For Robert, It’s the Ritual

By Marty Orgel

In our special Father’s Day issue of Express, we begin with a story about Robert Nii (pronounced Knee) and rituals. Robert likes to have lunch at Jackson Café. On Mondays. It’s a ritual Robert has followed for five years. He started coming with his wife, Kazuko. When she passed, he came with his daughter, Stacy Nii-Eastly.

It’s a ritual that suits him. Robert likes that the volunteers at the Café are always relaxed and welcoming. Father and daughter eat lunch there almost every Monday, when Robert is staying at Stacy’s house in San Rafael.

continued on page 6
Another Mile Marker on Life’s Marathon

This Father’s Day celebration marks the passing of another mile marker on my life’s marathon journey. One of my goals as a father was to help all four of my children obtain college degrees. This would also allow me to honor my late father who was able to provide this same opportunity to his four children, my two brothers, sister, and me.

On June 14, my youngest son Kevin will join his brothers Michael and Joe, and sister Amy among the ranks of college graduates. Like his siblings, Kevin already has a job lined up. I’m so proud of my children. They have worked hard to achieve their goals and yet they are humble enough to know that not every young person gets this opportunity.

Another mile marker looms in the not too distant future. The oldest of my five grandchildren, Anna, is graduating from 8th grade and will be entering high school. I’m fortunate enough to be there to help Anna as she hopefully follows in her parents’ footsteps. And, my new mile marker goal is to be able to see all five grandchildren receive their college diplomas, although I will have to live to the ripe old age of 85, since my youngest grandchild is just three years old now.

My job at Whistlestop has given me the opportunity to befriend many gentlemen who are still active and healthy well into their late 80s and 90s. It’s a gift for me because both of my grandfathers died at relatively young ages, and my father died two years ago. The “Whistlestop Guys” frequent the Jackson Café and/or serve as volunteers for our many active aging programs and services. It’s a pleasure to sit and talk with them and to admire what role models they are for younger men. Many served our country as soldiers or suffered the economic hardship of the Depression. Yet the twinkle in their eyes and the engaging smile on their faces is truly inspirational. And the pride that these men show when talking about their children, grandchildren, and great-grandchildren is heartwarming. When I’m having a tough day, all I need is a warm handshake, a brief

continued on page 3
Whistlestop’s NEW CarePool Service Seeks Volunteer Drivers

Whistlestop needs volunteer drivers to take older adults to doctor appointments or the grocery store.

For details, and to volunteer, please contact Laurie at volunteer@whistelstop.org.

Pilot funding through a New Freedom Grant from MTC and Measure B.

Learning Another Language Helps Brain Stay Agile

People who speak more than one language and who develop dementia tend to do so up to five years later than those who are monolingual, according to a study.

Scientists examined almost 650 dementia patients and assessed when each one had been diagnosed with the condition.

They found people who spoke two or more languages experienced a later onset of Alzheimer’s disease, vascular dementia and frontotemporal dementia.

It is the largest study so far to gauge the impact of bilingualism on the onset of dementia, independent of a person’s education, gender, occupation and whether they live in a city or in the country, all of which have been examined as potential factors influencing the onset of dementia.

Thomas Bak, of Edinburgh University said: “These findings suggest that bilingualism might have a stronger influence on dementia than any currently available drugs.

Bak added that millions of people around the world acquire their second language later in life. He said bilingualism, even when acquired in adulthood, might benefit the ageing brain.

From BBC.com

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LIFE’S MARATHON continued from page 2

chat along with a good laugh, and a smile from one of the Whistlestop guys and I’m reinvigorated.

So, here’s a cheer for all the fathers of the world out there, both young and old. We have been given the unbelievable gift of being shepherds to the new lives that are brought into this world. I wish you all the best of success in passing the mile markers on your life’s marathon journey.

Joe O’Hehir is Whistlestop’s CEO.
Father’s Day Almost Scrapped

During the 1920s and 1930s, a movement arose to scrap Mother’s Day and Father’s Day altogether in favor of a single holiday, Parents’ Day. Every year on Mother’s Day, pro-Parents’ Day groups rallied in New York City’s Central Park – a public reminder, said Parents’ Day activist Robert Spere, “that both parents should be loved and respected together.” Paradoxically, however, the Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers redoubled their efforts to make Father’s Day a “second Christmas” for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards. When World War II began, advertisers began to argue that celebrating Father’s Day was a way to honor American troops and support the war effort. By the end of the war, Father’s Day may not have been a federal holiday, but it was a national institution.

