Bunny Offers Healing Touch in New Whistlestop/IOA Partnership

BY VALERIE BOWMAN

John Garratt, Whistlestop Transportation Manager of Safety and Training, was reviewing the Institute on Aging bus schedule one morning when he noticed a notation for Bunny Rabbit Pancakes. “I thought it was a 1960s hippie,” he said. But staff told John that Pancakes was a rabbit who rides the bus once a week for therapy. “I pictured a therapist asking a bunny rabbit if he was depressed because his ears wouldn’t stay up.” It turned out that Pancakes is an SPCA-certified therapy rabbit who visits the On Lok Pathways program of the Institute on Aging in San Francisco.

Whistlestop and Institute on Aging (IOA) of San Francisco recently formed a collaborative partnership to provide invaluable benefits for the community. Joe O’Hehir, Whistlestop’s CEO, said, “IOA and Whistlestop have clearly aligned missions to meet the growing needs of Marin and San Francisco’s older adults. We are honored to be working with such a respected organization like IOA.”

Terry Scussel, VP and GM of Whistlestop’s Transportation Services, explains, “Whistlestop is providing scheduling, dispatch, vehicle maintenance, parking yards and drivers operating IOA’s fleet of 10 accessible buses. IOA was looking for more efficiency, cost savings and the opportunity to partner with another nonprofit, so we joined forces this past September.”

Bunny Rabbit Pancakes’ owner is Frances Hornback, who retired as activities director for Pathways several years ago. Frances’s daughter bought the bunny at a pet store in a mall after having a pancake breakfast there. Frances calls him Bunny Boy and he’s still working, even after she retired. She used to bring Pancakes with her.

continued on page 5
In the first-of-its-kind Partnership Prize, Whistlestop and Homeward Bound of Marin took the Grand Prize in the category of “nonprofit with nonprofit” partnership. Whistlestop and Homeward Bound joined forces to operate the Jackson Café, which offers low-cost dining options for seniors in a social setting. This win-win relationship freed Whistlestop to focus its resources on their active aging programs rather than on food-service, while offering exceptional value to the training at Fresh Starts Culinary Academy, operated by Homeward Bound.

I created the prize to recognize and reward exemplary partnerships which have been developed in the North Bay region of the San Francisco Bay Area. It was designed to stimulate future partnerships through the networking of nonprofit and for-profit organizations. My goal in developing the Partnership Prize was to showcase exemplary partnerships which created economic and social impact for their organization, while also focusing on the larger goal of creating a greater good. Additionally, it is meant to stimulate new partnerships by providing outstanding cross-sector and intra-sector partnership models.

The 2014 Partnership Prize was held on Nov. 21 at the Marin Country Club in Novato.
Eden and Whistlestop Partnership Will Address Critical Senior Housing Shortage

The impending arrival of the SMART train in the downtown area of Central San Rafael has led to an opportunity for Whistlestop to partner with Eden Housing to create a visionary new facility by transforming its current building into a transit-oriented Active Aging Center with on-site services and much-needed housing for older adults. According to Whistlestop CEO Joe O’Hehir, this transformation will allow for a modernization and expansion of the present facilities that serve older adults all over Marin while creating critically needed affordable housing.

The new Whistlestop development will provide a way to meet the growing demand for needed services for Marin’s older adults. According to an article in the Marin Independent Journal, more than one in every three Marin residents will be 65 or older by 2030. Meeting the needs of this so-called “Silver Tsunami” will require a variety of improvements to available services including more convenient public transit, improved access to affordable health care, and increased availability of congregate meal and home-delivered food programs. Whistlestop – as the oldest and largest older adult services provider, the paratransit operator for the whole County and with its location at Marin County’s regional transportation hub (Bettini Transit Center) and future SMART station – is ideally positioned to help meet these needs and serve the aging population in Marin in the most efficient way possible.

