Whistlestop to Expand with Affordable Housing Units

Whistlestop is planning an expansion project to anticipate the downtown SMART train station. The plan will transform the Whistlestop into a five-floor building with 50 units of affordable housing for older adults.

Whistlestop’s Renaissance Project has received considerable publicity, including a cover story in the Pacific Sun and an article in the Marin IJ. Whistlestop CEO, Joe O’Hehir, answers some questions about the transformation of the Whistlestop building to better serve Marin’s older adults.

**Can you define “affordable”? Do folks have to be from Marin County to be eligible?**
The short answer to this question is that the apartment rents will be affordable to older adult residents whose income falls within 30% to 50% of the median family income for Marin County. A unit is affordable if rent and utility costs do not exceed 30% of a family’s total income. The monthly rent including utilities for a one-bedroom apartment is projected to range from $624 to $1,040. That is the rent level envisioned for the 50 one-bedroom apartments on the Whistlestop site.

**Is the Jackson Café going to be on the Fourth Street side? If so, what will the benefits be to the community?**
Our plan is to relocate the Jackson Café to the north end of our property that borders Fourth Street. This new location would increase the versatility of the café for several new options. As many know, Fourth Street is the main

**Will the housing units be for sale or for rent? And what age group?**
The planned 50 one-bedroom apartments will be offered on a rental basis. At this time there will be no units made available for sale. As an affordable senior housing community, the planned age of residents will be 60+. The current average age of Whistlestop’s clients is 70.
Whistlestop Express  February 2013

continued from page 1

pedestrian path for downtown San Rafael. It’s the best location for most restaurants, shops, and services for visitors to the downtown area. The Jackson Café would continue to provide a nutritious and affordable luncheon service for older adult clients the public. Also, we envision a walk-up coffee window or stand for commuters on the patio side of Jackson Café. With a Fourth Street location, we would have the opportunity to offer evening dinner service to the public and have the Jackson Café available for local downtown San Rafael community events. The idea is to generate more earned revenue from the Jackson Café that will allow us to keep food prices lower for older adults.

Are there any “green” aspects planned in the new building?

The project will incorporate sustainable building parameters with the 2010 California Building Code and City of San Rafael standards for compliance with Leadership in Energy and Environmental Design (LEED) and Build It Green rating systems. These systems provide the framework for identifying and implementing practical and measurable “green” building design, construction, operations and maintenance solutions.

Care will be taken in determining energy efficient building systems and finish materials. Examples being considered include high-reflectance roofing material and a partially vegetated roof concourse to reduce reflected heat, avoidance of ozone depleting chemicals in mechanical equipment and insulation, selection of durable products and materials, use of low or no maintenance materials, purchase of materials that are produced locally, use of materials manufactured from recycled products producing minimal waste by-products, avoidance of materials that will off gas pollutants, provision of collection and storage areas for recycling of building occupant waste, diversion of demolition material from landfill facilities, prohibition of smoking in the building, planned air flow paths to increase natural ventilation, maximizing building interior day lighting, provision of shading devices and high-performance glazing to control interior heat gain, permanent individually controllable lighting and thermal systems, building occupant visual and physical access to the outdoor roof concourse, use of Energy-Star appliances and water-conserving plumbing fixtures.

What kind of response have you been hearing in the community after the recent publicity about the project in the IJ and the Pacific Sun?

The public’s response to the Whistlestop Renaissance Project has been overwhelmingly positive. Our clients and supporters seem happy that we have come up with a solution that will allow us to remain at our current location with the Active Aging Center and have the opportunity to add a much needed affordable senior housing component located next to Marin’s regional transportation hub. ♦

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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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Whistlestop Express is printed on recycled paper

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Or send an email, with your request, your name and address to INFO@whistlestop.org.
Subscriptions mailed to your home are $10/year.
Homeward Bound’s Oma Village to Provide Affordable Homes in Novato

Homeward Bound of Marin plans to develop the Oma Village supportive housing program for families at 5394 Nave Drive, Novato, as a cluster of green, modern homes to be built by Blu Homes, Inc. A proposal submitted to the City of Novato calls for 14 one- and two-bedroom rental homes on the site formerly owned by the Henry Ohlhoff Recovery Programs and operated as a 30-bed residential program for people in substance abuse recovery.

