Navigating Travel Options

Every day, I meet new people, whether in person or on the phone, and I learn so much about abilities, disabilities and the human spirit!” That is what keeps Kristin Stoerker, Whistlestop Travel Navigator, coming to work every day.

Kristin added, “What I most enjoy about my job is being able to help people get where they need to go and to also branch out, travel more in the community.

“Travel Navigators are a one-stop resource for program information and eligibility for all Marin Access programs. What this means is that anyone who wants information or to sign up for these programs can call 454-0902 to speak to a Travel Navigator. Travel Navigators are able to recommend the program or programs that will best suit riders and then walk them through the eligibility process for those specific programs. It’s a customized approach to transit based on our riders’ individual needs.”

Marin Access is a partnership of Whistlestop and Marin Transit. It was formed to coordinate and expand Marin’s various transportation options—from paratransit buses, to taxis and volunteer drivers in their own vehicles—to escort frail, homebound, and other qualified individuals to their destinations.

Kristin said the most common question the Travel Navigators get is which transportation services are offered. “When a person first calls us about transportation I do a basic rundown of all of the transportation programs and the eligibility requirements for each. Often clients do not know about one program versus another and we help them understand what might be best for their particular needs. The title of Travel Navigator is very fitting since we really help people navigate through the options!”

continued on page 3
Whistlestop has provided transportation services for people with disabilities and older adults in Marin County for 60 years. Today, Whistlestop Transportation has a full complement of services to meet the needs of our passengers. In any given month, Whistlestop provides 15,000 rides with a fleet of 65 Wheels buses. Our software systems and the Call Center staff work very hard to maintain a 93% on-time efficiency. Our constantly growing team of 90 includes class B drivers, Call Center staff, dispatchers, eligibility specialists, mechanics, quality assurance, trainers, volunteers and a hardworking management team.

Whistlestop is under contract to provide paratransit services for Marin Transit and Golden Gate Transit and a number of other nonprofit organizations. Our service area is Greater Marin, which includes transportation throughout Marin, San Francisco, Sonoma County and to the closest East Bay Bart station.

In addition, in conjunction with Marin Transit and Measure B funding, Whistlestop provides a number of Mobility Management Services including a Volunteer Driver Program and the new Travel Navigator department. Travel Navigators provide eligibility services for Paratransit, Volunteer Driver Program and Marin Transit’s Catch-a-Ride program. More importantly, they are a valuable resource to ensure that our older adults and people with disabilities in Marin are fully aware of their transportation options.

The Whistlestop Safety and Training Program employs a number of critical training and quality assurance elements including: safe-driving skills, ADA policies and procedures, CPR, First Aid and passenger sensitivity. In order to provide thorough and current training we engage a number of external professionals to provide insight and accommodation training for all types of passenger and driving conditions. This includes the California Highway Patrol, Fire Department, Mobility Device specialists, and professionals in the fields of Alzheimer’s/Dementia, Developmental Disabilities, visually impaired and other areas who can assist our team in understanding our passengers’ needs and how to provide safe transportation. ✴

Scussel is a Whistlestop Board member and General Management Consultant.
Raphael Krantz, another Navigator, said, “Very often, people don’t even know what we offer or think that they are calling for one program when really they have another in mind. A typical question is: ‘What’s the difference between Marin Access and Whistlestop?’ For the record, the answer is that Marin Transit has transportation alternatives for people who are aging or have disabilities that prevent them from using Marin Transit’s fixed route bus services. The umbrella term for these transportation services for older adults and people with disabilities is Marin Access. It is not one program; Paratransit, the Star Reimbursement program and the Catch-a-Ride all fall under the name of Marin Access. And Whistlestop is contracted to operate various parts of these programs. Whistlestop operates Paratransit and the STAR program. In the case of the Catch-a-Ride program, we operate the information and eligibility, but not the ride scheduling.”

Raphael said he thoroughly enjoys his job. “I have enjoyed the opportunity of articulating the various transportation options for people who may not know what services they may benefit from. I’ve also enjoyed the process of developing the department from when it was just an idea to the full transportation information and eligibility service it is today.”

The Marin Access call center can be accessed by calling 454-0902, seven days a week, 8am to 5pm or at MarinAccess.org, to learn more about the various transportation resources available for transit-dependent individuals in Marin. To find out if you qualify for paratransit services, call 454-0902, ext. 1 to speak to a Travel Navigator.