Partnering with Eden Housing, the new development will provide up to 48 units of critically needed affordable one-bedroom residences to very low to extremely low income older adults, aged 55 and older, who earn less than 50% of Area Median Income. The project will provide high quality amenities including a community room, a computer center and library, and landscaped courtyards and furnished lobbies for casual social interaction. The affordable units will not only offer quality, safe housing at an affordable price, but as the first affordable transit-oriented community for older adults in Marin County, the development will also allow residents a high degree of mobility without a car. Combined with on-site services and the amenities in nearby downtown San Rafael, older adult residents will be able to age in community.

Members of the community are invited to a Public Meeting at Whistlestop’s Jackson Cafe on Jan. 14 from 7-9pm where updates on the housing project will be shared.

One of the development designs to be shown at the Jan. 14 public meeting.

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

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

northcoast mobility
Facilitating Movement through Technology

1281 Anderson Dr, Suite F • San Rafael
457.1664 • www.norcoastmobility.com

whistlestop.org
PacSun and Express Bring News to Older Adults

An important Whistlestop community partner is the Pacific Sun. The Whistlestop Express is inserted into the Pacific Sun once a month. Advertising and graphic design staff from the PacSun work with Whistlestop staffers and freelancers to produce the Express.

Bob Heinen, Pacific Sun publisher, says, “The partnership with Whistlestop is a natural for us. It’s a great partnership. The Pacific Sun is Marin, about Marin. And with Marin having one of the oldest aging populations in the country, the Whistlestop Express plays an important role in bringing news about older adults to the community.”

He added, “A big part of my job as publisher is to get out in the community and bring the community together. Partnerships like the one we have with Whistlestop is a way to do that. For the PacSun to continue to be successful, we need to partner with seniors.”

Heinen became publisher of the PacSun in October 2012 and he says, “We have some exciting things ahead in the digital world at the PacSun and I am very happy to be here, to be part of this community. And I really value our relationship with Whistlestop and the Express.”

The Pacific Sun weekly newspaper was founded in April 1963. Originally conceived as a West Coast version of the Village Voice, which came along eight years earlier, the Sun has for half a century focused on Marin—its people, politics, the environment, education and the arts. Heinen said, “Our goal is to cover this unique community—to inform, and be informed by, our readers in a thoughtful, provocative, literate, witty and honest manner.”

Recognized experience
and excellence.
Family owned-and operated since 1994.

These honors are a source of pride for us, security and peace of mind for you.
to work, where he would sit in peoples’ laps. “After I retired, the seniors still wanted to see him.” The IOA bus picks up a neighbor of hers to go to Pathways, and the driver stops by for Pancakes. She’s very grateful for the bus service; it helps her out because she takes the bunny to several other agencies for visits during the week. Frances says.

Pancakes is particularly good with people suffering with dementia. “One man was very agitated when Pancakes arrived, but he settled down and held the bunny for 45 minutes. He has a very calming effect.” Pancakes does have one bad habit that got him into a little trouble. He chewed through the wires of a 95-year-old woman’s pocket talker, which helps her hear conversations. She thought it was cute, but after the third time, the director ‘wrote him up.’ A note was posted on his cage, but Frances said it fell into the cage and Pancakes ate it.

Scussel explained that besides partnering with IOA, “Whistlestop’s Transportation Services act as a social enterprise providing accessible transportation and mobility management for older adults and people with disabilities. We manage a fleet of 80 vehicles with a staff of more than 100 to provide transportation, training, maintenance and call center services for transit agencies and other nonprofits. We provide the paratransit special needs transportation for Marin Transit, Golden Gate Transit, Golden Gate Regional Center as well as IOA.”

Bruce Burtch is an author and consultant who for 30 years has helped nonprofits and for profit organizations develop successful partnerships.
Breakthrough Hearing Technology

You are invited to make a **breakthrough** to a life full of amazing hearing.

