Designing the best pill box may not sound like a breakthrough innovation but it is important to older adults who are learning how to adapt as they age.

A growing number of start-ups in the San Francisco Bay area are working to make design as important as functionality when creating products aimed at making life easier and more enjoyable for older adults. One such company is Sabi, which makes elegant pill boxes, shower seats, canes, and walking sticks.

Katy Fike, PhD, co-founder of Aging2.0, told Whistlestop that her company is mentoring such Bay Area companies as Sabi and Lively, which uses sleek wireless activity sensors to help older adults live independently and manage their daily routines such as pill taking.

Fike, who founded Aging2.0 with Stephen Johnston, MBA, said, “We are definitely seeing a shift to more emphasis on design. In the past all of the focus was on functionality, but expectations are higher today and design is equally important. Sabi is a good example – they are rethinking pill boxes, making them more beautiful, and they are adding style to canes and other home products like shower seats. Older adults should be able to enjoy well designed, stigma-free products.”

The stylish new pill boxes “look like they could be sold in the Apple store instead of the drug store,” she said.

Lively’s smart sensors help families stay in sync about daily activities. Fike said she set up her father, who is 80 and lives in Southern California, with Lively sensors including one on a kitchen cabinet where he keeps his coffee. “If he hasn’t made coffee by 10 in the morning, I receive a text message on my phone and can check in and make sure everything is ok.”

Aging2.0 supports innovators by hosting local events that create networking and educational opportunities. “Also, we now run the GENerator, our accelerator program, where we provide more hands-on support to startups in exchange for a small equity stake in each company,” Fike said.

Fike added that she is impressed with the work Whistle-
In March of this year I had the opportunity to attend the American Society on Aging (ASA) national conference on “Aging in America” held in San Diego. The conference brings several thousand leaders in the field of aging from across the country together to hear about the latest trends and to learn about new ideas and programs that are shaping the future of aging.

This conference marked the 60th anniversary for the ASA, which started as the Western Gerontological Association in 1954 based in San Diego. It’s a remarkable coincidence that Whistlestop is also celebrating its 60th anniversary, having started as the Marin Senior Coordinating Council in 1954 based in San Rafael.

Today, those ages 85 and older are the fastest growing segment of the population, and the group turning 100 years or older has grown 66% from 32,194 in 1980 to 53,364 in 2010. A longer life has not necessarily meant a better quality of life, however, and no one knows this more intimately than the millions of adult children caring for their parents as they struggle to remain in family homes and communities. While living at home is preferable to life in an institution, it can still feel like a hollow victory when it happens in one’s home, often alone, can result in diminishing choices and mounting levels of loneliness, helplessness, and boredom, the same three plagues of nursing homes. As one 89 year-old woman in a recent study said, “The hardest thing about getting old is that the world around you dies before you do.”

A dominant theme emerged from the conference. “Aging in Community” is about transforming how we age. It is focused on approaching aging, and aging well, within the context of community-based support and services. As evidenced by research, we are better together than when we try to fly solo during life’s Third Chapter.

The Future of Aging
Wallace Carver of Novato understands well the idiom that “Necessity is the Mother of Invention.”

Wallace, who turned 65 on April 25, has invented some creative tools for dealing with his rheumatoid arthritis. Because of his disfigured hands, he struggles to do basic tasks, like make a meal. He appreciates receiving Whistlestop’s Meals on Wheels. Wallace spends much of his time in a motorized wheelchair and invented a “cruise control” device that allows him to set the speed on the throttle so that his thumb doesn’t get so sore as he “drives” it. He made the device out of a simple bent wire. “It might not be safe for everyone,” Wallace said. “You have to be careful about the speed. But it works well for me.”

He said he has always enjoyed fixing and making things. He operated a woodworking machine for years, was a casino maintenance man in Reno and built and remodeled houses. One of his most ingenious creations is a wrist attachment, a piece of wire that holds down a butter knife so that he can press the frets of his guitar and play music. He loves to play and sing Christian songs.