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**Annual Pacific Sun & Whistlestop Photo Contest**

It’s time for the annual Pacific Sun & Whistlestop Photo Contest. Submit your photos and entry forms to photocontest@pacificsun.com no later than July 11.

The entry form with photo specifications is available at pacificsun.com. The contest features three age groups: Youth, General & Older Adults (60 and over).

The categories are Marin Images, Marin People & Animals, and Manipulated Images, with prizes in each category plus one grand prize winner. All photo entries must be submitted electronically with an entry fee of $5 for older adults and students and $10 for everyone else. This year there will not be a reception with framed photos on display.

First place winners and the grand prize winner will be recognized in the Pacific Sun August 1 and the older adult winners will appear in the August issue of the Whistlestop Express. Details available at 485-6700.

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**J.R. HASTINGS**

**Blue Door Seminar Schedule**

**1003 Third Street, San Rafael**

**FREE seminars - Not to be missed!**

**JUNE 24**

• 7:00pm–9:00pm

Estate Planning 101

At Redwood High School

395 Doherty Drive Rm.132

Larkspur

**JUNE 11**

• 12:15pm–1:15pm

Life Insurance and Estate Planning with a Focus on Irrevocable Life Insurance Trusts

LUNCHEON SERIES

WATCH FOR OUR FALL SERIES

Salad Lunch and Beverage Provided.

Seating Limited. RSVP.

JUNE 24 • 7:00pm–9:00pm

Estate Planning 101

At Redwood High School

395 Doherty Drive Rm.132

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Reserve a Seat Today on Our Website

www.jrhastingslaw.com/event.php

or Telephone 415-459-6635

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whistlestop.org 3
This true story, believe it or not, begins with a question. Why did the turkey cross the road? Sound familiar?

While driving on 101 North near Marinwood, to the right of the freeway there is a pretty cow pasture often occupied by lots of Holsteins. You might see a flock of wild turkeys at times, too. One early Saturday morning, the traffic was very light as I was enjoying my bus run to Novato, while the sun rose over that beautiful green field. While going about 55 miles an hour in the lane next to the Marinwood exit approach, cars were whizzing by in the fast lanes and others were some distance behind. Quite suddenly, I spotted a large object moving across the roadway that I quickly realized was a wild turkey heading toward the pasture.

To my relief, the turkey crossed both my lane and the exit lane as it approached the white line on the road’s edge. Then, to my utter alarm, this turkey made an immediate about-face at the white line and began walking back onto the freeway.

After several steps, it was again in my lane, now directly in front of my bus. Suddenly, the bird loomed very large in my mind and I will not describe the gruesome imagery flooding in with my fears as to what might occur next. I hit the brakes, but not hard enough to skid or create the possibility of being rear-ended, as I had instantly decided that it might after all be necessary and safer to continue on and hope for the best.

The best did, in fact, occur. Although the wild turkey could not for some reason cross that impenetrable barrier represented by the white line, it did possess enough sense to realize imminent danger and chose flight over fight. In the very last moment, the turkey spread its wings to escape the careening bus. A mass of feathers and fluttering wings lifted to just clear the engine hood and top of the bus cab. With its near five-foot wingspan, it rose over the fast lanes to my immediate left and in my sideview mirror I saw the flying turkey accelerate over the freeway median and the four southbound lanes to save itself.

All was well.

Later, I discovered that the wild turkey is a surprisingly strong and fast flyer, although normally reluctant to take wing. After some reflection on the turkey’s decision to reject safety and walk again into mortal danger, I realized that I simply could not comprehend it at all. Puzzled, I said to myself, “I thought only squirrels did that.”
Measures A and B Help to Meet Transportation Needs in Marin

Measures A and B, voter-mandated proposals in Marin County, are meeting essential transportation needs and have resulted in much needed road improvements on Sir Francis Drake Blvd. Allan Bortel, chair of the Citizens Oversight Commission for both measures, notes that despite the downturn in the economy, “We haven’t had to cut back on any bus services.”

“A number of projects are going slower than projected but the inflow of funds has actually been better than projected, especially with the easing of the recession,” said Bortel, who also is chair of the Housing and Transportation Committee of the Marin County Commission on Aging.

He said that paratransit service is required in all areas with fixed bus routes and that’s where Whistlestop comes in with its Wheels bus service. “Whistlestop is a very efficient and well-run organization and Marin Transit is pleased with that operation.” He said the Whistlestop Wheels drivers are well-trained and courteous, adding that a ride on those buses cost $35 but because of subsidies, passengers pay only $2 a ride. Measure A provides $24 million a year with its half-cent sales tax and Measure B raises about $2 million a year through the annual $10 vehicle license fee. Bortel said the two measures help meet transportation needs for older adults and disabled citizens throughout Marin County.