**At Whisper Hearing Center** our highly trained and experienced Doctors of Audiology ensure you get the absolute most out of your hearing. They help improve your communication by using the full potential of your ears, your brain and custom hearing technology.

**Call to make an appointment today!**

Free hearing screening • 45-day trial • 100% Money-back guarantee

or for more information: [www.whisperhearing.com](http://www.whisperhearing.com)

**Whisper Hearing - San Rafael**
Northgate Medical Dental Ctr  
750 Las Gallinas Ave #103  
San Rafael CA 94903  
(415) 233-6081

**Whisper Hearing - Greenbrae**
Entrance on Via Hidalgo  
350 Bon Air Rd #100  
Greenbrae CA 94901  
(415) 413-4928

Your Hearing. Your Way.
Keep Learning at WHISTLESTOP

Unless otherwise noted, please register for programs by calling 415-456-9062 between 8:30am and 5:30pm, Monday through Friday.

Whistlestop has a new fee structure for classes, activities and special events; there are now fees or suggested donations for most programs and discounted rates for Whistlestar members. Also, to support the operations of our non-profit center, Whistlestop will have a “new member annual fee” of $5 starting January 3, which is not applicable to current members. Membership entitles participants to reduced rates for classes and meals in the café and also supports the funding for our center by improving our method of collecting participation data. Please pick up an application at our front desk or call 415-456-9062 for more information.

For a full list of classes and services, refer to the Whistlestop monthly calendar at whistlestop.org/classes/calendar/ or pick up a calendar at 930 Tamalpais Ave., San Rafael. Whistlestop will be closed January 1 and 2 for New Years.

UPCOMING SPECIAL EVENTS

BRING IN THE NEW YEAR PARTY
Thurs, Jan. 8, 11:30am-2pm
Music: Noon-1pm
Bring in the New Year with the Big Band sounds of the Swing Society Trio, provided free to us by Bread & Roses and have a wonderful meal of pot roast with garlic mashed potatoes or spinach ricotta manicotti in the Jackson Café. Tickets are $10 for members and $12 for non-members. Call to sign-up at 456-9062 and purchase your ticket at Whistlestop’s Front Desk by January 5 since space is limited.

HOW TO PAY FOR CARE AS YOU AGE
Mon, Jan. 12, 11am-12:30pm
Fee: $5/7
Are you concerned about how to pay for elder care if you or a family member should need it? Come and learn about all the options available to pay for care, how to qualify and how to get free help to apply. Does Medicare or supplemental insurance pay for any care? What about Medi-Cal? Who qualifies for In-Home Supportive Services provided by the County for low-income seniors? What are you entitled to if you are a Veteran or the surviving spouse of a Veteran? Eldercare expert Laurel Etheridge will answer your questions.

LOCAL AUTHOR BOOK TALK
Tue, Jan. 13, 2-4pm
Whistlestop is starting a new series of monthly book talks by local authors. This month, we are highlighting local author and Whistlestar member Gloria Wilcox, who wrote the book Soothing Angels: A Book to Soothe Your Soul and Inspire Your Spirit. Come to this presentation to hear Gloria share insights about her book and explain “how to increase your own divine connection.” Free event. Call to sign-up today.

UNIFY 2015 EVENT:
One Warm Coat, One Flu Shot, One Day
Sat, Jan. 17, 10am-3pm
The Medical Center of Marin and Whistlestop Active Aging Center proudly present UNIFY 2015 – a community outreach event. A day like no other: When many makes us ONE. On this day, there will be complimentary donated items including: coats; books; a limited number of groceries from Whole Foods; flu shots; and a buffet-style offering of social services including Affordable Care Act sign-ups, housing, nutrition, mental health, substance abuse information, domestic support and some entertaining children/family services. Drop-in, no fee.

