Elizabeth Guagenti. Elizabeth has a Bachelor’s degree in Italian Language and Literature from UCLA.

**Beginning Italian**
**Thurs • 1:30-2:30pm**
Fee: $18 per month
Semester dates: Jan 9-May 29

**Continuing Italian**
**Tues & Thurs • 2:30-4pm**
$48 per month
Semester dates: Jan 7-May 29
Registration required

**Spanish Club**
**Fri • 1:30-3:30pm**
No cost
Drop-ins welcome
Do you want to practice your reading comprehension and conversational skills in Spanish? This class focuses on literature in Spanish from books to newspaper articles. Conversational Spanish knowledge preferred.

**SOCIAL GROUPS**

**Persian Social Group**
**Mon & Wed • 10:30am-2pm**
Contact: Mrs. Esmaili, 472-6020
A social group for Farsi speakers to gather for tea and cookies, conversation, and to share with each other daily life activities. This is a great way to make friends in the Marin Persian community.

**French Social Group**
**Tues • 1-2pm**
Contact: Vicky, 457-0586
Come join the French Social Group on Tuesday afternoons and connect with other French speakers in the community. You don’t need to be fluent, just able to carry on a conversation.

**Conversation Group for 90-Year-Olds & Older**
**3rd Thursday every month • 1:30-3pm**
No cost
Contact: Virginia Dziomba, 456-6647
Join this group for lively conversation. Only one rule: no discussing ailments!

**Mastery of Aging Class**
**Tues • 1:30-3pm**
No cost
Contact: Larry Berkelhammer, 453-9808
Learn new skills to master the various challenges associated with aging. Discover new ways to give your life meaning and purpose, and explore as a group how to best adapt to all the age-related changes and losses.

**SERVICES**

**Multicultural Consultation Services**
**By appointment, 456-9062**
Small fee may apply
Whistlestop offers assistance to non-English speakers in Spanish, Russian and Vietnamese. We assist with applications for many social services (health, housing, federal assistance), translations and referrals.

**Contacts:**
Hispanic – Marta Villela
Russian- Anna Ladyzhenskaya
Vietnamese- Lieu Phan
Immigration Assistance Clinics  
**Last Friday every month • 9-11:30am**  
General consultation fee: $30  
By appointment only; call Vicky, 457-0586  
Whistlestop and Brazil Alliance are offering Immigration assistance consultations regarding Immigration Law and Reform, DACA (Deferred Action for Childhood Arrivals) and citizenship and naturalization.

**Chiropractic Services**  
**Wed • 10:30am-Noon**  
Cost: $2 Whistlestars members, $5 non-members  
**Sign-ups will only be taken on the day chiropractic services are offered.**  
For relief from neck pain, tension headaches and pains of every day stress and strains, visit Whistlestop to see chiropractic professional Dr. Brenda Lindstrom from Freedom Chiropractic. She will provide safe and gentle chiropractic adjustments.

**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. To make an appointment, please call, 456-9062.

**Telephone Reassurance Program**  
Live alone? Would you like someone to care about how you are doing? If you live by yourself and often feel isolated or you 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 how you are doing. We now also offer this service in Spanish. To register for this free program; call Leslie Klor, 456-9062, ext. 132.

**ANNOUNCEMENTS**

Are your Fridays open? Are you looking for ways to give back to your community? Whistlestop is currently looking for volunteer drivers for our Meals on Wheels program (Friday morning deliveries) as well as avid bridge players who’d like to come to Whistlestop on Friday afternoons and instruct a small group on the rules of the game. Please call Laurie at 456-9062 x117 or email Volunteer@whistlestop.org if interested.

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**TECHNOLOGY**  
Pre-registration and payment required. To register, 456-9062.  
See details of classes online.

**Gadget Guide**  
**Feb 6 • 10-Noon**  
15 people maximum  
Do you want an iPhone, tablet or computer? Come try one out.