FAMILY OWNED AND OPERATED SINCE 1994, Hired Hands is one of the Bay Area’s most experienced and trusted home care providers.

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HIREDHANDSHOME CARE.COM
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!

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Now with more power and clarity!

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Virtually impossible to see.

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1-888-879-7781

Perfect Choice HD is not a hearing aid. If you believe you need a hearing aid, please consult a physician.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

UPCOMING SPECIAL EVENTS

LUAU Luncheon
Thurs, June 12 • Noon-1pm
Regular menu and pricing available
No registration necessary, space is limited
Come and join us to celebrate the beginning of summer. Put on your Hawaiian shirt and enjoy a summer lunch to the sounds of Ukulele Friends Ohana and some Hula dancing.

WhistleJAZZ Luncheon
Thurs, June 26 • Noon-1pm
Regular menu and pricing
No registration necessary, space is limited
Jazz guitarist Michael LaMacchia and Whistlestop’s Amanda Denny will perform a lunchtime set of jazz standards – come in for a great meal and enjoy some live music on this lovely summer day.

“How To Sleep Better”
Mon, June 9 • 11am-Noon
No cost
Registration preferred
Do you have trouble sleeping? Tired of tossing and turning? Attend this free presentation by Marin County’s Department of Health and Human Services and learn about the effects of sleep on one’s body. Tips on how to sleep better will be shared.

A Workshop For Grandparents
Thurs, June 12 • 10:30-11:30am
No cost
Registration preferred
Please join us as we learn fun, easy, and educational activities to share with grandchildren, ages 3-5. Susan Pedrin, expert on early childhood development, will share tips and activities you can do to bring smiles and cooperation from your grandchildren.

Fire Safety and Prevention Presentation
Mon, June 16 • 11am-Noon
No cost
Registration preferred
San Rafael Fire Department firefighters will discuss fire safety and prevention. They will cover several topics, including how to locate a fire exit in your home and setting a meeting place in the event of a fire, basic fire safety, cooking fires, smoke and carbon monoxide alarms and general prevention tips. Be ready and safe today!

Got Shingles? Presentation
Wed, June 18 • 10:30-11:30am
No Cost
Registration preferred
Kaiser Permanente’s Pharmacy Center staff will give a brief overview of shingles, with focus on treatment and prevention options. There will be handouts and time for all of your questions. Practice preventative health today.

Marin Villages Informational Presentation
Mon, June 23 • 11am-Noon
No cost
Registration preferred
Info: www.marinvillages.org
Marin Villages is part of a growing national movement whose mission is to create a community where members and volunteers work together to help seniors remain in their own homes, aging with grace, confidence and peace of mind. There are also volunteer opportunities for all ages with no fixed hours or time commitments. This is a great way to help people in your community.

CLASSES

ARTS & ENTERTAINMENT

Beginning Bridge Class
Wed, June 4-July 9 • 3 to 4:30pm
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 in the community. Bridge is good for your brain.
Jewelry Class: Memory Wire Bracelet
Thurs June 19, 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 a memory wire bracelet. This is a fairly easy project and with lots of style. Class limited to 10 people.

Zentangle Art Class
Thurs, June 26, 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, 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

Ping Pong
Fri, June 6 and 20, 2-4pm
No cost/Drop-in
Join the Whistlestop “Racketeers” for Ping Pong. Good for your mind, spirit and body. We have two tables and a wonderful group of regulars who enjoy the benefits of the game. All levels are encouraged to come and newcomers are welcome.

LANGUAGE

ESL SUMMER CLASSES
We are offering a summer session of English classes.
Cost: New students, $15; returning spring semester students, free
Advanced Reading, Writing and Pronunciation fee, $10 for all
Registration Required

Basic English:
June 2-July 23, Mon & Wed, 2-3:30pm
Advanced Reading & Writing:
June 2-July 23, Mon & Wed, 2-3:30pm

English Pronunciation with Computers:
June 4-July 23, Wed, 1-2pm

English Conversation:
June 4-July 24, Tues & Thurs, 2-3:30

Imparare l’italiano! (Learn Italian!)
Beginning Italian Class
Thursdays, 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
Call: 456-9062
Bon Jour! 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!

German Group
Mon, 12:30 -1:45pm
No cost
Call: 456-9062
Do you speak German? Join the German Group for an opportunity to practice the language and meet new friends!