Wallace has always dreamed of inventing things for disabled people and now he is doing it for himself. And he has several other fresh ideas. So stay tuned – you may be hearing more about this inventive man in the future.
Send Us Your Baseball Story!

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

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

Email your story and photo to Editor John Bowman at john.bowman58@gmail.com by May 8. Please send the story in the body of the email or as a Word document attachment. You must be 60 years of age or older. Include your name, age and address. Stories should be limited to 300 words. The photos need to be in jpeg high-resolution format. Questions? Call John at 916-751-9189. Play ball!

---

Guido “Guy” Egger

Guido “Guy” Egger, who joined Whistlestop as a Wheels driver in July 2012, says, “My work always leaves me feeling that at the end of the day I’ve done something really good for the community.”

Egger grew up in New York City and Orange, New Jersey, and graduated from Rutgers University in New Brunswick, NJ.

“After college I spent eight years in the Air Force as a C-130 pilot,” Egger recalls. “Then I joined IBM, first as a System Engineer doing tech support for three years. After that, I moved into sales, where I spent the next 19 years in various sales and managerial positions. After retiring, I spent several years just watching my daughter grow and enjoying my hobbies – primarily woodworking and playing with computers.”

Egger said he joined Whistlestop after hearing about it from several people who either worked for, or knew about the organization. “Although the work can be both difficult and tiring at times, I particularly enjoy working with the clients, knowing that the service we provide is indispensable for many of them – their only way to get out and about.”

---

Independent Living

- One-Bedroom & Studio Apartments
- No Buy-In Fee; Month-to-Month Rentals
- Engaging Active Lifestyle
- Comprehensive Care
- Contact Barry Schenbaum or Pam Bill at 415-383-2741

www.TheRedwoods.org
40 Camino Alto
Mill Valley, CA 94941
(415) 383-2741

SNF# 010000390
RCFE# 210102866

Voted the Best Senior Living Community in Marin.
Beyond Medicare: Know Your Options

Original Medicare provides healthcare coverage at a time when most people are no longer covered by an employer. Regardless of your age, it’s important to re-evaluate your healthcare coverage on an annual basis. With Original Medicare you will pay a share of the cost for your coverage. In California the two most popular ways to get assistance with these out-of-pocket costs are by purchasing Medicare Supplement Insurance or by signing up with a Medicare Advantage plan. Both options are available to people with Medicare, but the plans are very different. Before signing up you’ll want to determine which one is best for your healthcare needs as well as your budget.

**Medicare Supplement Insurance**, also known as “Medigap,” helps supplement Medicare coverage. Some offer coverage for services that Original Medicare doesn’t cover. Typically, however, they are used to help pay some of the costs that Original Medicare doesn’t. You pay a monthly premium for a Medigap policy. Premiums vary widely, but are higher for plans that provide coverage immediately without having to first meet a deductible. In California, Medigap policies are most commonly priced according to “attained-age rating,” meaning the premiums go up as you get older. To find out the premiums in your area, go to www.insurance.ca.gov.

**Medicare Advantage** plans are based on the managed care concept of having a primary care doctor oversee all of your care – including preventive tests and screenings and referring you to specialists when needed. With this type of plan you receive your Medicare benefits through your Medicare Advantage plan. Most Medicare Advantage plans offer benefits beyond what Original Medicare covers, such as hearing services, vision coverage and gym membership. In addition, many also cover prescription drugs (Medicare Part D) and some are tailored for people with specific chronic conditions, like heart disease or diabetes. Even with the added benefits and services, Medicare Advantage plans typically have lower out-of-pocket costs than Original Medicare. Monthly plan premiums usually apply, but they are generally lower than Medigap premiums.

Some people worry that they wouldn’t be able to see their own doctor if they join a Medicare Advantage plan, but many local doctors participate with these plans. If you are interested in a Medicare Advantage plan, check the plan’s network to see if your doctor is affiliated.

The most important thing when selecting a plan is that you have the benefits you think you’ll need at a cost you can afford. To learn more about your Medicare options call HICAP (Health Insurance Counseling and Advocacy Program) at 800-434-0222.