**Managing Your Photos**  
**Fri, Feb 7 & 14 • 10am-Noon**  
Cost: $48 • 8 people maximum  
(For Apple devices only)

**iPad/iPhone Applications**  
**Tues, Feb 11 & 18 • 10am-Noon**  
Cost: $48 • 8 people maximum

**Using Android SmartPhones & Tablets**  
**Thurs, Feb 13 & 20 • 10am-Noon**  
Cost: $48 • 8 people maximum

**Digital Scrapbooking**  
**Fri, Feb 21 & 28 • 10am-Noon**  
Cost: $48 • 8 people maximum

**Computers Level 1 (Windows)**  
**Tue, Feb 25 & Mar 4 • 10-Noon**  
Cost: $48 • 8 people maximum

**Digital Storytelling & Memoirs**  
**Tues, March 11 & 18 • 10am-Noon**  
Cost: $48 • 8 people maximum

**Computer Tutor**  
**Wed • Noon-1pm** (ongoing)  
(with advance appointment)  
Cost: $20/hour

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**Marin County Commission on Aging**  
**Thursday, Feb. 13  10 am – 12:30 pm**  
Where: The Tamalpais in Greenbrae  
**Topic: Housing**  
**Speaker:**  
The Housing & Transportation Committee
**Whistlestop Weekly ACTIVITIES**

This Month at Whistlestop

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
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<tbody>
<tr>
<td><strong>MONDAYS</strong></td>
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<tr>
<td>9–NOON</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8min.</td>
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<td>9:30-10:30AM</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6/$8 Non Members</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-1:30PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>11:00-12:10PM</td>
<td>Exercise Movement &amp; Music</td>
<td>456-9062</td>
<td>Free</td>
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<tr>
<td>12:15-1:45PM</td>
<td>Language German Social Group</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td>1-2PM</td>
<td>Language English Pronunciation</td>
<td>Open</td>
<td>$15</td>
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<tr>
<td>2-3:30PM</td>
<td>Language ESL</td>
<td>456-9062</td>
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<td><strong>TUESDAYS</strong></td>
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<td>9:30-10:30AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
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<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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<td>11:30AM-12:30PM</td>
<td>Language French Class</td>
<td>457-0586</td>
<td>Free</td>
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<td>NOON-3PM</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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<td>1:30-3:30PM</td>
<td>Support Mastery of Aging Class</td>
<td>453-9808</td>
<td>Free</td>
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<tr>
<td>2-3:15PM</td>
<td>Language English Conversation</td>
<td>456-9062</td>
<td>$15</td>
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<tr>
<td>2:30-4PM</td>
<td>Language Continuing Italian</td>
<td>454-0998</td>
<td>$48/mo</td>
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<tr>
<td>3-4PM</td>
<td>Learn Acting Class</td>
<td>456-9062</td>
<td>Free</td>
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<tr>
<td>3:30-4:30PM</td>
<td>Learn Korean Drumming</td>
<td>456-9062</td>
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<td><strong>WEDNESDAYS</strong></td>
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<td>9-10:15AM</td>
<td>Exercise Tai Chi Qigong</td>
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<td>10-11:30AM</td>
<td>Support Seniors’ Circle</td>
<td>Open</td>
<td>Free</td>
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<td>10-12PM</td>
<td>Learn Computer Lab</td>
<td>Open</td>
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<td>10:30AM-1:30PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
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<td>10:30-11:30AM</td>
<td>Support Corazón Latino</td>
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<tr>
<td>10:30AM-12PM</td>
<td>Relax Chiropractor</td>
<td>456-9062</td>
<td>$2/$5 Non Members</td>
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<tr>
<td>1-2PM</td>
<td>Language English Pronunciation</td>
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<td>2-3:30PM</td>
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<tr>
<td>1:30-2:30PM</td>
<td>Language Beginning Italian</td>
<td>454-0998</td>
<td>$18/mo</td>
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<td>2:30-4PM</td>
<td>Language Continuing Italian</td>
<td>454-0998</td>
<td>$48/mo</td>
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<td>2:45-3:45PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation $10</td>
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<tr>
<td><strong>FRIDAYS</strong></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>1-3PM</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>
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<tr>
<td>2-4PM</td>
<td>Learn Arts &amp; Crafts w/Vicky</td>
<td>Feb 14 &amp; 28</td>
<td>$3</td>
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<tr>
<td>2-4PM</td>
<td>Exercise Ping-Pong</td>
<td>Feb 7 &amp; 21</td>
<td>Free</td>
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<tr>
<td>3-4PM</td>
<td>Exercise Yoga</td>
<td>Open</td>
<td>$3/$5 Non Members</td>
</tr>
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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.