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!

SERVICES

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 are offering Immigration assistance consultations regarding Immigration Law and Reform, DACA (Deferred Action for Childhood Arrivals) and citizenship and naturalization.

**Telephone Reassurance Program**
Live alone? Would you like someone to care about how you are doing? If you live by yourself and often feel isolated or you’re looking for connection and peace of mind, this program is for you. Trained volunteers will call you three mornings a week to check on how you are doing. Service also offered in Spanish. Register for this free program: Leslie Klor, 456-9062, ext. 132.

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

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**Marin County Commission on Aging**

**Thursday, June 12 • 10am - 12:30pm**
**Where: Alma Via of San Rafael**
515 Northgate Drive
**Topic: Ombudsman and Adult Protective Services**

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**TECHNOLOGY**

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

**iPad/iPhone Applications**

**Tuesdays • June 17 & 24, 10am-Noon**
**Fee: $48/Maximum 8 people**
You’ve learned the basics and now want to find out the apps the cool people are using. There are apps for everything. In this workshop, we’ll highlight the most popular, fun and useful apps to get the most out of your i-device.
(For Apple devices only)

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**ANNOUNCEMENTS**

**Calling All Volunteers!**
We are actively seeking volunteers for several opportunities at Whistlestop. Please contact us if you or someone you know might be interested.

**English 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 our community. Flexible hours. Contact: Marta Villela at 456-9062, ext. 131 or Marta@Whistlestop.org

**Jackson Café Servers (Summer)**
The Jackson Café at Whistlestop needs friendly volunteers who are interested in serving lunch. Cashier experience is a plus but not required. Volunteers work from 10:45am-2pm.

**Meals on Wheels Delivery Drivers**
Meals on Wheels volunteer drivers are needed to deliver meals to homebound clients. A valid CA Drivers License and a clear DMV report are needed, as well as a reliable vehicle and current insurance certificate. Deliveries are Monday, Wednesday & Friday from 9am-Noon or 1-4pm.

Both Jackson Café Servers and Meals on Wheels Delivery Drivers must be willing to volunteer at least one 3-hour shift per week. We will train. Contact: Laurie Vermont at 456-9062, ext. 117 or Volunteer@Whistlestop.org

**Computer Tutor**

**Wednesdays • Noon-1pm (by appointment only)**
**Fee: $20/hour**
We offer personalized computer assistance, troubleshooting and instruction for the PC user, specializing in assisting older adults and novices.

**Open Lab**

**Every Monday and Wednesday • 10am-Noon**
**Free**
Use our desktops for your own purposes, to access the internet or other things. Volunteer staff available for advice on problems with your electronic devices; laptops, tablets and more. Get help with software applications.