Beyond Medicare: Know Your Options

The most important thing is that you have the benefits you think you’ll need at a cost you can afford...

continued from page 1

stop does and that it is known nationwide, especially in the area of transportation. She added that she is interested in discussing the possibility of partnering to foster intergenerational innovation. She and her business partner, Johnston, believe that the people who best understand the needs of older adults as they adapt to new needs are older adults themselves. “So, we work to link the young, tech-savvy entrepreneurs with the wisdom and insight of older adults.”

Fike formerly worked in New York City at Lehman Brothers in investment banking. “And then 9-11 happened and I suddenly thought, is this what I want to do with my life? How can I give back, do something more meaningful?” She went back to school and got her doctorate in gerontology at the University of Southern California. “I have always had an affinity for older people and so I thought I would explore how my passion could be put to use. The older generation has done so much for us, paved the way. So now I get an opportunity to try to pay them back by supporting innovations to help people stay healthy, happy and connected in later life.”

whistlestop.org
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!

Perfect Choice HD™ is simple to use, hard to see and easy to afford…
**UPCOMING SPECIAL EVENTS**

**Cinco de Mayo Fiesta**  
*Mon, May 5 • Noon-1pm*  
No reservations needed, space is limited.  
Join us to celebrate 5 de Mayo at Whistlestop! We will enjoy a Mexican-inspired lunch and a dance performance by our very own Hispanic group Corazon Latino!

**EXERCISE-ATHON**  
*Wed, May 28 • 9am-Noon*  
No Cost  
We are celebrating National Senior Health and Fitness Day with an exercise-athon at Whistlestop. Our fitness instructors will offer free 30-minute exercise classes to celebrate the health and fitness in you! Bring a new friend to Whistlestop and receive a free healthy lunch that day. Participants will also receive a commemorative T-shirt for participating.

**Exercise Schedule:**  
- Tai Chi - 9am  
- Whistlesizers - 9:30am  
- Cardio Class - 10am  
- Yoga - 10:30am  
- Balance Class - 11am  
- Zumba - 11:30am

**Lunch with the San Rafael Pacifics**  
*Wed, May 28 • 12:30-2pm*  
Regular menu and pricing  
The San Rafael Pacifics are coming to the Jackson Café! This is a great opportunity for baseball fans to chat with the players and share fond memories of the all-American game. No reservations or tickets necessary, but space is limited.

**Annual Multicultural Picnic**  
*Thurs, May 29 • 11am-2pm*  
Pickleweed Community Center, 50 Canal Street, San Rafael  
Cost: $3 suggested donation, 60 and over  
$6 for people under 60  
Registration required prior to the event

**HEALTH EVENTS**

**Taking Control of Your Job Search Presentation**  
*Tues, May 13 • 1-2:30pm*  
No cost  
Registration required: 456-9062

**YWCA San Francisco & Marin**  
**FiftyPlus Employment Support Program for Women** is pleased to offer a free presentation about the services offered at the YWCA, smart job search strategies, current job market challenges and the skills needed in today’s marketplace. Take advantage of this opportunity.

**Memory Screenings**  
*Wed, May 14 • 10am-2:30pm*  
No cost  
Registration required: 456-9062

Laurel Etheridge, certified Geriatric Manager and Dementia Care Specialist, will conduct private and confidential face-to-face screenings. Appointments are required and will be offered in half-hour increments. It’s never too early (or too late) to make lifestyle changes that can affect your overall health. Sponsored by Senior Access, Senior Helpers, and Etheridge Care Management.

**Free Hearing Screening and CTAP Equipment Distribution**  
*Thurs, May 15 • 9:30am-12:30pm*  
Hearing Screenings by appointment: 456-9062

The California Telephone Access Program (CTAP) provides specialized phone equipment and services to Californians who may have difficulty using a standard phone. Get certified for hearing difficulties and receive your free equipment. Free hearing screenings by Kim Zeller Hoppin from Marin Hearing Center.