HIGHLIGHTED CLASSES AND PROGRAMS

BEGINNING BRIDGE
Thursdays, starting Jan. 15 for 6 weeks, 3-4:30pm
Fee: $20/$22 for 6-week class
Learn basic bridge from Allan Nichol in the Active Aging Center Lounge. No experience required. Sign-up in advance as space is limited to 12 participants.

BEGINNING UKELELE
Tuesdays, starting Jan. 6 for 6 weeks, 3:45-4:45pm
Fee: $20/$22 for 6-week class
Maximum 25 participants. Sign-up soon. Come and learn to play the ukulele from teacher Fred Riley. Bring your own ukulele or the teacher will lend you one to try out! No experience required.

CHINESE BRUSH PAINTING
Fri, Jan. 16 and 30, 1:30-3pm
Fee: $3/$5 for materials per class
Learn the art of Chinese brush painting with artist Louise Yee.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

CITIZENSHIP CLASS
Wednesdays, starting Jan. 21, 3:30-5pm
Fee: $25/$27 per semester
This six-month class is a regular citizenship program that prepares students to take their naturalization test. Contact Marta Villela at 456-9062, ext. 131, for more information or to sign-up.

CONVERSATION GROUP FOR 90+
Every third Thursday, 1:30-3pm
No Fee
Contact: Virginia Dziomba, 456-6647
Join this small, friendly conversation group for women and men who are 90 plus.

ENGLISH AS A SECOND LANGUAGE PROGRAM
Basic, Intermediate, Advanced Levels
Semester class starts Jan 26, Mondays and Wednesdays, 2-3:30pm
Fee: $15/$17
Learn English from experienced Canal Alliance teachers. Contact Marta Villela for information and to sign-up today: 456-9062, ext. 131.

ENGLISH PRONUNCIATION
Wednesdays, 1-2pm
Fee: $10/$12
Learn English Pronunciation from experienced Canal Alliance teachers. Contact Marta Villela to sign-up today: 456-9062, ext. 131.

“I CREATE” ARTS & CRAFTS WORKSHOPS
Wednesdays, 10am-Noon
Fee: $3/$5 for materials per class
Come and join a fun new group to explore knitting, embroidery, quilting, sewing, and other arts and crafts. All abilities and skill levels welcome. Led by artists Jackie Herzog and Anna Ladyzhenskaya. Call Anna to learn more: 456-9062, ext. 138.

MIND EXERCISES
Thur, Jan. 8 and 22, 3:30 -5pm
Fee: $3/$5
Stimulate your mind by exploring dynamic word and number puzzles. Facilitated by experienced YMCA teacher Lloyd Licher.

MOVEMENT & MUSIC
Mondays, starting January 26, 11am-Noon
No Fee
Register through College of Marin: 485-9305
This class is for older persons who have not been exercising regularly or who have arthritis-related problems. The moderate, comfortable pace meets individual needs. Chair exercises tone both upper- and lower-body muscles. Includes: joint flexibility, muscle strengthening, balance, breathing coordination, and modified Tai Chi movements.

SALSA/CUBAN BALLROOM DANCING FOR OLDER ADULTS
Thursdays, starting January 15, 4:30-5:30pm
Fee: $6/$8
Come and learn beginning cha cha cha, mambo, and rumba dances (geared for older adults of all levels and abilities) with professional dancer Dale Louise Evje. Pay per class; cash only. Drop-in.

ZENTANGLE CLASS
Thur, Jan 15, 1:30-3pm
Fee: $3/$5
Zentangle is an easy-to-learn, relaxing, 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.

NEW HEALTH PROGRAMS

QIGONG: RELAX & RENEW
Mondays, 4-5pm
Fee: $5-$10 sliding scale (per class); $12 non-member
Release your stress, renew your zest with Qigong. Easy, gentle practices for all levels of ability optimize self-healing, body-mind health, and a happy, bright life. Includes both standing and sitting options. Drop-in OK. Bring a water bottle. Barbara Lovejoy, MSW, is a Certified Teacher of Qigong (Yuan Gong style). She is also a speaker, seminar leader, Certified Life Coach, and former Chair and Faculty of the Graduate School of Holistic Studies at JFK University. For more information, www.claimjoy.com.