For additional computer class options at other locations, go to: [www.technology4life.org](http://www.technology4life.org)
<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>COST</th>
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</thead>
<tbody>
<tr>
<td>9–NOON</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8 min.</td>
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<tr>
<td>9:30–10:30AM</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6/$8 Non Members</td>
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<tr>
<td>10–NOON</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td>12:30–1:30PM</td>
<td>Language Russian Social Group</td>
<td>Open</td>
<td>Free</td>
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<td>Language German Social Group</td>
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<td>Free</td>
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<tr>
<td>2–3:30PM</td>
<td>Language ESL Classes</td>
<td>Open</td>
<td>$15</td>
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<td>9:30–10:30AM</td>
<td>Exercise Whistlesizers</td>
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<td>10:00–NOON</td>
<td>Relax Mah Jongg</td>
<td>Open</td>
<td>Free</td>
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<td>10:45–11:45AM</td>
<td>Exercise Cardio Exercise Class</td>
<td>Open</td>
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<td>11:30AM–12:30PM</td>
<td>Language French Class</td>
<td>457-0586</td>
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<td>NOON–3PM</td>
<td>Relax Manicurist</td>
<td>Appt. Needed</td>
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<td>1–2PM</td>
<td>Language French Social Group</td>
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<td>Free</td>
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<td>1–3PM</td>
<td>Language Learn Spanish</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td>1:30–3PM</td>
<td>Support Mastery of Aging Class</td>
<td>453-9808</td>
<td>Free</td>
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<tr>
<td>3–4PM</td>
<td>Learn Acting Class</td>
<td>456-9062</td>
<td>Free</td>
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<td>2–3:15PM</td>
<td>Language English Conversation</td>
<td>Open</td>
<td>$15</td>
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<tr>
<td>9–10:15AM</td>
<td>Exercise Tai Chi Qigong</td>
<td>Sugg. Donation</td>
<td>$10 or less</td>
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<td>10–11:30AM</td>
<td>Support Seniors’ Circle</td>
<td>Open</td>
<td>Free</td>
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<td>10–12PM</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td>10:30AM–11:30AM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
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<tr>
<td>10:30–11:30AM</td>
<td>Support Corazón Latino</td>
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<td>Free</td>
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<td>2–3:30PM</td>
<td>Language ESL Classes</td>
<td>Open</td>
<td>$15</td>
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<tr>
<td>9:30–10:30AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
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<tr>
<td>1–4PM</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8 mins. Non Members</td>
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<tr>
<td>11–NOON</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6/$8 Non Members</td>
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<tr>
<td>12:15–1:45PM</td>
<td>Language Vietnamese Social Group</td>
<td>456-9062</td>
<td>Free</td>
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<tr>
<td>1:30–3PM</td>
<td>Language Learn Italian</td>
<td>456-9062</td>
<td>$25/mo</td>
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<tr>
<td>2:45–3:45PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation</td>
<td>$10</td>
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<tr>
<td>2–3:15PM</td>
<td>Language English Conversation</td>
<td>Open</td>
<td>$15</td>
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<tr>
<td>11:00–NOON</td>
<td>Support Brown Bag Pantry</td>
<td>456-9062</td>
<td>Free</td>
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<tr>
<td>1–3PM</td>
<td>Support ACASA</td>
<td>Peer Counseling</td>
<td>Free</td>
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<tr>
<td>1:30–3:30PM</td>
<td>Language Practice Spanish</td>
<td>Open</td>
<td>Free</td>
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<tr>
<td>2–4PM</td>
<td>Exercise Ping-Pong</td>
<td>June 6 &amp; 20</td>
<td>Free</td>
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<tr>
<td>3–4PM</td>
<td>Exercise Yoga</td>
<td>Open</td>
<td>$3/$5 Non Members</td>
</tr>
</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.
Shorebirds

Just what makes a shorebird a shorebird? Are Ducks shorebirds? Geese maybe? Afraid not. Neither are Egrets and Herons who wade around shores and shallow waters.

Shorebirds are wading birds that live their entire lives around shores. They eat, sleep, nest, mate and raise their children along the shores of lakes, lagoons and marshes. Most shorebirds feed on the abundance of local invertebrates, including worms, insects, small crustaceans and mollusks. A few feed on seeds and berries, some on tiny fish. Some forage on or just below the surface, others have long bills allowing them to probe a foot or more in the mud along the shore. Most nest in small ‘scrapes’ in the sand or gravel, some in depressions in the grasses. We have many varieties in the ponds and inlets in Marin; just a few are shown here.

Every weekend I send a special bird photo to those who have requested it. You can join, free, at: SHENmaker@MSN.com. Till next time,

Richard
Ed Mayer, 82, of Corte Madera, fulfilled every boy’s dream when he stepped onto the mound in 1957 to pitch in the Major Leagues. But one of his fondest baseball memories came from his high school days when he was handed a trophy by Babe Ruth.

“It was 1946 when Babe Ruth came to Seals Stadium in San Francisco for a high school all-star game,” Mayer recalls. “After the game, I was named the Most Valuable Player and Babe handed me a trophy, which I still have. This inspired me to continue playing baseball at UC Berkeley. From there it was seven years in the minors, including playing in Cuba and Mexico, and on to the Majors for two seasons – 1957 and 1958 as a Cubs pitcher.”

Mayer said walking out to the mound and pitching for the Cubs at Wrigley Field was another moment he will never forget.

“Wrigley is the best place in the world to play baseball.”

His teammates in Chicago included Ernie Banks, Bobby Thomson and Alvin Dark. Six years earlier, Thompson had hit the famous home run that won the National League pennant for the New York Giants over the rival Brooklyn Dodgers. Mayer said Banks was “The nicest guy you could know. I spoke to him on the phone about seven years ago. He was on a radio sports talk show. I called in and told them I had been his teammate. We had a very nice chat on the air.”

Mayer said that meeting Babe Ruth was something that he didn’t feel the full impact of until years later. “Then I realized what a big deal it was.” Sadly, Ruth died of cancer two years later.

Ex-Cub Ed Mayer Remembers Meeting The Babe
In the 19th century, when you experienced something wonderful, you’d say, “I was transported.” You were aloft, traveling with angels. In the 20th century, the word “transported” meant ships, trains, planes. Oh! It was so romantic to go anywhere.

