Liz Froneberger, RN, of Fairfax, has institutional memory that goes back to the mid-1970s, a critical time in Whistlestop’s history. She joins past and present staff and participants who are celebrating Whistlestop’s 60th anniversary this month.

Liz was Dispatch Coordinator for Whistlestop Wheels in 1975-76 and recalls, “We could fit all of the names of our volunteers and the people who needed rides in two small index card boxes – one for each group.” Whistlestop’s transportation service began in 1969. Riders were transported in a lone GMC truck, fondly referred to as “The Green Machine.”

Today, with a fleet of 60 vehicles, Whistlestop, in partnership with Marin Access, provides low-cost transportation to older adult/disabled residents unable to use public transportation. Riders travel through Marin and surrounding counties of San Francisco, Sonoma and Contra Costa. The Whistlestop Wheels buses make more than 500 trips a day!

In 1975, Liz and Debbie Bruce were responsible for coordinating the two or three Whistlestop drivers, about 75 volunteer drivers and transportation for folks who need to get to medical appointments. “I knew that sometimes we were one of the few people our clients ever got to talk to on a regular basis,” Liz said. “And we had many fine conversations. Debbie and I were very lucky and we knew it.”

continued on page 3
In the February edition of the Whistlestop Express I paid homage to the past 60 years of service that Whistlestop has provided. The most significant observation noted was that older adults’ primary support needs in Marin have not changed over the past 60 years. Transportation services, daily nutrition, and social connectivity within the community for older adults still remain at the top of the list.

The future of Aging in Community is about transforming how we age. As evidenced by research, we are far better off together than when we try to fly solo during life’s so-called “third stage.” There is a growing movement, in the U.S. and globally, especially among America’s inventive boomer generation, to explore new pathways, strategies, and challenges of how to age successfully.

So, what do the next 60 years look like for Marin’s older adults? One prediction is that more than 50% of the population will be over the age of 60. That’s an easy one since 25% of Marin’s current population is over 60 now. What will the community look like? How about the creation of 10 aging community campuses scattered geographically around the county? Think 10 different College of Marin campuses with older adult community housing complete with other “student” facilities such as dining halls, classrooms, theater and the arts, health and fitness clubs, and onsite medical services. Imagine the average age of the residents being 95-100. It’s the communal college life for that much needed social connection, but at a later stage in our lives. What about transportation? Imagine shuttle hover buses (operated by Whistlestop, of course) that drive themselves automatically and take older adults to and from the different aging community campuses. What about nutrition? I cannot even venture to guess what older adults will be eating in the future, just as long as it is as delicious as the great food we currently serve in the Jackson Café.

Whatever the future brings, Whistlestop plans to be there to help older adults age with dignity, grace, and independence. We do not expect that the needs of older adults will change much in the next 60 years. The challenge lies within how we will be able to serve the growing numbers who will need our services. That’s why community support is so vital. ✶
continued from page 1

Liz has had what she considers a “funny connection” with Whistlestop through the years, involving her home telephone number. “My phone number, which has been the same for 26 years, is one digit off from Whistlestop’s main number. So, I get phone calls – probably every three or four weeks – from someone leaving a message for Whistlestop. I enjoy it actually. If they leave their number, I call them back as soon as I can and tell them what’s happened. I have had some lovely conversations with people.”

She views Whistlestop as a “big umbrella” for helping older adults in Marin County. She sees Whistlestop’s role as essential in a county where the older population is growing so rapidly. And she is happy to have been part of the organization in its early days.

‘… Sometimes we were one of the few people our clients ever got to talk to.’
Looking Back
BY LESLIE KLOR

I was asked to offer some memories of when I first worked for Whistlestop some years back. Well, I cannot go back 60 years, for that would mean that I would have worked here at the tender age of 10 or 12. I can go back about 20 years to the early 1990’s. Back then, I was hired as the Director of Senior Information and the Director of the Marin Independent Elder’s Program. Ed Ryken was the CEO and I remember him mostly in a green leprechaun outfit pouring green beer out of a large pitcher for our participants on St. Patrick’s Day. He loved the holiday celebrations.