Homeward Bound purchased the .75-acre site last June and hopes to complete the project with help from Blu Homes, an innovative builder of pre-engineered homes that created the 2012 Sunset Idea house in Healdsburg. City officials have begun review of Oma Village, which has an estimated development cost of $4 million.

Homeward Bound is kicking off a capital campaign to raise the funds for this innovative housing development. The project is called Oma Village after a grassroots effort started last year by the Rev. Betty Paget of San Rafael (known as “Oma” to her grandsons) to support homeless families.

Homeward Bound houses over 450 people per night—in shelters, transitional housing, and permanent supportive housing. Residents are from zero to 85 years old. The need is great for housing for every age group that is within their

Send Valentine’s Greeting to a Homebound Older Adult

Whistlestop is asking Marin County residents to help with a Valentine’s Day greeting card project that will benefit homebound older adults. Please send us a Valentine’s card with a personal message from you in an unsealed envelope to Whistlestop, 930 Tamalpais Ave., San Rafael. We will make sure all cards get to homebound older adults. We must receive your cards by Feb. 6. In December, Whistlestop sponsored a similar project and local residents signed more than 1,650 cards! ✪
Sweet & Crunchy Broccoli Slaw

A nutritious and tasty alternative to cabbage slaw, this recipe works well as a side dish for BBQ chicken and ribs and complements well with its tangy-sweet profile.

Serves 4

1 Lb. Broccoli, chopped stems & florets
¼ Cup Dried cranberries
¼ Cup Golden raisins
½ Cup Pecans, chopped & toasted
3 Cups Mayonnaise
½ Cup Sugar
1 Cup Raspberry vinegar
Salt & Pepper to taste

Combine broccoli, cranberries, raisins and pecans. Mix well. Combine mayonnaise, sugar, vinegar and salt and pepper to taste; mix. When ready to serve, add dressing to salad and stir.

Lucille’s List Gives Housing Options

Lucille’s List was started by two partners, Tia Small and Hilary Parkhill, who had experienced their own personal struggles with finding the best housing options for their loved ones. It was such a frustrating experience for them that they began to realize that “something better could be done for all people looking for senior housing.”

In 2009, the two women founded “Lucille’s List.” They have spent countless hours researching and organizing the latest information on resources available to older adults in Marin. Lucille’s List helps seniors find appropriate living situations and lists housing options regardless of socio-economic status.

This is a free and user-friendly service. The initial version of Lucille’s List has information and photographs on all 55+ active adult communities; senior apartments; senior mobile home parks; aging in place villages; continuing care retirement communities; low-incomes/subsidized options; assisted living and skilled nursing facilities in Marin County.

FROM ROCKY’S PANTRY

BY ROCKY PACKARD

4

DID YOU KNOW...

That you can rent a Scooter, Powerchair or Wheelchair for as little as $15/day!!

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by ROCKY PACKARD

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Daphne Campbell stopped knitting for her family when a grandchild made fun of her handmade gift. Now the purses, bags and clutches she knits for Sarah Oliver Handbags sell for hundreds of dollars at specialty boutiques around the country.

Campbell, 90, is a member of the Purlettes Plus One, a group of senior knitters at the Redwoods retirement community in Mill Valley that produces handmade items. The knitting circle meets once a week to socialize, talk about television and trade finished knitted products for more yarn and assignments to create the next week’s bags.

“I do about 100 a year of varying sizes,” said Campbell of her creations. Over her five years with the group, Campbell has knitted 500 purses. She will complete four this week.

