Heidi Insalata Krahling, Marin county premier chef, restaurateur and popular cookbook author, believes it’s important for older adults to maintain a regular diet and sees no reason why people cannot continue to enjoy delicious meals into their 70s, 80s and 90s.

Krahling, of San Rafael, owns two popular Marin restaurants, Insalata’s Mediterranean and Marinitas, both in San Anselmo. She has a tie to Whistlestop through her work on the Marin Valentine’s Ball, a fundraiser that benefits four local organizations, including Whistlestop. She said, “Whistlestop is a vital lifeline for much needed services for our older adults here in Marin.”

Krahling, who was chef at Smith Ranch Care Center for eight years, knows that as we age our palette might not be as sharp as it once was, and that some older adults need to be careful about acid reflux and other health issues. But, with good planning and using the right kind of spices, their meals can be as tasty and nutritious as ever. She said that as people get older they tend to eat smaller portions and “go for the easy – like opening a can of soup.”

But, she said, it is important for older adults to eat regularly and include enough protein in their diets.

“We cook Mediterranean food at Insalata’s and we cook with loads of fresh herbs and spices,” Krahling said. “We are big fans of mint, Italian parsley and cilantro. Herbs really add a level of bright flavor to just about any dish. Spices will add a layer of complexity, which will really add a depth of flavor.”

“I just came back from a culinary trip to Morocco. This is a country that uses spices in everything they eat! Never hot spicy, but layers of flavors with multiple spices like combos of ginger, paprika and cumin, lots of saffron. Garlic in moderation. I always tell my new young chefs to really pay attention to how you salt your food. I know that salt can have a bad rap for seniors but a few grains can go a long way in bridging the natural flavors together for a dish. We will also use a high quality fish sauce, like the brand Red Boat to brighten flavors of food. Not a lot -- a couple of drops brings on an incredible umami.” ✤
Nutrition has always been an important piece of the puzzle in Whistlestop’s mission of helping older adults age with dignity and grace. Staying active and having a healthy diet are essential aspects of healthy aging. Instead of reaching for that soup that is high in sodium or going for fast food, come to the Jackson Café or Brown Bag pantry or sign up for Meals on Wheels or the Home Delivered Grocery program.

I have been associated with Whistlestop since 2012, starting with the Meals on Wheels program. I’ve been the program manager of Nutritional Services for seven months. Currently I oversee the Meals on Wheels program, Jackson Café, Brown Bag Pantry and the Home Delivered Grocery program. Many of these programs already have coordinators that are doing a fantastic job; I am there to provide support and aid in making the programs better, to help with transitions and think of new programs that will benefit the nutrition of older adults or people who are “food insecure.” Being “food insecure” is a person/persons who struggle to attain and prepare enough nutritious food to support basic physical and mental health.

Healthy eating is especially important as you age, particularly if you are dealing with a chronic illness or are food insecure. A diet that is high in whole grains, fruits and vegetables and lean protein and dairy is best. My suggestion is to make one change at a time. What to avoid? It’s important to limit solid fats, added sugars and foods high in sodium.

Whistlestop wants to make acquiring nutritious food affordable and accessible. We have been offering nutritious and affordable meals here since 1971 (after a major remodel, the café was named Jackson Café in 2007). The café also provides a warm atmosphere for people to socialize. The Brown Bag Pantry is serving out whole vegetables, grains and proteins every Friday from 11 to noon for free. For those who are not able to get out of their homes, we offer the Meals on Wheels program as well as the Home Delivered Grocery Program which brings healthy meals to peoples’ doorsteps with little to no charge.

Whistlestop again has organized the Mayors for Meals event, during the week of March 17 this year. In alliance with the Meals on Wheels Association of America, Marin County Mayors will deliver meals to participants of the program to raise awareness of senior hunger in our communities.

Krista lives in San Rafael and is Whistlestop’s Nutritional Services Program Manager.
New Board Member Brings MFT Experience

New Whistlestop Board member, Nancy Rhine, a 30-year resident of Marin County, is a Licensed Marriage & Family Therapist whose focus is on older individuals, couples and families. She has served Marin County residents as a psychotherapist, geriatric care manager, support group facilitator, hospice care manager, patient advocate and more.