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**Jackson Café**

- **Monday-Friday**
  - 11:30am-2pm
- Located in Whistlestop Active Aging Center
- Open to the Public

**LUNCH MENU**

**WHISTLESTAR MEMBER (LOWEST PRICE)/NON-MEMBER OVER 60 / UNDER 60**

| Main Entrée | $4.95/$5.95/$6.95 |
| Sandwiches  | $4.25/$5.25/$6.25 |
| Soup du Jour | $1.95/$2.95/$2.95 bowl |
| Hamburger w/Fries | $4.25/$5.25/$6.25 |

**OTHER ITEMS**

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

Birds fly and airplanes fly, but there are vast differences in how they fly. Take landing for instance. An airplane usually approaches a landing in a fairly steep powered glide that flattens the nearer it gets to the earth until, finally, the wheels screech-screech in protest as they’re forced to roll down the unoccupied runway. Unless you’re in a helicopter, in which case you arrive above your destination and drop down vertically, pausing just above the earth before slowly settling down to touch it.

Most water birds – Ducks, Geese and Pelicans, for example – fly in fast and water ski across the surface of the water in a long strung out splash, but other birds spread their wings and drop out of the sky somewhat like a sport parachutist. The Snowy Egret, shown here, demonstrates.

Sandhill Cranes, heavy lifters among birds, most often land in formations. Small groups of four to six Sandhills, great wings spread wide, circle the landing area – often already occupied by feeding birds – drifting lower and lower until, quickly raising their wings, they tumble out of the sky helter-skelter, to land right in the midst of their welcoming mates! Amazingly they almost never bump into those already on the ground. The earlier birds typically greet them by jumping up and down excitedly, before all settle down to feeding and muttering amongst themselves. As good an air show as humans put on, for sure.

Every weekend I email a beautiful or interesting bird photo to a select list. Joining is free, just ask: SHENmaker@MSN.com

‘Till next time,
Richard
In how many languages can you say ‘I love you’? At Whistlestop, we have participants who can say those magical three words in five or more languages. In our Active Aging Center, there are more than 25 different nationalities represented with numerous languages and dialects that fill our hallways and classrooms. Language classes have always been a staple of Whistlestop’s Active Aging Center and over the past few years, we’ve seen participants really get involved in language learning. Currently, we offer Spanish, French, Italian, and English as a Second Language classes. When asked why she takes the Italian class, Dorothy Denko said, “It connects me to my grandparents, who were fluent and spoke to me in Italian. It brings back that warm feeling of childhood memories. I love coming to the Italian class because we laugh all the time while we learn, or re-learn, this beautiful language.”

Another way our Whistlestop participants connect with their heritage, and with one another, is through our multicultural social groups. Persian, German, Spanish, French, Russian and Vietnamese groups meet here to connect and share. Corazón Latino, our Spanish group, has connected Hispanic older adults in Marin County for more than 20 years. After her retirement, Josefina Perez was not inspired to be active until she found Whistlestop. We connected Josefina to Corazón Latino/Pickleweed Nutrition Program, A.C.A.S.A (peer counseling for Hispanic older adults), and Mission Possible (an advocacy group for multicultural older adults). “I had no social life that I enjoyed. Whistlestop is my life now because here I found friends and activities that I love! I am a super busy person now,” said Josefina. No matter what language you speak or want to learn, Whistlestop can connect you to others who share that same desire of lifelong learning, human connection and love. Buon San Valentino, or as it’s better known, Happy Valentine’s Day! ✶

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Perfect Choice HD™ is simple to use, hard to see and easy to afford...

The invention of the year is great news for your ears.

Over the years, digital electronic technology has made the way we live easier, safer and more convenient. In many cases, it’s even made many products more affordable… (remember how much the first VCR’s used to cost?). Unfortunately, the cost of many digital products, including the hearing aid never seemed to come down. Now, a new option has been invented… it’s called Perfect Choice HD™.

Perfect Choice HD is NOT a hearing aid. It is a Personal Sound Amplification Product (PSAP). Hearing aids can only be sold by an audiologist or a licensed hearing instrument specialist following hearing tests and fitting appointments. Once the audiologist had you tested and fitted, you would have to pay as much as $5000 for the product.

Now, thanks to the efforts of the doctor who leads a renowned hearing institute, there is Perfect Choice HD. It’s designed to accurately amplify sounds and deliver them to your ear. Because we’ve developed an efficient production process, we can make a great product at an affordable price. The unit has been designed to have an easily accessible battery, but it is small and lightweight enough to hide behind your ear… only you’ll know you have it on. It’s comfortable and won’t make you feel like you have something stuck in your ear. It provides high quality audio so sounds and conversations will be easier to hear and understand.