Six years ago Mill Valley resident Sarah Oliver enlisted the help of Redwoods residents when she was unable to keep up with the production demands of her business. “When I went to expand, it was a natural fit to come here. I asked the program director to start a knitting group to produce items for my business.”

Oliver posted fliers and seven knitters showed up at the first meeting six years ago. The knitter-residents range in age from 75 to 96 and form the backbone of Oliver’s business. The bags are handmade in Mill Valley by Mill Valley residents, so the bags are 100 percent made in America—something the knitters feel is important.

The Purlettes are big fans of the TV series “Mad Men.” Several members of the group lived in Manhattan in the ’60s, where “Mad Men” is

continued on page 15
Shared Housing Can Help Residents ‘Age in Place’
By LESLIE KLOR, Housing Advocate

Episcopal Senior Communities decided to create more affordable housing options for older adults in Marin County and hired me to develop a Shared Housing Program. The idea was to recruit seniors who lived alone and who had an extra room they could rent, either for money to help pay their expenses or to receive help for a multitude of services to enrich their lives and enable them to stay in their homes and “age in place.”

I was surprised to find that some people who might benefit from the idea resisted sharing their homes with others. It could be that people want their own privacy. Knowing that people may feel that way, I suggest that this can work out as a temporary solution to both parties. I invite anyone considering this option to read the following letter:

“I am writing this to enthusiastically endorse Episcopal Senior’s Shared Housing Program. Had I not found out about this program, I might have been homeless. I had gone through two major health problems and a car accident. Because of my extreme need for recuperation, my unemployment and loss of medical coverage, as well as being in the process of leaving my long-term home, I was becoming homeless.

“Two different people suggested that I meet with Leslie Klor and talk to her about the Shared Housing Program. I visited her and she made me feel very welcome. She assessed my needs and skills and explained that I would be going through a background check if a potential match were found. I felt that I was in the hands of a compassionate and capable professional. I was suggested for a live-in situation with a developmentally disabled woman of similar age.

“After an interview, I moved in with her and it has been beneficial to both of us. I never had to go through the extreme difficulty and emotional distress of homelessness and had the pleasure of being able to give back to someone else. My roommate and I have become friends. She needed someone around on a regular basis who could function in emergencies and keep an eye on things. Her family told me that having me there has made her quality of life better. Eventually, I hope to have a home of my own again, but in the meantime, I am most grateful to have a room of my own and a new friend.”

To find out more about this program, call Leslie Klor at 456-9062, ext.132. On Monday, Feb. 11, potential landlords and housemates are invited to a presentation on Affordable Senior Housing 11, at 2:30pm at Whistlestop followed by an informal tea. ✶

Computers Made Easy
New Year’s Resolution: Learn how to use my digital devices. Why struggle? Make it easy!
Contact Debbie for help: (415) 475-1930
debbie@made-easy.net | www.made-easy.net

ABCs of Transportation for Marin Independent Elders

Wednesday, February 20th, 2013
1:00 pm - 4:00 pm
Margaret Todd Senior Center
1560 Hill Road, Novato, CA

Co-Sponsored by
Novato Independent Elders Program
A partnership with Marin Community Foundation
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

WHISTLESTOP ENGLISH LANGUAGE PROGRAM
Spring 2013 semester dates: Jan. 28- May 15
Registration required

BASIC, INTERMEDIATE & ADVANCED ENGLISH
Mondays & Wednesdays • 2-3:30pm
Fee: $15 for materials

ENGLISH CONVERSATION
(Intermediate Level)
Tuesdays & Thursdays
2-3:30pm
Fee: $10 for materials

ENGLISH PRONUNCIATION
(Basic-Intermediate Level)
Mondays • 1-2pm
Fee: No cost

JEWELRY CLASS
Thursday, February 14 • 1:30-2:45pm
Fee: $8 per class (Fee includes materials.)
Registration and payment required prior to the class
Maximum space available: 10-12 people
Celebrate Valentine’s Day by making a jewelry piece for a loved one or for yourself.