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VOLUNTEER OF THE MONTH

Erika Vaughn, Whistlestop’s Meals on Wheels Coordinator, says of June’s Volunteer of the Month, “I’ve seen and met angels wearing the disguise of ordinary people and living ordinary lives. Arnold Lubler is one of those angels. Thank you, Arnold, for all of your volunteer service, you just make my job so much easier.”

Arnold Lubler was born in Washington DC and moved with his family to LA in 1966. After visiting Marin, he came to stay in 1973. He has been married to his lovely wife for 33 years and their 22-year-old daughter, Kasey, is a Yoga events videographer.

After retiring from the wholesale business industry, he started his second career as a Para Educator working at a local Middle School. He loved doing that work but decided to retire again in 2013 when he began volunteering. When he is not volunteering, Arnold likes golfing, swimming, cooking, gardening and taking his dogs out for long walks. He hopes his wife will retire soon so she can experience some of the pleasure and stress free giving of time that volunteering provides.

Arnold came to Whistlestop on a suggestion from another volunteer who knew there was a need for more helping hands. He began delivering Meals on Wheels on Fridays and then, when help monitoring the parking lot was needed, he offered to take on Monday mornings. In addition, he is helping Leslie Klor make telephone reassurance calls on Wednesdays and is volunteering in our Brown Bag Pantry. Arnold said he likes to help his community and “pay it forward.” He certainly is doing that.
Whistlestock 2015!

Tickets on sale
Wednesday, July 1

A Day of 60’s Music and Fun at Rancho Nicasio

Sunday, September 27, 2015

Gates open at 2pm.

Music 3pm – 6pm.

Rancho Nicasio
1 Old Rancheria Rd.
Nicasio

Featuring rock legends soon to be announced!

1 DAY of JOY & MUSIC

WHISTLESTOCK

SUNDAY SEPTEMBER 27 RANCHO NICASIO 2-6PM

BBQ • Costume Contest • Dancing

Tickets at whistlestock.com
on sale July 1

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Whistlestop 2015!
Robert says the Café is a familiar place and everyone knows what to expect, “like the old TV show Cheers, where everyone knows your name,” he says with a smile. “The comfort level here is good.”

Stacy is one of Robert’s three children; there’s her brother, Kevin Nii, in San Anselmo and her sister, Sarah Ting, in Stockton. Robert stays with Stacy Saturdays, Sundays, and Mondays. The rest of the week he lives in Stockton with Sarah.

Robert was a Civil Engineer with CalTrans for 45 years, and designed roads. He often meets his friend and former co-worker, Olive, for lunch at Jackson Café. He likes the chicken. Monday after Monday, year after year, Robert has enjoyed the chicken at Jackson Café. Only recently, he acknowledges with a grin, it might be time for a change.

Stacy is thankful her father has gotten to know many of the volunteers at the Café, like Marilyn Moore. Café staff and volunteers like to chat with regular customers, and they often sit and talk with Robert and Stacy. They talk about different activities available at Whistlestop and events around town.

This Father’s Day is Sunday, June 21. So, if events unfold as expected, you’ll find Robert and Stacy at Jackson Café on Monday. “There’s nothing like this in Stockton,” Robert says, with a laugh.

Marty Orgel is Marketing & Communications Specialist at Whistlestop.

Spices For Life

According to an article in AARP magazine, replacing salt and sugar with nutrient-dense spices not only adds flavor – it also increases mental focus, reduces muscle pain, strengthens the immune system and revs up metabolism. Try these: crushed red pepper flakes; ginger; thyme; turmeric; cinnamon and rosemary. Smelling rosemary has also been found to improve memory. Add cinnamon instead of cream and sugar to coffee.
Keep Learning at WHISTLESTOP

To support our Center, Whistlestop has instituted 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. Whistlestop has also instituted a “new member annual fee” of $5. Membership entitles participants to reduced rates for classes and meals in the café, supports the funding for our center, and improves our method of collecting participation data. Please pick up an application at our front desk, or register for classes and events at 930 Tamalpais Avenue, San Rafael, from 8:30am-5:30pm, Monday-Friday. Or call 415-456-9062 for more information.