HOMESHARE PROGRAM
Call Leslie Klor: 456-9062 ext. 132.
The Homeshare Program is a free referral service for older adults providing an affordable and alternative way

Check the calendar on our website daily or call for updates to the schedule during the holidays.
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?

MULTI-CULTURAL CONSULTATIONS
By appointment: 456-9062, ext. 131
No cost for consultations; small fee may apply for translation services
Spanish: Marta Villela, ext. 133;
Russian: Anna Ladyzhenskaya, ext. 138;
Vietnamese: Dina Duong, ext. 129
Whistlestop offers assistance to English and non-English speakers in Spanish, Russian and Vietnamese. We assist with applications for many social services, such as healthcare management, citizenship, housing, employment, and federal assistance, plus translations and referrals.

TELEPHONE REASSURANCE PROGRAM
To register: Call Leslie Klor, 456-9062, ext. 132
Free
Do you live alone? Would you like someone to care about how you are doing? If you 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.

ANNOUNCEMENTS
Volunteers Needed to Serve Breakfast
Volunteers are needed to set up and serve from 8 to 10am every Friday morning. Benefits are doing something good for older adults and a Free Breakfast.

Volunteer Drivers Needed
Meals on Wheels volunteer drivers needed to deliver meals to homebound clients. A valid California driver’s license and a clear DMV report are needed, as well as a reliable vehicle, current insurance certificate and a working cell phone. Must be reliable, friendly, and clean in appearance. A minimum of one 3-hour weekday shift is required.

Cashiers and Servers Needed
The Jackson Café at Whistlestop needs a few reliable, friendly volunteers who are interested in serving lunch at the café. Cashier experience is a plus but not required. Volunteers are asked to commit to a minimum of one weekday from 10:45am to 2pm. Contact: volunteer@whistlestop.org Phone: 456-9062, ext. 117 www.whistlestop.org.

Whistlestop wants to thank Carolyn Gauthier and Bread & Roses, the acclaimed Marin County non-profit organization that brings “hope and healing through live music,” for providing us with exceptional free live music performances to our members in Whistlestop’s Jackson Café this last year. Thanks a million—you have touched thousands of lives!

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

How to Use the iPad/iPhone
Tuesdays, Jan 20 & 27, 10am-Noon
COST: $48 for 2 classes • 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)

Intro to Computers (Windows)
Thursdays, Jan 29, Feb 5, 12, 19, 10am-Noon
COST: $65 for 4 classes • Maximum 8 people
Start at the very beginning and get an overview of what a personal computer can do for you in this hands-on course. Designed for first-time computer users, you will learn how to start and turn it off, use the mouse and keyboard to perform basic computer tasks, use Windows components to create and print a document, and how to search the Internet to find information and set up an email account.

For additional computer class options at other locations, go to: www.technology4life.org. Or call: 320-0363.

Marin County Commission on Aging
Thursday, Jan. 8 • 10am to 12:30pm
Marin County Office of Education,
1111 Las Gallinas Ave., San Rafael
Topic: Legislative Update
Speakers: Legislative Task Force Planning Committee
**Whistlestop Weekly ACTIVITIES**

This Month at Whistlestop

Please view our most recent class schedule at [www.whistlestop.org/classes/calendar/](http://www.whistlestop.org/classes/calendar/) or call **456-9062** for updates to the schedule.