NEW! FRENCH SOCIAL GROUP
Tuesdays • 1-2pm
Information: Vicky Voicehowsky, 457-0586
Whistlestop has a new French Social group on Tuesday afternoons and French speakers are invited to attend.

DROP-IN COMPUTER LAB
Mondays & Wednesdays • 10 am–Noon
Need help using a computer? We have volunteer computer tutors available to work with you one-on-one, if needed.

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.

WANTED
35 People with Hearing Loss
Qualified Participants Needed for Technology Field Test

We are looking for people like you, who may be experiencing varying levels of hearing loss, to evaluate a remarkable new line of digital hearing instruments that could be the solution to your difficulties.
Call us toll free today at the number below to see if you qualify for this Field Test. Potential candidates will be given a FREE hearing screening (including Video Otoscopy) to determine candidacy. Participants will be given a FREE In-Office demonstration, and the opportunity to evaluate the latest technology for 30 days at drastically reduced rates. A refund* is available at the end of the test period if you feel your test instruments do not improve your hearing.

Rob Fuller • H.A.D. Hearing Aid Dispenser • License # HA7682

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AccuQuest Hearing Centers
(888) 706-4080
Corte Madera
770 Tamalpais Drive, Suite 410

PROMO CODE N-WSX-202

*Full refund of security deposit. Benefits of hearing instruments vary by type and degree of hearing loss, noise in the environment, accuracy of hearing test, and proper fit.
**Keep Learning at WHISTLESTOP**
For a complete list of classes, visit whistlestop.org

**VOLUNTEER OPPORTUNITIES**
Contact: Millie at 456-9062, x117 or volunteer@whistlestop.org

- Board/Card Game Leaders
- Chiropractor
- Russian Social Group Leader
- Bi-lingual Computer Teacher
- **Jackson Café Volunteers needed** to work in the Jackson Café at least one day a week from 10:30am–1:45pm.
- **Center Service Volunteer needed** to answer phones and do various office duties. Computer experience a plus, but not required. Volunteers are needed from 11am–1pm with some flexibility.
- **Volunteer Drivers for Meals on Wheels Program**

**IN-KIND DONATIONS NEEDED**
Mah Jongg sets, Chess set, Dominos, books, yarn, movies on DVD, and brown paper grocery bags. If you have items to donate, please call 456-9062.

**ZUMBA GOLD**
**Thursdays • 11am–Noon**
Fee: $6 per class | Instructor: Angela Jakab-Miller
Zumba is a great way to stay fit and active. Fun, motivating combination of Latin-inspired music and dance steps guaranteed to get you moving. Zumba movements are easy-to-follow and for all activity levels. Bring water and a small towel.

**Whistlestop introduces new service:**

**THE HOME-DELIVERED GROCERY PROGRAM**
This program is available for homebound San Rafael older adults (60+) who need shopping assistance. Delivery is free. Older adults pay only for the groceries. Participants can use the program on weekly, monthly, or shorter basis, i.e. while recovering from an illness.

The program is a partnership between Episcopal Senior Communities, Novato Independent Elders Program, and San Rafael Safeway.

For eligibility or if you would like to volunteer contact the Program Coordinator at 456-9062.

**FREE BLOOD PRESSURE CLINIC & MEDICATION CHECKS**
**Tuesday, Feb. 12 • 11:30am–1pm**
Facilitators: Student nurses from Dominican University
Drop-in
Bring all of your medications and supplements to find out how and when to take them, how to store them, side effects, or interactions with other drugs. Don't miss this opportunity to prevent health problems by keeping your blood pressure and meds in check!

**TRYING TO STRETCH YOUR FOOD DOLLARS?**
Brown Bag Pantry for adults 60 and over helps with the rising cost of food.

The Brown Bag Pantry is open to older adults who need to access affordable healthy food every Friday from 11:30am–2:30pm. The pantry is a supplemental food program that allows you to choose from a vast array of seasonal fruits and veggies; protein items, such as meat, eggs, or beans; grains, pasta, bread, or rice, and canned goods. Please bring your own bag. Food provided through the San Francisco/Marin Food Bank.