Here are snippets of my fading memories: The Senior Information office was operating out of a tiny space on the first floor with a handful of volunteers. In the time that I served in my post, we eventually built the lovely glassed-in space that still serves as the information office today and we recruited more volunteers. It was a busy service as we had the contract from the Division of Aging to provide senior information for the whole county. The office was staffed five days a week with two shifts a day by volunteers who had monthly trainings on local senior resources.

The clientele was not as diverse as today, serving mostly the Hispanic and Vietnamese population only. The Café was not in existence, but the space was used for holiday events and meetings.

The Marin Independent Elder’s Program (which is no longer in existence) was much like the still operating Novato Independent Elder’s Program, which among other things supplied volunteers for grocery shopping and yard clean up.

The two things that have remained constant are the camaraderie among the staff and their desire to be of service to our older adult population: to allow them to flourish and grow and remain as independent as possible.

Leslie Klor is director of Shared Housing and Telephone Reassurance with Episcopal Senior Communities Senior Resource Division. Her office is at Whistlestop.


These honors are a source of pride for us, security and peace of mind for you.
New Whistlestop Program Manager Brings Extensive Experience

Diana Gruhl, director and owner of Elder Active Programs in Sonoma County since 2008, is the new Whistlestop Program Manager of Active Aging Services. Diana reports to Joe O’Hehir, CEO.

Diana has an extensive and diverse background working with older adults, including more than 10 years of experience creating and managing customized programs for the enhanced mental, social, physical, and emotional wellbeing of older adults. The programs she has directed in Sonoma County have provided activities and support for older adults in private homes, residential care facilities, senior centers, and assisted living communities.

Additionally, she has a master’s degree in Social Work and has worked as a Medical Social Worker with Gentiva Health Services as a member of their patient care team. Diana has also worked for Kaiser Permanente and Jewish Family & Children’s Services as a Social Work Intern, and as a Life Enrichment Coordinator at Chancellor Place of Windsor Assisted Living, where she directed activities, events, and educational programs for older adults. Diana started in her new position on June 23, and brings her passion for older adults, support services, program planning, and community enrichment to the Whistlestop neighborhood. All aboard! ♦

Paratransit Users!

Have you been recently approved to use the Marin Access Paratransit service operated by Whistlestop? If so, then find out about a new class: Paratransit 101. The Travel Navigators will discuss how to schedule a ride, what to expect the day you ride, how much a ride will cost, and other important details. If you’d like to find out more about upcoming classes, please contact the Travel Navigator department at 454-0902. ♦

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

Invention of the Year
PERSONAL SOUND AMPLIFICATION PRODUCTS (PSAPs)

Perfect Choice HD™

Call now toll free for the lowest price ever.
1-877-566-0345
Please mention promotional code 58779.

THEY’RE NOT HEARING AIDS

Personal Sound Amplification Products use advanced digital processing to amplify the frequencies of human speech. Thanks to the efforts of a doctor who leads a renowned hearing institute, this product is manufactured in an efficient production process that enables us to make it available at an affordable price.

The unit 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 soft sounds and distant conversations will be easier to understand.

Need an extra volume boost? Try Perfect Choice HD™ for yourself with our exclusive home trial.

WEIGHT
Less than 1 ounce

SOUND QUALITY
Excellent: Optimized for speech

FITTING REQUIRED?
No

ONE-ON-ONE SETUP
Free

RETURN POLICY
60 Days
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org
Call 415/456-9062 to register for classes.

UPCOMING SPECIAL EVENTS

Celebration of Russian Culture
Thurs, Aug 14, 11:30am-4pm
No registration necessary.
Come and celebrate Russian culture with food, music, and dance, starting with beef stroganoff and borscht in the Jackson Café, from 11:30am to 2pm (regular menu pricing). A performance of traditional Russian folk and romance songs and short plays of famous Russian folk stories will then be performed by children from Theater-Studio Koleso in Whistlestop’s Caboose Room.