### TIME | CLASS | INFO | FEE
---|---|---|---
**MONDAYS**
9:30–10:30AM | Zumba | Drop-in | Y
10–1PM | Chair Massage | Drop-in | Y
10–NOON | Computer Lab | Drop-in | N
10:30AM–1:30PM | Persian Social Group | | N
11–11:30AM | Movement & Music | Starts Jan. 26 | Y
12:15–1:15PM | German Social Group | Drop-in | N
12:30–1:30PM | Russian Social Group | | Y
2–3:30PM | ESL Basic/Advanced | Starts Jan. 26 | Y
4–5PM | Qigong: Relax and Renew | Drop-in | Y
**TUESDAYS**
9:30–10:30AM | Whistlesizers | Drop-in | Y
10–NOON | Mah Jongg | Drop-in | N
10:45–11:45AM | Cardio/Yoga Exercise Class | Drop-in | N
11AM–2PM | Manicurist | Appt. Req. | N
11:30AM–12:30PM | French Class | Drop-in | Y
1–2PM | French Social Group | Drop-in | N
1–3PM | Learn Spanish | Drop-in | Y
1:30–3PM | Mastery of Aging Class | Drop-in | N
3:45–4:45PM | Beginning Ukelele | 6-week class | Y
**WEDNESDAYS**
9–10:15AM | Tai Chi | No Class Dec. 24 & 31 | Y
10–11:15AM | Seniors’ Circle | Drop-in | N
10–NOON | Computer Lab | Drop-in | N
10–NOON | “I Create Arts” & Crafts Workshop | Drop-in | Y
10:30AM–1:30PM | Persian Social Group | 472-6020 | N
* 11AM–1PM | Corazón Latino | No Group Dec. 24 & 31 | N
12:30–1:30PM | Zumba Class | Drop-in | Y
1–2PM | English Pronunciation | Starts Jan. 28 | Y
2–3:30PM | ESL Basic/Advanced | 456-9062 x131 | Y
3:30–5PM | Citizenship Class | 456-9062 x131 | Y
**THURSDAYS**
9:30–10:30AM | Whistlesizers | Drop-in | Y
10AM–1PM | Chair Massage | Drop-in | Y
11–11:30AM | Zumba | Drop-in | Y
12:15–3PM | Vietnamese Social Group | 456-9062 x129 | N
1:30–2:30PM | Learn Italian | Ends Feb. 12, 2015 | Y
2:45–3:45PM | Balance Class | Drop-in | Y
3–4:30PM | Beginning Bridge | Starts Jan. 15/6 weeks | Y
3:30–5PM | Mind Exercise | Jan. 8 & 22 | N
4:30–5:30PM | Salsa/Cuban Dance | Drop-in | Y
**FRIDAYS**
8:30AM | Community Breakfast | Drop-in | Y
11:00–NOON | Brown Bag Pantry | 456-9062 x117 | N
1–3PM | ACASA | Drop-in | N
1:30–3PM | Chinese Brush Painting | Jan. 16 & 30 | Y
1:30–3:30PM | Practice Spanish | Drop-in | Y
2–4PM | Ping-Pong | Jan. 9 & 23 | N
3–4PM | Yoga | Drop-in | Y

*Except for Corazon Latino Group, held weekly at Pickleweed Community Center, all classes are held 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**