Volunteers are needed to help set up, assist shoppers and clean up after the food distribution. If you are interested in volunteering, please call Millie Makarewicz at 456-9062, x117.

**FRIDAY FLICKS**
**1:30 pm in the Lounge**
Fee: Free
2/1: Moonstruck • 2/8: The Lake House
2/15: The Graduate • 2/22: Singin’ in the Rain

**NEED HELP PREPARING YOUR INCOME TAXES?**
Whistlestop is offering free income tax preparation assistance at Whistlestop and the Margaret Todd Senior Center, February through April. The Volunteer Income Tax Assistance (VITA) program is available for individuals with basic, uncomplicated tax returns who qualify. Trained Volunteers are available to help. Taxpayers are asked to bring a copy of their previous year’s return and all of the documents reporting income for the 2011 tax year. By Appointment Only. Call 459-6700.

**HOUSING WORKSHOP**
**Monday, Feb. 11 • 2:30–4:30pm**
Presenter: Leslie Klor from Episcopal Senior Communities
**Topic:** Financial Plans for Older Adults
Looking for housing options for yourself, an aging parent, relative, or friend? Struggling to make ends meet? It’s easy to feel confused and overwhelmed by
all the different choices. Come to get some clarity on housing choices in Marin.

**Part 2: Learn about the HomeShare Program.**
The HomeShare Program is a free referral service for seniors that provides an alternative affordable way of meeting housing needs with numerous benefits to renters and homeowners. People share their homes for different reasons, some of which include: companionship, personal safety, help with chores, or to offset the rising cost of rent, taxes, utilities, and maintenance. Stay for an informal tea to meet other potential landlords and potential roommates.

Leslie Klor, has been working in senior housing for 20 years and will outline housing options and answer questions. *Don’t delay! Start planning today!*

**NEW CONVERSATION GROUP FOR 90-YEAR-OLDS & OLDER**
*Third 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. Call 456-6647.

**FREE HEARING SCREENING & PHONE DISTRIBUTION EVENT**
*Thursday, Feb. 14, 10:30am–2:30pm*
**Hearing Screenings by appointment:** Call 456-9062
The primary goal of the California Telephone Access Program (CTAP) is to provide specialized telephone equipment and services to Californians who may have difficulty using a standard telephone. CTAP phones make it easier for these individuals to connect with friends and family, conduct business and access medical and safety services.

Please join our Specialized Phone distribution event to learn more about this program.

Be certified for hearing difficulties and pick up your equipment the same day! Free hearing screenings by Kim Zeller Hoppin from Marin Hearing Center.

**WRITING WORKSHOP**
*PAST - PRESENT - FUTURE*
*Every Thursday • 2–4pm*
Drop-in
Writing and sharing to our “hearts” content. In this writing workshop you will have an opportunity to read out loud what we have just written together in an inspirational and supportive environment.

This writing workshop –Past-Present-Future– welcomes participants bringing their favorite poetry, prose, songs, photos, etc. that will be used to inspire and stimulate our writing. Join us as we experience the fun of writing within an open, informal, and creative atmosphere.

**AARP DRIVER SAFETY COURSE**
*Saturday, Feb. 23 • 9am–5pm*
**Fee:** $12/AARP members/$14 non-members. Cash or checks payable to AARP
**Pre-registration and Prepayment required:** call 459-6700
Sharpen your driving skills through the AARP Driver Safety program. The course reviews basic rules of the road, including accident prevention, car maintenance, and the effects of medication and alcohol on driving. At the end of this course, you will receive a certificate of completion, which may save you money on auto insurance.