When she was in graduate school at Dominican University, Nancy co-led the free Seniors Circle at Whistlestop. She ate at the Jackson Café, attended Tai Chi classes and spent time with the staff and people who visit Whistlestop. Nancy quickly became a big fan! She brings her experience as a mental health professional to the Board. She says, “Whistlestop provides a one-stop central resource for information, resources and services for older and/or disabled folks in our county. It has a convenient central location and has a beautiful building full of light, laughter, good food, camaraderie and support. And it’s about to become even more wonderful with its building and services expansion plan.”

New Volunteer Manager

Laurie Vermont, former Director of the internationally known Youth in Arts Italian Street Painting Festival in San Rafael, is Whistlestop’s new Volunteer Services Program Manager.

Laurie, who lives in San Anselmo, brings 15 years of experience as a volunteer coordinator. She oversaw the Italian Festival for three years, working with 500 volunteers. For the past four years she has coordinated the San Rafael Chamber of Commerce Leadership Institute as a freelancer. She is thrilled to be working at Whistlestop because when the new building and housing plans are complete in 2017, “We will be at the hub of everything in San Rafael. People are going to be landing here; with the new building, the housing project and the Jackson Café on Fourth Street, it will be an exciting place to be.”

DID YOU KNOW...

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

SALES REPAIRS RENTALS

New & Used The only repair facility in Marin Daily - Weekly Monthly

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Finally, a cell phone that’s... a phone.

Introducing the all-new Jitterbug® Plus.

We’ve made it even better... without making it harder to use.

All my friends have new cell phones. They carry them around with them all day, like mini computers, with little tiny keyboards and hundreds of programs which are supposed to make their life easier. Trouble is... my friends can’t use them. The keyboards are too small, the displays are hard to see and the phones are so complicated that my friends end up borrowing my Jitterbug when they need to make a call. I don’t mind... I just got a new phone too... the new Jitterbug Plus. Now I have all the things I loved about my Jitterbug phone along with some great new features that make it even better!

GreatCall® created the Jitterbug with one thing in mind—to offer people a cell phone that’s easy to see and hear, simple to use and affordable. Now, they’ve made the cell phone experience even better with the Jitterbug Plus. It features a lightweight, comfortable design with a backlit keypad and big, legible numbers. There is even a dial tone so you know the phone is ready to use. You can also increase the volume with one touch and the speaker’s been improved so you get great audio quality and can hear every word. The battery has been improved too— it’s one of the longest lasting on the market— so you won’t have to charge it as often. The phone comes to you with your account already set up and is easy to activate.

The rate plans are simple too. Why pay for minutes you’ll never use? There are a variety of affordable plans. Plus, you don’t have to worry about finding yourself stuck with no minutes— that’s the problem with prepaid phones. Since there is no contract to sign, you are not locked in for years at a time and won’t be subject to early termination fees. The U.S.-based customer service is knowledgeable and helpful and the phone gets service virtually anywhere in the continental U.S. Above all, you’ll get one-touch access to a friendly, and helpful GreatCall operator. They can look up numbers, and even dial them for you! They are always there to help you when you need them.

Call now and receive a FREE Car Charger – a $24.99 value. Try the Jitterbug Plus for yourself for 30 days and if you don’t love it, just return it for a refund of the product purchase price. Call now – helpful Jitterbug experts are ready to answer your questions.

**Order now and receive a FREE Car Charger for your Jitterbug – a $24.99 value. Call now!**

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www.jitterbugdirect.com

We proudly accept the following credit cards.
Council on Aging and Whistlestop Partnership

Charles Lindner, Director of Kitchen Operations for the Council on Aging, which provides food for the Whistlestop Meals on Wheels program, is also a chef who is dedicated to providing nutritious meals for older adults.

Lindner, who operates out of the Sonoma office of the Council on Aging, said, “It is important to develop partnerships with other organizations and nonprofits – that is how we all survive in this economy. We are pleased to have such a partnership with Whistlestop, an essential organization for seniors in Marin.”

The Council on Aging says of Lindner, “In our on-going commitment to provide the best possible meals to the older adults, we are pleased to have Chef Charles August Lindner IV in our kitchen.”