Main Entrée

$4.95/$5.95/$6.95

Sandwiches

$4.50/$5.25/$6.25

Soup du Jour

$1.95/$2.95/$2.95 bowl

Hamburger w/Fries

$4.50/$5.25/$6.25

Garden/Caesar Salads

$3.75-$4.50

**OTHER ITEMS**

Tuna Salad Side $1.25

Beverages $1.00

Desserts/Fruit $2.00

Cheese $0.50

Avocado $1.25

---

10 WHISTLESTOP EXPRESS JANUARY 2015
Swirling Starlings

In the early 1880s, Eugene Scheifflin, a wealthy Shakespeare aficionado, decided to import every bird mentioned in the Bard’s plays. Most of his imports failed to prosper, but not the European Starlings. He released about 100 Starlings in Central Park in 1890 and ’91. Fifty years later, these few had spread throughout the entire continent, including Canada and parts of Mexico. There are now more than 200 million of these birds. Roosting groups of more than a million birds are not uncommon. Unfortunately, Starlings drive other birds out of their expanding territories and have contributed to the near extinction of many of our native birds. Starlings compete with Woodpeckers, Hoopoes, Wood Ducks, Buffleheads, Tree Swallows and Purple Martins for increasingly scarce nesting cavities. At the peak of the mating season, Starlings sport white tips on their flight feathers, but the tips soon wear off from friction with the air, leaving ragged edges. Most Starlings associate in flocks that vary in size throughout the year. Often considered pests by bird lovers, a performance of starlings, called a murmuration, can change your opinion. These flocks move with choreographed precision, never once colliding. Swirling, expanding and contracting like lava lights from years ago, flocks of a million or more Starlings are simply stunning. These flocks may include other birds such as Red-winged Blackbirds. Impressive murmurations of Starlings and Red-winged Blackbirds are often seen in the autumn between Highway 37 and Highway 12 in Sonoma County. There are good viewing spots along 121 north of the Sonoma Raceway.

Till next time,

Richard
**Multicultural NEWS**

*By MARTA VILLELA MORALES*

**Our Union is our Strength**

We believe that building partnerships in our community is an important way to achieve Whistlestop’s mission, and it helps us to provide different services to our multicultural members.

One service is our English as a Second Language program, which has been coordinated and organized by Canal Alliance with volunteer teachers. Participating in our three levels of classes are people from Latin America, Asia, Europe, and Africa, and most of them are older adults with a goal of “learning English” to be independent in the United States.

Another organization we work with is the Margaret Todd Senior Center. We have teamed up to provide Latin events and a multicultural newsletter, *Bel Marin Multi-cultural*, to our members. This association has been very enriching for our Latin older adults and has kept them informed about our integrated services.

The third collaboration has been with San Rafael Community Services, City of San Rafael, and Marin Health & Human Services. Together, we have provided Latin and Vietnamese social groups at the Albert Boro Center. Our members enjoy various fun and enriching activities and enjoy a meal as part of the Aging & Adult Services nutritional program. Through these activities, our older adults have the chance to learn, be active, be around others, and be more physically and mentally healthy.

In addition to the above partners, Whistlestop has partnerships with the ACASA program from HOPE, Marin Transit, Episcopal Senior Resources, Dominican University of California, The Lighthouse program, and Lift (Levantate). Thanks to all of them, we can continue to offer integrated programs where our members receive a variety of services and activities to enhance their quality of life.

---

**Other Whistlestop Partners**

Other partners of Whistlestop include:

- San Francisco Food Bank, whose mission is to end hunger in San Francisco and Marin. They collect and distribute food to those in need;
- Extra Food, which ‘rescues’ food from being wasted and helps nonprofits feed more people;
- One Warm Coat, which collects coats to give to those in need for free;
- Cedars of Marin, where Whistlestop clients can learn how to weave.

---

**LightHouse of Marin Has Moved!**

On December 15th, LightHouse of Marin moved their satellite office to 851 Irwin Street, Suite 206, in San Rafael, only three blocks from their previous home at Whistlestop’s Active Aging Center. LightHouse students can continue to benefit from both agencies: great training and support from the Lighthouse and continued participation in the community with Whistlestop.
I recently wrote a book entitled *Raising a Sane and Successful Teen – An Innovative Guide to Becoming an Awesome Parent*. It rose to the Amazon.com best-seller list a few weeks ago.

The book is about how to relate to a teen when things are going well and how to relate when they’re going badly. I discuss drugs and alcohol, sex and love, doing chores, getting a job, getting an education, growing up. People ask me to speak about what I know and they send me their kids to guide them. The methods continue to work well. Still people ask me to tell them more. I’m a Nona now with grandchildren, and sometimes when I think of what works with raising kids – I think of my Nona’s recipe for polenta.