Festive Summer Lunch with Young Talent
Thurs, Aug 28, Lunch from 11:30 am-2 pm
Music from Noon-1pm
No registration necessary.
Come and join us for a summer lunch with a pulled pork, potato salad and strawberry shortcake and live piano music with Tyler Leswig in the Jackson Café. Regular menu pricing.

Coming in September; Buy Tickets Now
Mariachi Concert at Goldenaires
Thurs, Sept 25, 2-3:30pm
Fee: $7 in advance or $10 at the door
Open to the public: Children 12 & under, free
Information: 456-9062 or 485-3348
Advance registration recommended.
Mariachi Nueva Generación will play and sing popular Latin songs at Goldenaires, 618 B Street, San Rafael. Join us for live music, friendship & raffle prizes. All are welcome.

SPECIAL PROGRAMS

Weaving Program at Cedars Textile Art Center
Tuesdays in August and September, 10am-2pm
Call to Register: 456-9062
Sign-up for one or more classes
Maximum 12 people per class
Sign-up now for this popular free program! Create beautiful textiles and your own unique weaving project using a loom at the Cedars of Marin in San Rafael. Project materials, instruction, and transportation provided (from Whistlestop to the Cedars and back), thanks to a grant from the Marin Community Foundation.

CLASSES

ARTS & ENTERTAINMENT

Jewelry Class – Memory Wire Bracelet
Wed, Aug 20, 1:30-2:45pm
Cost: $8 per class/includes materials
Registration and payment required prior to class.
Class limited to 10 people.
Maria Barsesat, local bead artist, will show you how make a memory wire bracelet. This is a fairly easy project with lots of style.

Arts and Crafts with Diana
Fri, Aug 15 & 29, 2-4pm
Cost: $3 per class/includes materials
Registration required.
Class limited to 10 people
Diana Gruhl, new Active Aging Services Program Manager, will facilitate arts and crafts projects, such as collage, painting, and more.

HEAL TH & WELLNESS

Restore & Improve your Balance Class
Monday 7, 14, & 21, 2:45-3:45pm
Suggested Donation to Instructor Tom Attardi $10 per class
Pre-register with Whistlestop
Learn how balance works & why your balance may be deteriorating and how to improve it with simple exercises.

Tai Chi
Wednesdays, 9am-10:15am
Suggested Donation: $10 per class
Pre-registration required.
Enjoy the ancient Chinese exercises of Tai Chi and Qigong with Calvin Ahlgren, to create more peace and harmony in your life.
Learn About Pain Management  
**Wed, Aug 13, 10:30am in Spanish**  
**Thurs, Aug 21, 2pm in English**

Learn About Body Changes  
**Thurs, Aug 28, 3pm in English**  
No Cost  
Health and Human Services Staff will make presentations at Whistlestop about Pain Management to inform you about simple steps to reduce and manage pain. They will also talk about adjusting to body changes as we age.

**SOCIAL GROUPS**

*Conversation Group for 90+*  
3rd Thursday every month, 1:30-3pm  
No cost  
Contact: Virginia Dziomba, 456-6647  
Join our small, friendly group every 3rd Thursday.

**SERVICES**

*Multicultural Consultation Services*  
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, including healthcare management, citizenship, housing, employment, and federal assistance, plus translations and referrals.  
*Spanish:* Marta Villela  
*Russian:* Anna Ladyzhenskaya  
*Vietnamese:* Lieu Phan

*Immigration Assistance Clinics*  
**Last Friday of 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.

**US Citizenship Classes**  
**Beginning Wed, Aug 6, 3:30-5pm**  
Cost: $25 per semester/includes materials  
Registration and payment required prior to class.  
For more information: Call Marta, 454-0998  
Do you want to be ready for your US Citizen Interview? Come to class and learn about the English test, the application, and more.

**Telephone Reassurance Program**  
Call Leslie Klor, 456-9062, ext. 132  
No Cost  
Live alone? Would you like someone to care about how you are doing? If you live by yourself and often feel isolated and are looking for connection and peace of mind, this program is for you. Trained volunteers will call you three mornings a week to check on you. We can answer questions about other senior resources. We now also offer this service in Spanish.