**Bring to class:** Your driver’s license and your AARP membership card (if you paid the $12 fee) and lunch.

**Fun Folk Art with Artist Celeste Parcell**
*Friday, March 1 • 11am–12:30pm*
Drop-in
Join this fun crafting group! **Project: Beads and Clay**

**NEW! RECHARGE & BALANCE**
*2nd Tuesday of every month • 10:30am– 12:30pm*
Drop In | For more information call 497-5898
**Fee:** Donations Accepted
Recharge and Balance your energy with Johrei (Joe-Ray) in a 15-20 min. session. There is no touching unless you would like a hug. We do not diagnose or treat illness. If your symptoms go away that is the natural result of your body’s own healing power which is activated by Johrei.

**Transportation Numbers**
*Marin Access Call Center: 454-0902*
*Get Qualified to Ride: 456-9062, x106*
*eligibility@whistlestop.org*
*Cancel a Ride: 457-4630*
*STAR Volunteer Driving: 454-0969*
### 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><strong>MONDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9–2 PM</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8min.</td>
</tr>
<tr>
<td>10–11 AM</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>10:30–11:30 AM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>11–12:30 PM</td>
<td>Language German Social Group</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Exercise Movement &amp; Music 1/28</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1–2 PM</td>
<td>Language English Pronunciation</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30 PM</td>
<td>Language English as a Second Language (ES87L)</td>
<td>Open</td>
<td>$15</td>
</tr>
<tr>
<td><strong>TUESDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:15–10:15 AM</td>
<td>Exercise Whistlesizers</td>
<td>Sugg. Donation</td>
<td>$10 or less</td>
</tr>
<tr>
<td>10:00–11:45 AM</td>
<td>Relax Mah Jongg</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>10:45–11:45 AM</td>
<td>Exercise Cardio Exercise Class</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>Noon–3 PM</td>
<td>Relax Manicurist</td>
<td>Appt. Needed</td>
<td>Free</td>
</tr>
<tr>
<td>1–2 PM</td>
<td>Language French Social Group</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>1–3 PM</td>
<td>Language Learn Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30 PM</td>
<td>Language English Conversation</td>
<td>454-0998</td>
<td>$10</td>
</tr>
<tr>
<td>2:30–3:30 PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation</td>
<td>$10</td>
</tr>
<tr>
<td><strong>WEDNESDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9–10:15 AM</td>
<td>Exercise Tai Chi Qigong</td>
<td>Sugg. Donation</td>
<td>$10 or less</td>
</tr>
<tr>
<td>9–2 PM</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8min.</td>
</tr>
<tr>
<td>10–11:30 AM</td>
<td>Support Seniors’ Circle</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10–12 PM</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30–11:30 AM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>10:30–11:45 AM</td>
<td>Support Corazón Latino</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30 PM</td>
<td>Language English as a Second Language (ESL)</td>
<td>Open</td>
<td>$15</td>
</tr>
<tr>
<td><strong>THURSDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:15–10:15 AM</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>2–3:30 PM</td>
<td>Language English Conversation</td>
<td>454-0998</td>
<td>$10</td>
</tr>
<tr>
<td>2–4 PM</td>
<td>Support Writing Workshop</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2:30–3:30 PM</td>
<td>Exercise Balance Workshop</td>
<td>Sugg. Donation</td>
<td>$10</td>
</tr>
<tr>
<td><strong>FRIDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30–12:30 PM</td>
<td>Support Brown Bag Pantry</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30 PM</td>
<td>Relax Friday Flicks</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30 PM</td>
<td>Support ACASA</td>
<td>Peer Counseling</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30 PM</td>
<td>Language Practice Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–4 PM</td>
<td>Learn Arts &amp; Crafts w/Vicky</td>
<td>Feb. 8 &amp; 22</td>
<td>$3</td>
</tr>
<tr>
<td>2–4 PM</td>
<td>Exercise Ping-Pong</td>
<td>Feb. 1 &amp; 15</td>
<td>Free</td>
</tr>
<tr>
<td>2:30–3:30 PM</td>
<td>Exercise Yoga</td>
<td>Open</td>
<td>$3</td>
</tr>
</tbody>
</table>

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.
It’s January and most of my little birds have left for sunnier climes. It wasn’t for lack of food in my feeders; they were as tired of the cold rain as I was. Migration is a much studied but little understood activity. The longest migration we know of is not that of the Bar-tailed Godwit that flies between New Zealand and Alaska by way of Harbin China. It is the Arctic Tern that flies from the North Pole 12,000 miles to Antarctica and back, exploring both sides of the Atlantic as it does. Their Siberian cousins migrate along the Western Pacific.