For a full list of classes and services, refer to the Whistlestop monthly calendar online at whistlestop.org/classes/calendar or pick up a calendar at the Active Aging Center. Fees listed below show the member fee first, followed by the non-member fee (e.g. $3/$5)

SPECIAL EVENTS

ANNUAL MULTI-CULTURAL PARTY
at PICKLEWEED PARK

Wed, June 3, 11am-1:30pm
Albert Boro Community Center (Pickleweed Park)
50 Canal Street, San Rafael
Fee: $3 suggested donation, 60 and over, $6 for people under 60
Registration required prior to the event

Join us for our Annual Multicultural Party! Live entertainment will be provided by Bread & Roses Presents ™ and Tradicion Peruana, Peruvian dancers. Hot dogs and burgers will be served during this fun event. Please call Marta at 415-456-9062, x131 to reserve your spot by Friday May 29.

FATHER’S DAY LUNCH with LIVE MUSIC
Fri, June 19
Lunch: 11:30 am-1 pm • Music: 12-1 pm
Ticketed Event: $10/$12

Celebrate and honor our fathers with a special lunch featuring beef medallions, garlic mashed potatoes, grilled zucchini and a chocolate brownie for dessert. We will also have a sing-along of famous 30’s, 40’s, and 50’s music from talented entertainers Jack and Adele. Call 415-456-9062 to register by June 15.

LIVE MUSIC LUNCH
Thur, June 25, 11:30 am-1 pm
Music: 12-1pm
Live Music Lunch features Nancy Fox playing your favorite piano music by request, while you enjoy any meal from our regular menu.

NEW/HIGHLIGHTED CLASSES & WORKSHOPS

ESL SUMMER CLASSES

We are offering a summer session of English classes. Registration is required. New students: $15, returning students: $3

Basic English: Mon & Wed, 2-3:30pm, June 1-July 22
Advanced Reading & Writing: Mon & Wed, 2-3:30pm, June 1-July 22
English Pronunciation: Wed, 1-2pm, June 3-July 22

Call Marta to sign-up: 415-456-9062 at extension 131.

WHISTLESIZERS CHAIR EXERCISE CLASS with ELIZABETH

Tuesdays, 9:30am & Thursdays, 11-12pm
Fee: $4/5

Keeping the focus on safety and fun, this class includes sitting range of motion, strength, flexibility, and light cardio exercises (with some standing if possible). Drop-ins welcome. Whistlesizers is facilitated by Elizabeth Lynn, a Certified Senior Fitness Leader.

INVESTMENTS 101

Tues, June 9, 3:30-4:30 pm
No Fee: Donations appreciated

Come to this workshop facilitated by Don Maxon, CERTIFIED FINANCIAL PLANNER®, to explore the reasons to invest. Learn about getting started, risk, and your own personal tolerance for risk. Find out how to plan and allocate your investments. Call front desk to register.

TAI CHI

Wednesdays, 9-10am
Fee: $5-10 (sliding scale for members)/$12 non-members

Tai Chi offers gentle energy work for all levels of ability. When you have experienced these slow, healing, relaxing exercises from ancient China, you may agree that Tai Chi is “the supreme ultimate.” Drop-in, no advanced sign-up required. Instructor Calvin Ahlgren has taught at Whistlestop for eight years.

SALSA/CUBAN BALLROOM DANCING FOR OLDER ADULTS

Thursdays starting June 4, 4:30-5:30 pm
Fee: $6/$8 (pay per class, cash only)

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. Drop-in.

MIND EXERCISES with LLOYD

Thur, June 4 & 18, 3:30-5pm
Fee: $3/5

Stimulate your mind by exploring dynamic word and number puzzles. Facilitated by experienced YMCA teacher Lloyd Licher. Call the Active Aging Center to sign up today.
MEDICARE 101 SEMINAR: LEARN THE NUTS AND BOLTS
Tues, June 24, 10:30am-12:30pm
No Fee: Donations appreciated
Turning 65? Losing coverage with an employer? Trying to make sense of Medicare? Medicare can be confusing. What’s the difference between Part A and Part B? How much gets deducted from Social Security? What are your options when it comes to Health Plans? What sort of coverage can you hope for? Cara Suminski of SCAN Health Plan will show you how simple Medicare can be. For education purposes; no plan-specific benefits or details will be shared.