**Homeshare Program**  
Call Leslie Klor, 456-9062, ext. 132  
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 can use our services? Call us for more information.

**ANNOUNCEMENTS**

*Volunteer Tutors Needed!*  
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. Hours are very flexible. If interested, please contact Marta Villela at 456-9062, ext. 131.

*In-Kind Donations needed*  
Mah Jongg sets, books, yarn, movies on DVDs and desktop or laptop Window 8 or Mac computers. If you have items to donate, please call 456-9062.

*Meals on Wheels Delivery Drivers*  
Meals on Wheels volunteer drivers are needed to deliver meals to homebound clients. Deliveries are Monday, Wednesday & Friday from 9am-Noon or 1-4pm.

*Cashiers and Servers at Jackson Café*  
Friendly volunteers interested in serving lunch are needed Monday through Friday from 10:45am-2pm. Contact: Laurie Vermont at 456-9062, ext. 117 or Volunteer@Whistlestop.org
Whistlestop to Stay Open During SMART Construction

Whistlestop will remain open during the construction of the SMART (Sonoma-Marin Area Rail Transit) downtown San Rafael station platforms. The SMART project is adjacent to the east side of Whistlestop’s Active Aging Center at 930 Tamalpais Ave., across from the Bettini Transit Center.

On July 1, SMART began construction of the downtown San Rafael station platform area, and the work is expected to last eight months. This construction eliminates all of the parking spaces that were available on Whistlestop’s property, as well as the spaces located in the SMART right-of-way. Whistlestop has leased the vacant lot at Tamalpais & Third and hopes to have it ready for parking by September. Whistlestop will continue to provide uninterrupted service during this active construction period. For more information, call 456-9062.

Limited tickets available for ‘Whistlestock’ on Sept. 28

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 Nicasi on Sept. 28. Our benefit concert, “Whistlestock,” will feature ’60 rock legends like Big Brother & the Holding Company, Country Joe McDonald, Sopwith Camel and more!

Limited tickets for WHISTLESTOCK are now available! General admission tickets cost $100 and include a $50 tax deductible donation to Whistlestop, the gourmet BBQ, a day full of musical entertainment, and a great time! Roundtrip transportation is only $10/person to and from San Rafael.

Buy tickets at Whistlestock.com

TECHNOLOGY

How to Use the iPad/iPhone

Thursdays, August 14 & 21, 10am-Noon
Fee: $48/Maximum 8 people
You have your very own iPhone or iPad. There is only one problem. You have no idea how to use it! In this personalized two-week course you’ll get one-on-one help on everything from email to pictures and instructional handouts so you can practice at home. Don’t let that amazing technology sit in its box any longer.
(For Apple devices only)

Computer Tutor

Wednesdays, Noon-1pm
(by advance appointment)
Fee: $20/hour
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 Internet, etc. Volunteer staff available for advice on problems with your electronic devices, laptops and tablets. Help with software applications available.