Beware of ‘Grandma Scam’

Jackie Kudler of the Sausalito Village Steering Committee, reports receiving a “Grandma Scam” call recently.

She said that in this scam, an older adult will receive a phone call from a younger person who starts out, “Hi Grandma (or Grandpa),” and proceeds to tell them that he is stuck somewhere abroad and needs to have money wired to him in order to get home. If you receive such a call and determine that this is not a relative calling, you may call the police or contact the Sausalito Village at 415-332-3325.

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.

415.233.6095
almaviaofsanrafael.org
Remember the feeling you had the first time you got into a hot tub? The warm water, the energizing bubbles and the gentle hydrotherapy of the jets left you feeling relaxed and rejuvenated. Aches and pains seemed to fade away, and the bubbling sound of the water helped put you in a carefree and contented mood. The first time I ever got in a hot tub at a resort, I said to myself “One of these days I’m going to have one of these in my home– so I can experience this whenever I want.” Now that I’m older, I’d still like to have the pain relief and relaxation, but I have to be careful about slipping and falling in the bathroom. That’s why I was thrilled to find out that Jacuzzi, Inc. had combined the safety of a walk-in bath with the benefits of a hot tub. Now that I have one in my home I can have that luxurious resort experience… whenever I want.

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

Isn’t it time you rediscovered the comfort and luxury of a soothing therapeutic hot tub experience again? Call now and knowledgeable product experts will answer any questions and you can have one in your home next week. Don’t wait, call now.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

UPCOMING SPECIAL EVENTS

Mardi Gras Luncheon
Tues • Mar 4, 11:30am-2pm
Come celebrate Mardi Gras at the Jackson Café! We will be serving delicious Jambalaya, listening to Mardi-Gras style music and giving out beads! Regular menu items also available that day.

St. Patrick’s Day Luncheon
Mon, Mar 17 • 11:45am-1:15pm
Live music: Noon-1pm
Cost: $10 Whistlestars Members, $12 Non-Members
Registration and payment required prior to event.
Join us to celebrate the ever popular St. Patrick’s Day with a delicious Irish inspired lunch. Members of ‘The Gas Men’ will entertain you with lively Irish dance music and sing a variety of lyrical songs as well as soulful ballads. Space is limited, purchase your tickets in the Front Office. Make sure you wear your green!

AARP Financial Education 3-Part Seminar
Sat, Mar 1, 8 & 22 • 10:30-Noon
Martinelli House, 1327 Lincoln Ave., San Rafael
Registration preferred: 457-4025
No Cost
AARP Foundation and Charles Schwab Foundation is offering a free three-part program covering: budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting your assets. Each 90-minute interactive session will help build habits that can improve your financial situation.

Shared Housing Seminar
Wed, Mar 19 • 10:30am-Noon
Contact: Leslie, 456-9062, ext132
Seniors, do you live alone? Do you want to stay in your own home? Do you have an extra bedroom? Would you like extra cash to help pay bills? Would you like another person in the house for companionship and assistance? Come to a seminar to explore the options and benefits of shared living with Leslie Klor, who has 20 years experience in the senior housing field.

Sugar Not So Sweet For Your Health
Thurs, Mar 20 • 10:30-11:30am
No cost/Registration preferred
In the late 1800s, the average person’s consumption of sugar was only about 5 pounds per year. Now the average person consumes an astounding 2-3 pounds per week. Come hear about sugar and its very real effect on your health. This fun-filled class will be taught by senior nursing students from Dominican University.

Energy for Living Wellness Coaching Workshop
4 Thursdays plus one hour private phone consultation
Mar 20 & 27, Apr 3 & 10 • 1-2pm
Cost: $20 for the workshop
Registration required: 456-9062/8 people maximum
This 4-week workshop fosters motivation to move forward on improving your health, well-being and quality of life. Wellness Coach Margaret Wallace will help you develop sustainable behavioral changes for your lifestyle. Do with us what you have not been able to do alone.

CLASSES

ARTS & ENTERTAINMENT

Acting Classes with Margie Belrose
Tues • 3-4pm
No cost
Registration required: 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. Space available for 10-12 people maximum.