But if you factor in the size of the bird, it would be the little Ruby-throated Hummingbird that flies from as far as New Brunswick, Canada down the eastern seaboard, across the United States to Texas, and on down to Costa Rica. Some have been sighted flying low across the Caribbean – but how they do this without in-flight refueling to quench their voracious need for nectar is a question. (My hummingbirds tank up on sugar water and are back 10 minutes later for more!)

How do birds navigate and how do they know where they are going? By the stars some speculate. Embedded magnetic particles in the brain or ‘genetic memory’ say others. What I wonder is, “How did the first bird that migrated know where it was going?”

Even Big Bird on PBS can’t tell you that.

Every weekend I email a special bird photo to Express readers. Email me at SHENmaker@MSN.com if you’d like one.

‘Til next month, Richard
Housing Stories

We all know that affordable senior housing in Marin can be an overwhelming challenge. However, throughout the years, many of our participants have overcome a variety of obstacles and today live comfortably in places they can call home. Among the major obstacles for our Multicultural clients are limited housing options, long waiting lists, application requirements and language barriers.

María López, originally from Mexico, has been applying for low-income senior housing since 2008. “My biggest frustration is that there are not enough options for low income housing. I rent a small room, and due to my disability, I am not able to work. Housing eligibility priorities go to extremely low income people, leaving people like me with very few options.” Despite all obstacles, María remains hopeful that someday she will find a place where she can cook and be at peace.

Other clients have had better luck. Iran Alizadeh Monavar came from Iran in search of freedom. Four years ago, she was able to find affordable senior housing at the San Rafael Commons. Although she was on the waiting list for almost two years, Iran feels that the wait was worth it. “I like this place very much. Management staff is kind and very helpful. I love having the supermarket nearby because I like to cook and bake for my friends. Having faith that I would find a good place to live was essential.”

The multicultural staff at Whistlestop assists people who require English translation, with housing inquiries and applications. For more information, contact Sandra Jimenez or Vicky Voicehowsky at 415-456-9062. Leslie Klor, housing consultant from Episcopal Senior Communities, offers assistance with housing options, such as shared housing, in Marin County.

To contact Leslie Klor, call 415-456-9062, extension 132.
New STAFF

Millie Makarewicz

Millie Makarewicz is the new volunteer coordinator at Whistlestop and her enthusiasm is catching. She came from Marin County Office of Education where she worked in a program called School to Career, a partnership between MCOE and the high schools in Marin County. She was business and education liaison for the San Rafael City school district, placing students in jobs and internships for eight years. She also worked at Dominican University coordinating the work study program, and at College of Marin in the adult education program where she coordinated classes with teachers, students, and staff. She earned a bachelor’s in political science from University of Colorado and a master’s in Business from California Institute of Integral Studies in San Francisco.

Millie was born in St. Louis and migrated to CA in 1987, by way of Denver. In her spare time, she loves hiking, reading, dancing, singing, playing piano, yoga, Zumba, and kickboxing. She has traveled extensively and says she is always looking for her next adventure.

“I love the atmosphere at Whistlestop. Management knows how important the role of the volunteer is. The volunteers like their work and are instrumental to the growth of this organization. My goal is to find more volunteers for all the new and wonderful opportunities we will have as we grow.”