For additional computer class options at other locations, go to: www.technology4life.org
<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>9–NOON</td>
<td>Relax Chair Massage</td>
<td>Drop-in</td>
<td>$4/8min.</td>
</tr>
<tr>
<td>9:30–10:30AM</td>
<td>Exercise Zumba</td>
<td>Drop-in</td>
<td>$6/$8 Non-member</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Learn Computer Lab</td>
<td>Drop-in</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>12:15–1:45PM</td>
<td>Language German Social Group</td>
<td>Drop-in</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>9:30–10:30 AM</td>
<td>Exercise Whistlesizers</td>
<td>Drop-in</td>
<td>$2</td>
</tr>
<tr>
<td>10:00–NOON</td>
<td>Relax Mah Jongg</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>10AM–2PM</td>
<td>Learn Weaving at Cedars</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>10:45–11:45AM</td>
<td>Exercise Cardio Exercise Class</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>11AM–2PM</td>
<td>Relax Manicurist</td>
<td>Appt. Req.</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>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>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3PM</td>
<td>Support Mastery of Aging Class</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>9–10:15AM</td>
<td>Exercise Tai Chi Qigong</td>
<td>Drop-in,Sugg. Donation</td>
<td>$10 or less</td>
</tr>
<tr>
<td>10–12PM</td>
<td>Learn Computer Lab</td>
<td>Drop-in</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>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>9:30–10:30AM</td>
<td>Exercise Whistlesizers</td>
<td>Drop-in</td>
<td>$2</td>
</tr>
<tr>
<td>1–4PM</td>
<td>Relax Chair Massage</td>
<td>Drop-in</td>
<td>$4/8 mins. Non-member</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Exercise Zumba</td>
<td>Drop-in</td>
<td>$6/$8 Non-member</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>2:45–3:45PM</td>
<td>Exercise Balance Class</td>
<td>Drop-in,Sugg. Donation</td>
<td>$1/</td>
</tr>
<tr>
<td>11:00–NOON</td>
<td>Support Brown Bag Pantry</td>
<td>456-9062 x117</td>
<td>Free</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Support ACASA</td>
<td>Drop-in/Peer Counseling</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Language Practice Spanish</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Learn Arts &amp; Crafts</td>
<td>456-9062</td>
<td>$3</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Exercise Ping-Pong</td>
<td>July 11 &amp; 25</td>
<td>Free</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Exercise Yoga</td>
<td>Drop-in</td>
<td>$3/$5 Non-member</td>
</tr>
</tbody>
</table>

For a complete list of all classes, visit whistlestop.org

The Caboose, Computer Lab, Board Room and Jackson Café are all located at Whistlestop’s Active Aging Center – 930 Tamalpais Ave., San Rafael.
I used to fly, so it is no surprise that my primary fascination with birds is with their flight, noticing their nuances in shaping their wings to gain the best advantage from the air currents they live in. Birds have innate skill as aviators built into their structure of bones and feathers, but that doesn’t mean that they know how to fly as chicks. Their first hops from branch to branch are more stumbling flops than coordinated hops.

Years ago, two pigeons built a nest in front of my office window and I got to watch as two tiny gaping mouths grew into chicks with ragged feathers. One day they were gone. I feared the worst; my office was (and still is) on a floating home in Sausalito. The nest was a mere five feet above the water and these tiny birds had to learn to fly as they dropped those five feet, or they would become fish food. Worried, I rushed to my upper deck and looked out and saw no feathers! These two tiny birds had dropped five feet and then flown up at least three feet to land on a perch, learning to fly as they went. Their only instruction: watching their parents’ wings as they flew back and forth to the nest. Remarkable!

Even graceful Egrets flop around at first, but soon, within a few weeks, they are able to carry loads like this heavy branch, gracefully, effortlessly, always enchanting me.

Each week I email out a special bird photo. If you’d like to be included, just ask: SHENmaker@MSN.com.

Cheers & Chirps,

Richard
**Nona Knows Best**  
by MARY ANN MAGGIORE

**The Meaning of 60**

I’m ruminating on Whistlestop turning 60 and I have a funny feeling about it. When we turn 50, the world is our oyster. We’re only half way to 100 so we feel there’s still plenty of time. We go new places, we try new things, we’re full of ourselves. When we turn 60, we have this great urgency. This may be the age that really matters. What shall we do with our time? How can we leave our mark? Can we make one last foray into the breach to better this world, to love more, to do more?

At times like this, I must confess, I turn to ancient runes, horoscopes and numerology. They are old, interesting and fun. This is what they tell me about the great six-oh! This number is considered to be feminine and extroverted. It’s governed by Virgo, the sign that requires order, and by the planet Venus, the sign of Lovers.

According to the website Numerology, *The Numbers and their Meaning*, 60 is the Mother number. It is “essentially a working, building number. It symbolizes responsibility and service, which needs to be achieved through love, nurturing and protection.” It is governed by wisdom.