Jewelry Class: Chan Luu Wrap Bracelets
Thurs, Mar 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 these popular and gorgeous wrap bracelets. Space available for 10 people maximum.

Zentangle Class
Thurs, Mar 27 • 1:30-3pm
Cost: $3/Registration preferred
Zentangle® is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Paula Egan, certified Zentangle teacher, will show you basic techniques of this increasingly popular art form. It increases focus and creativity.
HEALTH & WELLNESS

Chiropractic Services  
**First and third Wednesdays • 10:30am-Noon**  
Cost: $2 Whistlestars Members, $5 Non-Members  
**Signups only on the day services are offered**  
For relief from neck pain, tension headaches and pains of everyday stress and strains, visit Whistlestop to see chiropractic professional Dr. Brenda Lindstrom from Freedom Chiropractic.

Free Blood Pressure Clinic, Medications and Blood Sugar Checks  
**Tues, Mar 4 & 18, • 11:30am-1pm**  
No cost/Drop-in  
Facilitators: Student nurses from Dominican University  
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, meds and sugar in check!

Hand and Foot Reflexology Massage  
**Thursdays • 11am-12:30pm**  
Cost: $1/minute?Drop-ins welcome  
Gena Galenski, certified massage therapist, will offer hand and foot reflexology massage. Reflexology promotes relaxation, improves circulation and encourages the body to heal itself.

Imprare l’italiano! (Learn Italian!)  
**Beginning Italian Class**  
**Thursdays • 1:30-3pm**  
Cost: $18 basic students/ $25 continuing students  
Learn Italian with our teacher Elizabeth Guagenti. Elizabeth has a Bachelor's degree in Italian Language and Literature from UCLA. The class focuses on Italian language skills and culture.

SOCIAL GROUPS

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. Learn how to take charge of your healthcare and self-care. 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**  
No cost for consultations; small cost may apply for translation services.  
Whistlestop offers assistance to English and non-English speakers in Spanish, Russian and Vietnamese. We assist with applications for many social services: healthcare management, citizenship, housing, employment, federal assistance, translations and referrals.  
**Spanish:** Marta Villela;  
**Russian:** Anna Ladyzhenskaya;  
**Vietnamese:** Lieu Phan

In-Home Therapy Services of marin

SPECIALISTS IN GERIATRIC IN-HOME THERAPY AND WELLNESS

- Specialized treatment for a variety of problems  
- Balance and Fall Prevention Programs  
- Visits are up to 60 minutes of personalized therapy  
- Seniors are eligible to receive outpatient therapy in their homes under Medicare Part B

Jennifer Holland, PT  
Licensed Physical Therapist  
CA Lic #10957  
800-931-5769
Immigration Assistance Clinics
**Last Friday every month • 9-11:30am**
General consultation fee: $30
By appointment only: call Marta, 454-0998
Whistlestop and Brazil Alliance offers Immigration assistance consultations with Immigration Law and Reform, Deferred Action for Childhood Arrivals and Citizenship and Naturalization.

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

How to Use the iPad/iPhone (Apple devices only)
**Fri, Mar 7 & 14 • 10am-Noon**
COST: $48/8 people maximum; 4 people minimum

Intro to Computers (Windows)
**Tues, Mar 25-Apr 15 (4 classes) • 10am-Noon**
Designed for first-time computer users, you will learn the basics, how to search the Internet and set up an email account. 8 people maximum; 4 people minimum.
COST: $65

Teen Tech Support
**Tuesdays • 3:30-5:00pm**
Bring your device & questions to our lab and get help from high school whiz kids. Space is limited so sign up early!
COST: $15

Open Lab
**Every Monday and Wednesday • 10am-Noon**
Use our desktops to access internet. Volunteers available for problems with your devices, laptops & tablets. Practice what you learn.
NO COST

Computer Tutor
**Wednesdays, Noon-1:00pm,**
by advance appointment
Personalized computer assistance and instruction for the PC user, specializing in helping older adults and novices from basics to learning how to use software.
COST: $20/hour

GOING PLACES
Marin YMCA and Whistlestop invite you to join **Adventures in Culture.**
Register with Lauren Clapperton, MARIN YMCA, 446-2114, or Vicky Voicehowsky, Whistlestop, 457-0586.
**Fri, Mar 7, 9:30am-4pm, $25-$35:**
Trip to the San Francisco Zoo
**Fri, Mar 21, 9am-4:40pm, $55-$65:**
Tour and tasting of Castello di Amorosa & picnic in Calistoga