Ships? There were bon voyage parties on board and champagne for everyone. Trains? The clackety-clack was like a lullaby as the carriages rollicked across America or France or toward Istanbul. There was always a dining car where they served pheasant on real plates and a waiter came to put a napkin over your lap. Planes? Ah, yes. Seeing your loved ones off was a family event. You went to the window over the airfield and watched them cross the tarmac. They would turn and wave and you’d be a little tearful, but brave. You’d never felt so much love as you did in that moment of goodbye.

Today, it’s different, isn’t it? We must adjust to changes and we do. Everyone who can goes by car. It’s fast and easy if you take the right route at the right time. I try to stay out of traffic. I’ll go dozens of miles out of my way to avoid it. I want to roll along easily and not be annoyed for even a minute. If I’m really stuck, sometimes I pull off my route for a soothing cup of tea.

Busing can be fun. There we have young people and old folk together. Tinny music squeaking out of ear buds. People discussing in loud voices – always annoyed at the government and arguing about who has the best pitching line-up. Invariably there is an adorable baby pounding the window and calling to a puppy in the street. Trains are not so much fun anymore. I wish they were more a haven than a place of noisy movies, video games and bad food. But planes are getting better now that we are further away from 9/11. I travel super light and I entertain myself. I buy a Manhattan at the bar and read People magazine. Do you do this, too?

I love to go places. I love to be transported. I feel sometimes that I could move about forever. It is so delightful to see new things, have new adventures. Then I have the joy of being transported back home.

Mary Ann Maggiore consults with teens, young people & their families on building a successful life. Contact her: maryannmaggiore@gmail.com or 577-6627.
Lee Spiegel has been named Whistlestop’s Volunteer of the Month for June. Lee moved from New York to California in the 1960s and settled in Marin in 1975. He has always had a strong desire to help others and volunteers, not only at Whistlestop as a Meals on Wheels delivery driver, but also at the Corte Madera library, and with the “Library Beyond Borders” program.

Nutritional Services Manager, Krista Pelletier, said, “Lee Spiegel is one of our longest running volunteers. He is passionate about his position, always reliable and ready to lend a hand by picking up extra shifts. The Meals on Wheels program is lucky to have him!”

Lee Spiegel
Mastery of Aging Discussion Group

In the last 20 years, epidemiological studies have consistently revealed a strong association between certain behaviors and health and well-being. Whistlestop’s Mastery of Aging weekly drop-in class is a place where older adults are taught about those specific behaviors. The class is based on the book *In Your Own Hands: New Hope for People with Chronic Medical Conditions* and is taught by the author Larry Berkelhammer, PhD.

Larry has lived with several chronic medical conditions since childhood and he endured the frustration of not knowing the causes of his physical problems. Then, well into adulthood, he was diagnosed with two autoimmune diseases and a primary immunodeficiency disease. At the same time, he was told there were no known cures for any of them and that treatment for some would make others worse. A therapist and long-time mindfulness practitioner faced with this reality, Larry became curious about what practical steps he and others could do to improve health and well-being.

When he was asked to facilitate a group at Whistlestop, he knew the mindfulness practices in his book could help people who are facing the challenges of aging discover new ways to give their lives meaning and purpose.

Some of the questions group members ponder together include:
- Do you have a strong sense of meaning and purpose in your life?
- Have you identified what matters most to you?
- Do you look for opportunities to make life better for others?
- Do you have a mindfulness practice?
- Do you take time each day to appreciate what’s working in your life?
- Do you practice noticing gratitude?

Focusing on these and other mindfulness practices improves health and well-being for people dealing with the changes that come with aging. The supportive group is free and meets from 1:30 to 3pm on Tuesdays. For information, email larry@larryberkelhammer.com.

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

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Death, Paperwork & Honest Conversations: A Panel Discussion

Wednesday, June 18th, 4 - 6pm

Speakers will include:
- Teresa Tooker - Hospice by the Bay
- Rob Pollak - Estate Attorney
- Ruth Vosmek - Marin General Hospital
- Suzanne Lawrence - Kaiser
- Nancy Hoffman PsyD - Psychologist

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Pre-registration Required

Call 583-4789 to register
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Other home care agencies require strict contracts and add on special charges. There could be hidden mealtime rates, transportation charges, an overnight rate or even a bathing rate. We have no contracts or obligations! There are never hidden fees!

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.

Call Francie today to schedule your free assessment!

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