Sixty, according to these sages of the ancient realms, is also highly spiritual and connected to the Divine. Our job at 60 is to create harmony in our environments and make sure that we add to the beauty of the earth. The sages warn that emotions can run high when 60 is our ruler because it is a time of seeking justice and fairness. I think of the struggles in so many towns and cities to see that there is affordable housing so our young and our elders can stay near us. I see the struggles to educate our children better. I see sister struggles to save the arts and all the wonderful immeasurable things of our culture that give us life and breath and creativity, these things that are not simply run by measurement and money. I look around and see the leaders of these movements. I notice so many of them are 60.

So Happy Birthday to Whistlestop and all who make it a community of such merit and value. Let us all make this 60th year one of Love, Wisdom and Service. ♦

Mary Ann Maggiore consults with teens, young people & their families on building a successful life. Contact her: maryannmaggiore@gmail.com or 577-6627.

---

**Almavia of San Rafael**  
415.233.6095  
almaviaofsanrafael.org

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.

---

**DID YOU KNOW...**

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

**SALES**  
New & Used  
The only repair facility in Marin  
Daily • Weekly • Monthly

**REPAIRS**  
Daily • Weekly • Monthly

**RENTALS**  
Daily • Weekly • Monthly

**northcoast mobility**  
Facilitating Movement through Technology

1281 Anderson Dr, Suite F • San Rafael  
457.1664 • www.norcoastmobility.com
Celebration of Russian Culture Day this month at Whistlestop was the inspiration of Anna Ladyzhenskya, Multicultural Coordinator, who provides important and needed support services to the Russian community in San Rafael. The celebration will be from 11:30am to 4pm on Thursday, Aug. 14 at Whistlestop (see page 7 for details).

Anna serves more than 100 participants with a combination of programs, including a Russian Social Group, which meets on Mondays from 12:30-1:30pm.; weekly ESL classes, which many participants attend in the fall and spring; weekly consultations to help provide support services to people in need; and special cultural events every other month. She is very dedicated to her job. She also will teach citizenship classes in the fall for the Russian community.

About her culture, Anna says, “Learning about the Russian culture is an excellent way to understand Russian-speaking people and the precious ‘mysterious Russian soul’ – according to the classical Russian writers, загадочная русская душа – which includes family values, personality traits, and a very traditional outlook on life.

She added that many traditions have been preserved by the Russian people in the form of merry entertainment and festive occasions, some of which have been adapted to the Christian ceremonies and traditions. However, the origin of many holidays has not always related to Christian religious holidays, since the source of most ancient ceremonies lies in the remote times of the past, in the times of Paganism. Russian culture has a rich history, strong traditions and influential arts, especially when it comes to literature, philosophy, classical music, ballet, architecture, painting, cinema and animation.

During Russian Culture Day, participants will experience many traditional Russian folk songs and romance stories. Children with Theater-Studio “Koleso” will perform short plays, based on famous Russian folk stories and fairytales.

Whistlestop appreciates Anna’s hard work and dedication to serving the Russian community, and sharing dynamic programs and services with the Marin community. Please join her and the Whistlestop community to celebrate Russian culture on August 14 from 11:30am to 4pm.

Browse the Book Sale

Choose from dozens of new and gently used books and DVDs for $1-$2; excellent new hardcovers and trade paperbacks added daily. Bestsellers, gift books, health books and more. All proceeds go to support Whistlestop programs and services.
Volunteer of the Month—August

Annette Di Vietri has been a Whistlestop volunteer in the Jackson Café for more than two years. She heard about Whistlestop from a friend who used the transit services and registered her interest in volunteering on the CVNL (Center for Volunteer and Nonprofit Leadership) website.

Although Annette was born in Spokane, Washington, she moved to Marin when she was a small child, so this is where she calls home. When not volunteering, Annette enjoys reading and going for walks.

Annette said she loves volunteering at the Jackson Café because she enjoys all the guests who come for the delicious food and the warm atmosphere.