ANNOUNCEMENTS
We would like to thank **Bangkok Thai Restaurant** and **Saigon Village Restaurant** for their kind sponsorship of the Lion Dance for the Asian New Year Celebration in February. We would also like to thank Yee Coleiro, Janice Fong, Ann Haenggi, Jean Harrison, Molly Hynes, Jane Summers, Scott Marcum, and Laurie Vermont for volunteering their time to make the Asian New Year celebration a successful and fun event.

**Marin County Commission on Aging**
**Thursday, March 13**
**10 am – 12:30 pm**
**Where: Margaret Todd (Hill Community Room), Novato**
**Topic: To Be Determined**
**Speaker: Planning Committee**
### 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–NOON</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8 min.</td>
</tr>
<tr>
<td>9:30–10:30AM</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6/$8 Non Members</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>11:00–12:10PM</td>
<td>Exercise Movement &amp; Music</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>12:15–1:45PM</td>
<td>Language German Social Group</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language ESL</td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td><strong>TUESDAYS</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>9:30–10:30 AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>10:00–NOON</td>
<td>Relax Mah Jongg</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:45–11:45AM</td>
<td>Exercise Cardio Exercise Class</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>11:30AM–12:30PM</td>
<td>Language French Class</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>NOON–3PM</td>
<td>Relax Manicurist</td>
<td>Appt. Needed</td>
<td>Free</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Language French Social Group</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Language Learn Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Support Mastery of Aging Class</td>
<td>453-9808</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:15PM</td>
<td>Language English Conversation</td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Learn Acting Class</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>3:30–4:30PM</td>
<td>Learn Korean Drumming</td>
<td>456-9062</td>
<td>$15 Non Members</td>
</tr>
<tr>
<td><strong>WEDNESDAYS</strong></td>
<td></td>
<td></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>
</tr>
<tr>
<td>10–11:30AM</td>
<td>Support Seniors' Circle</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10–12PM</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>10:30–11:30AM</td>
<td>Support Corazón Latino</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–12PM</td>
<td>Relax Chiropractor (1st &amp; 3rd Wed of Month)</td>
<td>456-9062</td>
<td>$2/$5</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language ESL</td>
<td>456-9062</td>
<td>$15 Non Members</td>
</tr>
<tr>
<td><strong>THURSDAYS</strong></td>
<td></td>
<td></td>
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<tr>
<td>9:30–10:30AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>10AM–1PM</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8 mins.</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6/$8 Non Members</td>
</tr>
<tr>
<td>11–12:30</td>
<td>Relax Reflexology Massage</td>
<td>456-9062</td>
<td>$1/minute</td>
</tr>
<tr>
<td>1:30–2:30PM</td>
<td>Language Learn Italian</td>
<td>456-9062</td>
<td>$18/$25/mo</td>
</tr>
<tr>
<td>2:30–4PM</td>
<td>Language Continuing Italian</td>
<td>454-0998</td>
<td>$48/mo</td>
</tr>
<tr>
<td>2:45–3:45PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation</td>
<td>$10</td>
</tr>
<tr>
<td>3:30–4:30PM</td>
<td>Learn Korean Drumming</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td><strong>FRIDAYS</strong></td>
<td></td>
<td></td>
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<tr>
<td>11:00–NOON</td>
<td>Support Brown Bag Pantry</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Support ACASA</td>
<td>Peer Counseling</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Language Practice Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Learn Arts &amp; Crafts w/Vicky</td>
<td>March 14 &amp; 28</td>
<td>$3</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Exercise Ping-Pong</td>
<td>March 7 &amp; 21</td>
<td>Free</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Exercise Yoga</td>
<td>Open</td>
<td>$3/$5 Non Members</td>
</tr>
</tbody>
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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.
I was standing in my brand new kitty litter box, taking a shower … wondering about what I was going to write for this month’s article, when it came to me. I really need to write up something about our water shortage and how folks like you and I might help.