**Stroke Prevention Presentation**  
*Wed, May 21 • 10:30-11:30am*  
No cost  
Registration required: 456-9062

Kaiser Permanente is bringing a free presentation on stroke awareness and prevention. Risk factors for strokes,
signs and symptoms of a stroke, and what to do if you suspect a stroke are a few topics that will be discussed. Bring your questions and find out about Kaiser's Medicare Senior Advantage Plan.

**CLASSES**

**ARTS & ENTERTAINMENT**

**Beginning Bridge Class Coming**
**Wed • 3-4:30pm • June 4-July 9**
Cost: $20 for 6-week class
Registration required: 456-9062
Have you always wanted to learn how to play bridge? Whistlestop is offering its second beginning bridge class. Don’t miss this affordable opportunity to learn the techniques of this popular game and make new friends. It’s a good brain fitness game, too.

**Jewelry Class: Basic Wire Wrapping**
**Thurs, May 15 • 1:30-2:45pm**
Cost: $8 per class/includes materials
Class limit: 10
Registration and payment required prior to class: 456-9062
Maria Barsesat, local bead artist, will show you how to do the most frequently used technique in jewelry making, basic wire wrapping. We will make sets of wire-wrapped earrings.

**Zentangle Art Class**
**Thurs, May 22 • 1:30-3pm**
Cost: $3
Registration preferred (this class sold out last time!)
Zentangle® is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Paula Egan, a certified Zentangle teacher, will show you basic techniques of this increasingly popular art form. People with a wide range of skills, interests and ages can use it to create beautiful images.

**HEALTH & WELLNESS**

**NEW**AgeSong Marin Discussion Group
**Thurs • 2-3:30pm • starting May 15**
Cost: $80 for eight weeks; full and partial scholarships available

**NEW**AgeSong Marin offers an opportunity to “awaken as we age” by exploring important topics such as: coping with loss and change, handling challenges and surprises, making new connections and validating insights and wisdom of this stage of life. A group of 6-8 participants ages 65 and older, guided by two experienced facilitators, will meet weekly beginning May 15 for eight weeks. To apply, call 591-5726. For more information visit www.agesongmarin.org.

**Ping Pong**
**Fri, May 2, 16 & 30 • 2-4pm**
No cost/ Drop-in
Join the Whistlestop Racketeers for Ping Pong. Good for your body, mind, and spirit. We have two tables and a wonderful group of regulars who enjoy the benefits of the game. All skill levels welcome!

**LANGUAGE**

**Imparare l’italiano! (Learn Italian!)**
**Beginning Italian Class**
**Thurs • 1:30-3pm**
Cost: $25 per month/4 classes
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**

**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. There’s only one rule: no discussing ailments!

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

Multicultural Consultation Services
By appointment: 456-9062
No cost for consultations, but a 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, and federal assistance, translations and referrals.
Spanish: 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 Marta, 454-0998
Whistlestop and Brazil Alliance offer Immigration assistance consultations regarding Immigration Law and Reform, DACA (Deferred Action for Childhood Arrivals) and citizenship and naturalization.

Telephone Reassurance Program
If you live by yourself and feel isolated, this program is for you. Trained volunteers will call three times a week to check in on you. Services also offered in Spanish. Sign up for this free program; call Leslie Klor, 456-9062, ext. 132.

Homeshare Program
The Homeshare Program is a free referral service for older adults, which provides an affordable and alternative way of meeting housing needs with numerous benefits to renters and homeowners alike. Do you have a room to share or do you need a place to live? Do you know someone who could use our services? Call Leslie Klor, 456-9062, ext. 132.

ANNOUNCEMENTS

We Need Volunteer Tutors
The multicultural department is looking for volunteer tutors to help our English students improve their language skills. This is a great opportunity to help others better integrate into their community. Hours are very flexible. If interested, contact Vicky Voicehowsky, 457-0586.

In-Kind Donations Needed
Mah Jongg sets, Chess set, Dominos, books, yarn, movies on DVDs. If you have items to donate, call 456-9062.