Try it for yourself with our exclusive home trial. Some people need hearing aids but many just want the extra boost in volume that a PSAP gives them. We want you to be happy with Perfect Choice HD, so we are offering to let you try it for yourself. If you are not totally satisfied with this product, simply return it within 60 days for a refund of the full product purchase price. Don’t wait… don’t miss out on another conversation… call now!

Why Perfect Choice HD is the best choice!

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
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<tr>
<td>Lightweight / Inconspicuous</td>
<td>Less than 1 ounce</td>
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<td>Sound Quality</td>
<td>Excellent – Optimized for speech</td>
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<td>Increased Loudness</td>
<td>Yes</td>
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<tr>
<td>Test and Fitting Required</td>
<td>No</td>
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<tr>
<td>One-on-One Personal Set Up</td>
<td>Free</td>
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<tr>
<td>Friendly Return Policy</td>
<td>60 Days</td>
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You will leave many legacies to this world. Perhaps some money, real estate or other tangibles. But of all the things you will leave behind, your love has the greatest potential to guide the world that succeeds you. Few things are as delightful or as memorable as a love letter. The famous, oddly enough, have much to teach us about giving this time-honored gift.

“My angel, my all, my very self –” Beethoven gushed to his favorite. Greeting the beloved warmly captures the sweetheart and makes their heart even sweeter toward you. Don’t hold back with your opening words and your task will be all the sweeter as you move through each paragraph.

“Young portrait and the intoxicating evening which we spent yesterday have left my senses in turmoil.” Napoleon’s ardor is hardly dissipated the morning after when he writes to his wife, Josephine. Picturing a shared moment that is beautiful and memorable makes the letter more powerful.

Looking ahead to a loving future can weave a cord of happy anticipation. Go ahead and use it as the French writer Flaubert did in planning his next tryst with his beloved: “I will cover you with love when next I see you, with caresses, with ecstasy.” Who could resist after such a promise?

Confessing your fragility in the face of this awesome emotion encourages your beloved’s most passionate response. James Joyce wrote to his Nora confessing his weakness in the face of his love for her may have kept their relationship lively through terrible suffering. I hear nothing but your voice. I am like a fool hearing you call me ‘Dear,’ I offended two men today by leaving them coolly. I wanted to hear your voice, not theirs.

Steering clear of gentle teasing is probably a good idea. You run the risk of insulting your beloved as may have happened with basketball player Michael Jordan and his college girlfriend: “I want you to know that my feeling for you has not changed yet. (joke) I am finally getting used to going with a girl much smaller than I.”

A love letter can bring you love, mend a quarrel, extend a romance into forever. It can be inscribed on stationery, or in an email or on the back of a shopping list. Send one soon and watch your life bloom.

Mary Ann Maggiore consults with teens, young people & their families on building a happy, loving, successful life. You can reach her at maryannmaggiore@gmail.com, 577-6627.
Movies Can Reduce Our Anxiety About Death

BY VAL BOWMAN

A San Rafael couple with many shared interests has published their first, and she says, probably last book. It’s called Death at the Movies: Hollywood’s Guide to the Hereafter. Lyn and Tom Davis Genelli are self-professed “movie nuts.” She is also a psychotherapist and Tom, 77, is a former filmmaker and retired psychologist. They think that films are a great way to look at life and death and to find peace with both.

Lyn, 70, and co-founder of the Bay Area Institute for Integrative Body Psychotherapy, feels that The Wizard of Oz is the greatest movie ever made. “It tells you everything you need to know about life,” she says. “It’s a journey and it’s about parts of ourselves that we think are missing. The Scarecrow, the Tin Man and the Cowardly Lion all thought they were missing things, but they discovered their own completeness.”

The couple thinks that certain movies can help us deal with our fear of death. It’s a Wonderful Life and Groundhog Day are two other films they recommend, movies they call “transit films.” Casablanca is a movie where people are converging while waiting to go to a better place.

The Wizard of Oz is the greatest movie ever made.

Lyn is also a Senior Volunteer with the Living/Dying Project. As Dale Borglum, founder of the Living/Dying Project puts it, “As long as we live with unresolved grief in our hearts, grief that has not been transformed into compassion, our lives are lived only partially and death comes too soon. We are all grieving until we no longer feel separate — separate from those we care about, separate from our own true selves, separate from God.”

Death at the Movies is available on Amazon or through Quest Books. ♦
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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