My plan had been to write about Great Blue Herons and how angry they can become when hungry. This big fellow in the photograph chasing the Egret had been striding slowly about, hoping for a fish but without any luck. He was getting hungrier by the minute. All the while the Egret in the space of ten or fifteen minutes had caught, and eaten, two large Midshipmen (Toadfish). Suddenly the Heron had had enough of that and flew over to where the Egret was fishing and chased him far, far out into the Bay, honking at him all the way. (The Mallards enjoyed the show.) The Heron went back to fishing. But his tantrum didn’t help, he caught nothing for the next hour and finally, with a big “Grump!” he left.

But back to my theme for this issue: Years ago, in the last big drought, I visited a friend in San Mateo and saw her bathtub half full of gray water which she was saving for her lawn. Unfortunately I shower, so I only leave a small amount of water in the bottom of the tub when I’m finished, too thin to scoop out with a bucket. I decided to find a dog bathtub and put that in the tub to collect the water, but I couldn’t find one. And that’s why I was standing in my brand new kitty litter box, taking a shower – when I don’t even have a cat!

I email a special bird photo to a number of folks every weekend. If you’d like to be on the list email me at: SHENmaker@MSN.com; it’s free.

See you next month,
Richard
March 8 is International Women’s Day. It is a global holiday celebrating the many achievements of women past, present and future. This holiday was born in 1910 during an International Conference of Working Women in Copenhagen. Clara Zetkin, who was a leading activist for women’s equality in Germany and a key participant at the conference, proposed the idea that every country observe one single day as International Women’s Day. The idea was, of course, very well received.

Although an international day, this holiday is only official in countries like Afghanistan, Armenia, China, Cuba, Russia, Uganda, and Vietnam to name a few. This holiday is particularly special in Russia and was first observed there in 1913. It is a non-working day for the country. One might compare March 8 in Russia with Mother’s Day in the West, although the Russian holiday celebrates all women, including mothers, grandmothers, daughters, and girlfriends. Anna Ladyzhenskaya, Russian Multicultural Coordinator, says, “I feel it’s important for our Russian group to keep the tradition going in the United States because culture stays with you no matter how old you are.”

Women usually receive flowers and gifts from their co-workers, family and friends. The most popular gift choice are flowers—yellow mimosas and roses, followed by candy, chocolates and perfume. Some Russian men like to take on all household duties on this day—cooking, cleaning, taking care of the children—so that women can enjoy a full day of rest. Valentina Kulikovskaya, Russian group participant, says that she considers March 8 a day of pleasant emotions and spirits. “My husband always made a big deal of this day for me; he bought me flowers, gifts and made sure I felt special.”

Now, thousands of events are held throughout the world and in our small communities to celebrate and inspire women. Do your bit, congratulate your female friends and family for being the wonderful women they are on this 8th of March!
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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™.

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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!

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- Restaurants
- Dinner parties
- Outdoor conversations
- Lectures • Sermons • Meetings
...and other times where you need to turn up the volume

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<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Lightweight / Inconspicuous</td>
<td>Less than 1 ounce</td>
</tr>
<tr>
<td>Sound Quality</td>
<td>Excellent – Optimized for speech</td>
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<tr>
<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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VOLUNTEER OF THE MONTH

February–David Levy

David Levy of San Rafael was born in San Francisco and began working with the Humboldt Senior Resource Center after graduating from college. His experience there was so positive that he sought out a similar volunteer opportunity when he moved to Marin, and found Whistlestop, where he’s been a volunteer since March, 2013. He likes participating on the Jackson Café team and enjoys serving the lunch customers.

Robin Adams, Jackson Café Shift Supervisor says, “David is always early, professional and the backbone of our shift. He has great customer service and we look forward to working with him the three days a week he’s here”.

March–Yee Lee

Yee was born in Malaysia, but has called Marin County home for more than 30 years. Throughout childhood, her family owned a restaurant so she is very comfortable working in the Jackson Café. She began volunteering at Whistlestop about six years ago and likes to help older adults make new friends and socialize.

“It’s a pleasure to work with Yee on the Asian New Year Celebration. You can always count on her to get things done and her enthusiasm is contagious!” said Vicky Voicehowsky, Program Manager.

VOLUNTEER OF THE MONTH

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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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