TECHNOLOGY

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

How to Use the iPad/iPhone
Maximum 8 people/Minimum 4
Fri, May 16 & 23, 10am-Noon
COST: $48
(For Apple devices only) In this two week course you’ll get help on everything from email to pictures and instructional handouts so you can practice at home.

Computer Tutor
Wed, Noon-1pm (by appointment only)
COST: $20
We offer personalized computer assistance, troubleshooting and instruction for the PC user, specializing in assisting older adults and novices.

Teen Tech Support
Maximum 3 people
Every Tues, 3:30-4:30pm
COST: $15/session
Bring your device and your questions to our lab, and our high school whiz kids will turn your technology fear into tech savvy. Open every Tuesday, but sign up in advance, as space is limited.

Open Lab
Every Mon & Wed, 10am-Noon
NO COST
Use our desktops to access the Internet. Volunteer staff available for advice on problems with your electronic devices: laptops, tablets. Get help with software applications.

For additional computer class options at other locations, go to: www.technology4life.org

Marin County Commission on Aging
Thursday, May 8 • 9 am – 1 pm
Where: Embassy Suites, San Rafael
Topic: Healthy Aging Symposium
Speaker: Keynote, David Lindeman, PhD
## 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>12:30–1:30PM</td>
<td>Language Russian Social Group</td>
<td>336-8430</td>
<td>Free</td>
</tr>
<tr>
<td>9:30–10:30AM</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>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>Free</td>
</tr>
<tr>
<td><strong>TUESDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9–10:15AM</td>
<td>Exercise Tai Chi Qigong</td>
<td>Sugg. Donation</td>
<td>$10 or less</td>
</tr>
<tr>
<td>10–11:30AM</td>
<td>Support Seniors' Circle</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10–12PM</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>10:30–11:30AM</td>
<td>Support Corazón Latino</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td><strong>WEDNESDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30–10:30AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>1–4PM</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>12:15–1:45PM</td>
<td>Language Vietnamese Social Group</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–2:30PM</td>
<td>Language Learn Italian</td>
<td>456-9062</td>
<td>$25/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><strong>THURSDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<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>May 9 &amp; 23</td>
<td>$3</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Exercise Ping-Pong</td>
<td>May 2, 16 &amp; 30</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>
</table>

For a complete list of all classes, visit [whistlestop.org](http://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.

---

**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**

<table>
<thead>
<tr>
<th>Main Entrée</th>
<th>$4.95/$5.95/$6.95</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandwiches</td>
<td>$4.25/$5.25/$6.25</td>
</tr>
<tr>
<td><strong>Soup du Jour</strong></td>
<td>$1.95/$2.95/$2.95 bowl</td>
</tr>
<tr>
<td>(yes two prices are the same)</td>
<td></td>
</tr>
<tr>
<td>Hamburger w/Fries</td>
<td>$4.50/$5.25/$6.25</td>
</tr>
<tr>
<td><strong>Garden/Caesar Salads</strong></td>
<td>$3.50-$4.50</td>
</tr>
</tbody>
</table>

**OTHER ITEMS**

| Tuna Salad Side | $1.25 |
| Beverages       | $1.00 |
| Desserts/Fruit  | $2.00 |
| Cheese          | $0.50 |
| Avocado         | $1.00 |
I’m sorry to report that the single Great Blue Heron at Stowe Lake in Golden Gate Park has left. There were reports of four earlier this year but I only could find one in mid March and now he is gone also. And the latest word from Audubon Canyon Ranch is no better. As of April 7, they still had no birds. (A number of their instructional programs are still operational, however.) Lastly, the colony that nests on West Marin Island in San Rafael Harbor has not returned this year either.

The good news is from the Rookery on Ninth Street in San Rafael, where the population has quadrupled since I wrote about the Rookery last month! And it seems that all the birds are building nests. The surrounding trees are being pruned of every available dead twig and branch and they’re bringing them from trees a block or more away.