First you take a biggish pot. Give the grains room to breathe. Put about two water glasses of warm water into the pot so the polenta doesn’t get a shock. Salt the water. Not too much, but don’t be stingy, either. Get the water boiling pleasantly. Take a big handful of polenta and slowly let the grains fall between your fingers into the water. Take a wooden spoon, lower the heat a bit and stir firmly but skillfully for 25 minutes. Don’t leave the polenta for more than a minute. When it is done, let it rest a bit, pour it into a bowl and stir in a little butter. If you have it, maybe add some cheese. If you don’t have cheese, a little black pepper at the table is nice. Then let it sit for a moment. Enjoy the look, the aroma, the accomplishment.

Raising teens is much the same – the pot is hot, you must watch it carefully, and if you put in all the right ingredients and step away, it will all be good. ✪

Mary Ann Maggiore consults with teens, young people & their families to create a meaningful life. Contact her: maryannmaggiore@gmail.com, 577-6627.
**Mastery of Aging Class**

In Whistlestop’s Mastery of Aging weekly drop-in class, various skills are taught and practiced each week to enhance the aging experience. Instruction includes mindfulness practices to increase awareness; exercises adapted from Tai Chi to improve balance, coordination, and agility; mental imagery to improve circulation, respiration, and general health; assignments to reduce social isolation; ways to find new meaning in simple things; and instruction in how to be an empowered medical patient. The class meets on Tuesdays from 1:30-3pm. Instructor Larry Berkelhammer, PhD, is retired from mind-body medicine and is the author of *In Your Own Hands: New Hope for People with Chronic Medical Conditions — Mindfulness-Based Practices for Mastery and Wellbeing.*

---

*I start my day walking through our wildlife preserve …*

I was concerned about moving from my home until I visited The Redwoods. It’s everything I could hope for.

**At The Redwoods**
- 10 Acre Campus with Wildlife Preserve
- Engaging Active Lifestyle that our residents find invigorating and renewing.

Schedule a visit today 415.383.2741
40 Camino Alto, Mill Valley 94941
Volunteer Holiday & Appreciation Tea

In December, we hosted a Volunteer Appreciation Tea to thank the 140 volunteers who help Whistlestop year round.

Thank you to donors:
Equator Teas and Coffees
Lotus Cuisine
Nothing Bundt Cakes
Mrs. Esmaili’s Persian Social Group
Azteca, San Rafael
Homeward Bound, Fresh Starts

2015 Whistlestop Express Reader Survey

So that we can deliver the best and most relevant content to you each month, please complete this brief survey and return in the enclosed remit envelope by January 31st and let us know how we’re doing.

1. Please rank the following, with 5 being ‘outstanding’ and 1 being ‘not impressed’:
   - Design and layout of Whistlestop Express 5 4 3 2 1
   - Interesting stories and photographs 5 4 3 2 1
   - Contains useful information 5 4 3 2 1
   - Classes and Activities pages 5 4 3 2 1
   - Whistlestop Perspective Column 5 4 3 2 1
   - Richard Pavek’s Bird’s Side of Marin 5 4 3 2 1
   - Nona Knows Best Column 5 4 3 2 1
   - Multicultural Column 5 4 3 2 1
   - Useful Advertisements 5 4 3 2 1

2. Please share with us any ideas on how you would improve Whistlestop Express. (New features, etc.)

3. Please indicate your age range.
   - Under 44
   - 45 - 59
   - 60 - 69
   - 70 - 79
   - 80 - 89
   - 90+

4. What is your gender?
   - Female
   - Male

5. Do you own your home?
   - Yes
   - No
   - Other (please specify)

6. What is your estimated annual income?
   - Less than $24,000
   - $25,000 - $49,000
   - $50,000 - $99,000
   - $100,000 - $250,000
   - More than $250,000
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!

**Home Care Assistance**

415-532-8626 • HomeCareAssistance.com

919 Sir Francis Drake Blvd. Ste.107, Kentfield, CA 94904