Her supervisor Robin says of Annette, “She is the perfect volunteer, always pleasant to work with, gets here on time, does a great job and is ready to lend a hand when needed. Annette greets the guests with a friendly smile and a cold drink. We value Annette very much at the Jackson Café.”

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.
Whistlestop Wheels, based in San Rafael, has embarked on a three-month awareness campaign aimed at increasing donors and reaching the public with information about the challenges of aging—for individuals and for communities.

Every year, requests for services at Whistlestop increase, according to Joe O’Hehir, CEO of Whistlestop. Most people know about the meal delivery program that’s one of Whistlestop’s signatures. They also may recognize the Whistlestop shuttles that provide transportation for older residents. But while those are the most visible programs at the organization, not so many people know about its other supportive services, including the Whistlestop Active Aging Center. Other programs are aimed at helping seniors deal with health issues, providing financial services and acting as an information repository for myriad issues that elderly residents face.

Whistlestop is seeing an 8 to 10 percent increase in requests for services, O’Hehir says. Providing those services takes funds, and the organization needs to increase its donor roster to meet the needs of its clients. Whistlestop runs on an annual budget of about $6.8 million. “We get about 10 percent of our annual revenue from private donations,” O’Hehir says. “It would be nice to increase that percentage.”

The donor drive is looking for Baby Boomers, who themselves are entering the cohort of the elderly, to become new donors. The hope is that through an outreach campaign to increase donors, Whistlestop also can spread information about the effects the county’s aging population will have on Marin—and how residents can meet the challenges of providing essential services to a growing segment of the population.

It’s a topic that, while not exactly swept under the rug, sometimes receives a cursory mention, given the importance an aging population will have on the look of the county’s demographics. The challenges those changing demographics bring will touch virtually every segment of Marin—from transportation to housing to the retail marketplace and the employment scene.

Experts warn that not enough caregivers are in the pipeline to provide services residents will need as they age. The number of increased requests for services at Whistlestop is a portent of things to come.

Whistlestop offers a concise checklist to describe who needs its services: Among Marin residents 65 years old and older, 11,000 residents live alone; 3,240 of those residents are women and many are widowed. A startling 9,000 elderly residents don’t have enough income to meet even the necessities.

Data projections from the U.S. Department of Finance indicate that in 2014 the number of persons over the age of 60 is 68,174 or 26.7 percent of Marin’s total population (254,873), with 12.4 percent (8,507) being minorities. Although the numbers can vary, depending on what timeframe is under the microscope and the specific population scrutinized, the underlying truth remains. As O’Hehir says, “Providing services for people in Marin over 60 is a growth market.”

A strategy called “aging in place” has become a metaphor for healthy aging, and multiple-unit developments for older adults are beneficial. O’Hehir and other experts in the field of aging services say that a community-type atmosphere in housing that’s close to transportation, shopping and other amenities is ideal. Eden Housing is working with Whistlestop on a development in downtown San Rafael, right next to the future SMART rail station. It will provide 48 one-bedroom apartments of about 600 square feet. They will rent, depending on final financial arrangements and subsidies, for about $600 to $1,000 a month. The goal, according to O’Hehir, is to keep the units at 30 to 50 percent below market prices. If all goes according to plan, O’Hehir says, the units would be available by about 2017.
Not All Home Care is Alike

Home Care Assistance is the only agency that offers three tiers of expert care which are always available to clients at no extra cost!

Just take a look...

Balanced Care is for those seniors who choose to age in their own homes. All caregivers receive training in the Balanced Care Method™, a program that promotes healthy mind, body and spirit for aging adults. Caregivers also receive culinary training!

Cognitive Therapeutics is provided to help delay memory problems. We use specially trained caregivers to administer an active set of cognitive activities to help keep our aging clients mentally sharp and engaged.

Hospital to Home Care is for those seniors who need help after a medical incident. We are the experts on a smooth recovery at home, having written the popular book From Hospital to Home Care.

One last thing...

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!

415-532-8626 • HomeCareAssistance.com
919 Sir Francis Drake Blvd. Ste.107, Kentfield, CA 94904