I plan to lead a group of Whistlestop Express readers to the Rookery on Saturday morning, May 10, leaving from the Whistlestop parking lot at 8:30 am. We’ll be back by Noon or before. Email me at SHENmaker@MSN.com to join. It’s free. Or if you prefer to go alone, email me for a Map of the Rookery and how to get there.

I send out a weekly bird photo to anybody who asks; it’s also free.
'Til next time,
Richard
Multicultural NEWS
by VICKY VOICEHOWSKY

Aging in Community

It used to be that society promoted aging comfortably and independently at home. Now, healthy, successful aging happens when people get involved in their community. It takes effort and courage to fight isolation as we age, whether it’s to take on a volunteer opportunity, join a new social group or activity or simply get out of the house.

May is full of opportunities at Whistlestop to support aging in community. In addition to our usual offerings, health-related events and special luncheons in May, we celebrate Older Americans Month, National Senior Health and Fitness Day, and the start of nice weather in Marin.

Wednesday, May 28, Whistlestop is hosting an Exercise-a-thon to promote fitness and health in observance of National Senior Health and Fitness Day. You will have the opportunity to try out any of our fitness classes for free that day, be part of the active aging movement, and receive a free lunch if you bring a ‘new’ friend with you. Exercising together is more fun, but it also promotes unity and fights off isolation. Everyone that day will also receive a cool, free commemorative t-shirt.

Thursday, May 29, is one of our biggest events of the year where communities come together to enjoy a good time. That’s right, it is the Annual Multicultural Picnic held at Pickleweed Community Center. Last year, 140 folks from different cultural backgrounds, languages and cities came to enjoy a show and picnic food. This year we will have dancers who will wow you with their performance and make you move your feet. We will have healthy and affordable picnic food and raffle prizes. Our goal is to make this the biggest and most fun multicultural picnic yet!

Be part of the active aging movement and encourage others to do the same by getting active with us. Come join us this May!

Maria Lopez and Maria Murcia enjoying each other’s company and the food at the Multicultural Picnic.

We Help You Move to Your New Retirement Home

You Want a Personal, Respectful Approach

- We cover all phases of moving you to your new home: from inventory and dispersal of personal property, to full brokerage and multiple listing service for your home sale.
- We know that this is a huge transition you are about to undertake, and are here to help you sort through the process in a sensitive, caring manner, and at a pace you can manage.

Inquire today at (415) 459-6637 or visit http://estatesintransition.com for details on our exclusive service packages.
You can get a lot of philosophy from bumper stickers, don’t you think? “If you’re not outraged, you’re not paying attention,” is one of my favorites. “I play the ukulele and I vote!” cracks me up every time. Here’s one we all can relate to: “Old age ain’t for sissies.” What do you think? For me this last phase of life has just about everything moving in shifting waves. How’s it going for you?

I feel best when I keep my body moving. Scientists are now saying that with cars and computers so handy, too many of us live a lifestyle that is essentially “bed rest.” Yikes! That can’t be good. “Take the stairs not the elevator!” I command myself at work. Still many people feel that we should just do our own thing. One sticker I saw recently protested: “I’m 70, leave me the hell alone.”

And speaking of work, with the economy still so tough and so many of us unmarried, retirement’s nowhere in sight. Another bumper sticker made me laugh aloud. It said: “I’m having an out-of-money experience.” And still another: “I make my own beer, so I have that going for me.” With sky-high living costs and shrinking incomes, shall the communes and shared houses of our youth be the solutions of our future? Could be fun as it once was. Or could be super annoying as it once was, too. Can we go back to adventuring like that again? One mini-van sign answered ruefully: “I used to be cool.”

What about families? How’s it going with yours? Are they launched and out on their own or do you have children or grandchildren coming home to stay for the duration? What’s that like? I passed a grandparent’s car with this phrase glued to it: “If Mama ain’t happy, ain’t nobody happy. If Grandma ain’t happy … Run!” That’s the spirit!