Working with older adults has been something she’s always wanted to do and she’s very happy to be part of the Whistlestop team. She plans to stay a long, long time. ✪

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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

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Sutter Care at Home offers you the most comprehensive range of home care services available.
Jeffrey Gale, longtime journalist from Novato who still writes occasional articles in the Pacific Sun, shared these photos of his grandchildren. They are Sophia Miriam Johansen, 12, and her brother, Marcus Eli Johansen, 10, two budding horseback riding champions.

Grandkids PICS

A new housing plan in Fairfax could lead to 40 senior units being built on Christ Lutheran Church property. The new development would be in the same area that currently houses the church and Cascade Canyon School. The undeveloped open space that runs extensively behind the church would remain untouched.

Terry Hamilton-Poore, pastor of Christ Lutheran, met Yvonne Roberts, Whistlestop’s Development and Marketing Director, at a Chamber of Commerce breakfast four years ago, and Terry told her about an idea for affordable housing for seniors on property owned by the church.

“Yvonne started us on our way. When she heard about the project, she lit up and made a connection with the city planning director. That helped guide us forward,” Terry said. The town of Fairfax helped, as well as connections Terry had in the Marin Interfaith Council.

Betty Paget, who is involved with the affordable housing movement in Marin, helped get funding for a consultant.

They hope to break ground in another year or two. The concept is to create a village-like community. The project will be multi-generational. The private K-8 school on the property will stay, and one vision is to have shared art space and a community garden on the property.

Recently, during a geo-technical inspection, drilling was started to determine soil composition. The students were curious, so their teachers brought some of them to visit the site. “The workers were great,” Terry said. “They gave the students a science lesson.”

Did You Know?

Whistlestop serves more than 17,000 low-cost meals a year to Marin County residents at our onsite Jackson Café, 930 Tamalpais Ave., San Rafael. Not only is the food good, but the café has become a popular place to socialize during lunchtime.

Church Plans Multi-Generational Affordable Housing Project

Independence Through Mobility

Your One-Call / One-Click Transportation Resource:
(415) 454-0902    www.MarinAccess.org
Living to 100 Has Many Advantages, Some Challenges

By MARIA GREGORIEV

Longevity can give you more time to spend with loved ones and accomplish things you want to do. But it also can be a time encumbered with added expenses like healthcare or long-term care costs. Either way, a long life requires greater retirement savings if you want to remain independent and avoid being a financial burden to loved ones. Living to be 100+ years old used to be fairly rare, but medical advances have helped create a large class of centenarians. The way we plan financially should consider the possibility of 20 or 30 years in retirement.

“I want to live to be 100!”

Two-thirds of those surveyed in the Sun America Retirement Re-Set Study said their goal is to live to 100. They cited “Remaining productive” as the top benefit of a long life (67%). Many intend to spend their time deepening relationships with family (65%), while 59% say they want to stay around to watch the world evolve. While none of these activities is nearly as expensive as an African safari or spending a summer on the Seine, everyday living expenses (groceries, housing, auto, healthcare) persist for all ages.

Older adults spending patterns differ from the general population. And that could cause cost-of-living increases in Social Security to diverge from their cost of living. While inflation is expected to remain at a relatively low level for the foreseeable future, the official inflation figure is calculated across a variety of ages and a broad palette of items. However, older adults spend a disproportionate amount of their income on categories that are increasing faster than the overall inflation average indicates – like medical care, gas and food.

“I have enough money to last me the rest of my life, unless I buy something.” This quip from comedian Jackie Mason likely sums up how many feel about their financial situation. However, running out of money to live comfortably was not the top concern of respondents to the study. The No. 1 longevity-related concern of respondents was health problems (73%). Many also cited a fear of being a burden on their families (59%).

Financial advisors are skilled in helping older adults ensure that their money will last, even if they live to 100. ♦

Maria Gregoriev, VALIC financial advisor, Ca. Ins. Lic#0A36531, can be reached at 408-8642 maria.gregoriev@valic.com

Purlettes continued from page 5
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