Yeah, yeah I say to my friends, who are talking about their hearing loss and their bad knees and their tremulous memories. It’s happening. Why make it a topic of conversation? My friends are starting to disappear, so I’ve got to make younger friends. I have a crick in my neck, so I take some Tylenol. I still read, think, work, learn and wonder. My neighbor’s bumper message sums it up nicely: “Enjoy life. It has an expiration date.”

Mary Ann Maggiore consults with teens, young people & their families on building a successful life. Contact her at: maryannmaggiore@gmail.com, 577-6627.
In celebration of Whistlestop’s 60th anniversary this year, we’ll be hosting a ‘60s themed afternoon of rock n’ roll, BBQ and good times at Rancho Nicasio on Sept. 28. Our benefit concert, “Whistlestock,” will feature ’60 rock legends like Big Brother & the Holding Company, Country Joe McDonald and more!

Stay tuned for future “Whistlestock” updates in the Whistlestop Express and be sure to visit whistlestock.com to buy tickets. ✪
Volunteer Team for May

While studying at MIT in Boston, Meg Margolis created a new way to relieve pain that teaches you how to exercise in a supported position. It is a tool to access the extraordinary repair and pain relief capacity we were born with. Luckily for us she brought her technique to California in 1976, where she has been developing and teaching her pain programs to community organizations all around Marin.

Meg Margolis has been teaching the Whistlesizer class since June and Tony has been her student for many years. For the past few months, while Meg was recuperating from surgery, Tony has taken over teaching the class and Meg has been his student.

Tony Blandino moved to Marin from Nicaragua in 1978 because the weather, scenery and trees reminded him of his homeland. Always an outdoor & sports enthusiast, he was stopped in his tracks by a serious accident which left him with considerable pain. His Kaiser doctor recommended that he consult with Meg and from that referral, a great partnership was born. “We are so lucky to have them teaching at Whistlestop,” says class participant, Shirley Young. “I look forward to coming twice a week for the music and yoga-like exercises.”

Their combined knowledge, compassion, and skill make for a fun and energizing class. Check out their new website: www.painreliefexercise.com, which will soon have instructional videos in both Spanish and English.

‘Smart’ Spoon Allows Easier Eating for People with Tremors

The most common symptoms of Parkinson’s are related to movement. The basic act of getting food from plate to mouth can be difficult and frustrating because of tremors. LiftLabs, based in San Francisco, has developed a small device that tracks and compensates for small vibrations and tremors.

Anupam Pathak, founder and CEO of LiftLabs, explained that the technology behind Liftware is similar to the image stabilization feature in high-end cameras. “What we have done is taken that same concept and applied it to a handheld device, that would help people with a lot larger jitters,” said Pathak. “A tiny computer inside runs an algorithm, that would basically sense the person’s motion, determine if that was intentional or unintended, and if it was unintended, move opposite to what that motion does. The result is the device remains smooth and level, despite the movement of the user’s arm or hand.”

Better Care Starts at Home

90% of seniors prefer to remain at home as they age.

Seniors At Home is the leading provider of senior care in the Bay Area. We help seniors live safer, healthier, more independent lives in their own homes.

Call 415-449-3777

info@SeniorsAtHome.org • www.SeniorsAtHome.org
It starts with our caregivers. We carefully screen nearly 25 applicants for each caregiver we hire. Only the best are good enough for Home Care Assistance!

We follow this with extensive training. Finally we invite geriatric experts to meet with our caregivers so that they are up-to-date with the newest ideas about senior care.

**Hourly and Live-In Care.** Our caregiving services focus on two basic types of care: hourly and live-in. The service you choose is determined by your particular needs.

**Hourly caregiving** works well for many families. In this situation we provide trained caregivers on an hourly basis. Here the caregiver focuses all her attention exclusively on the senior.

**Live-in care** differs from hourly care in that we provide personal aides on a daily basis. Live-in caregivers are often the best choice for those seniors who need the companionship of another person, but who do not have intense “all the time” personal needs.

At Home Care Assistance we mean it when we talk about providing the best in senior care—whether it is on an hourly basis or a live-in basis.

**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.