JEWELRY CLASS: CHAN LU WRAP BRACELETS
Wed, June 17, 1:30-2:45pm
Fee: $10 per class/includes materials
Registration and payment required prior to class.
Maria Barsest, local bead artist, will show you how to make popular and gorgeous wrap bracelets. Class limited to 10 people.

RUSSIAN SOCIAL GROUP
Held at Margaret Todd Senior Center in Novato, 1560 Hill Rd.
Wed, June 24, 10:30-11:30am
No Fee: Donations appreciated
Come to socialize and learn about community resources and stay for lunch from 12-1pm and/or the Brown Bag Program from 1-2pm. To sign up, or if you would like to participate in the Brown Bag and/or Lunch Program, call Whistlestop’s Russian Multi-Cultural Coordinator Anna Ladyzhenskaya at 415-456-9062, ext. 138.

ZENTANGLE CLASS
Thur, June 25, 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. Call the Active Aging Center to sign up today.

NEW/HIGHLIGHTED HEALTH PROGRAMS

RABEL’S MEDITATIVE MASSAGE CLASS
Mondays, 3:30-4:30pm
Fee: $10/$12
Practice gentle self-massage and learn to massage others using peaceful meditation. Focus on specific health issues related to your needs and the needs of others. Acquire inner peace in appreciation of the miracle of your body and share this with others. For singles or couples. Facilitated by Certified Massage Therapist Rabel Mangahas.

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). For more information, www.claimjoy.com.

HOW TO BE AN EMPOWERED MEDICAL PATIENT
Tuesdays, 2:30-3:45 pm
No Fee: Donations appreciated
Learn how to become an empowered medical patient. Through instruction, practice, and discussion, you will learn how to optimize communication with doctors and your medical team. A science-based breathing method, mental imagery, and other practices are taught to improve mind-body health and wellbeing. Taught by Larry Berkelhammer, PhD, author of In Your Own Hands: New Hope for People with Chronic Medical Conditions.

HEARING AWARENESS SEMINAR
Tues, June 16, 3-4pm
No Fee: Donations appreciated
Rachel DeMicco, Associate Clinical Director of AccuQuest Hearing Centers, will present information about your hearing health and raise awareness about the need for prevention, treatment, and regular hearing screenings throughout life. A chance to ask hearing health professionals specific questions. The mission of this organization is to eradicate the stigma associated with hearing loss through education and testing. Sign up in advance.

HEARING SCREENINGS
Fri, June 19, 1-5 pm
No Fee: Donations appreciated
A Hearing Practitioner from AccuQuest Hearing Centers will conduct a hearing health screening at Whistlestop. This will include a sound verification (plotting of points on the audiogram where you hear a series of sounds at various frequencies). The results of the sound verification become your baseline. Reservations required. Call to reserve a free 20-minute screening at our front desk.

MEMORY SCREENING
Wed, June 17, 8:30am-12:30pm (half-hour appointments)
No Fee: Donations appreciated
Are you concerned about your memory? Take action. Memory screening makes sense for anyone concerned about memory loss. It involves a simple short test with a geriatric professional. Sign-up in advance as space is limited.
HEALTH CARE PLANNING: ADVANCED DIRECTIVES  
**Tues, June 23, 3-4 pm**  
No Fee: Donations appreciated  
Are you prepared in the event of illness? Do you know who you want to make healthcare decisions for you if you aren’t able to speak? Are your wishes about the care you want known to your loved ones? Hospice by the Bay professional staff will speak on planning today for future healthcare decisions by exploring your options and introducing the documentation needed. Call to sign up today.

HIGHLIGHTED SUPPORT SERVICES  
MULTI-CULTURAL CONSULTATIONS  
**By appointment: 415-456-9062**  
Spanish/English: Marta Villela, ext. 131; Russian/English: Anna Ladyzhenskaya, ext. 138; Vietnamese/English: Dina Duong, ext. 129  
No fee for consultations; small fee 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, such as healthcare management, citizenship, housing, employment, and federal assistance, plus translations and referrals.

TELEPHONE REASSURANCE PROGRAM  
**To register: Call Leslie Klor, 415-456-9062, ext. 132**  
No Fee: Donations appreciated  
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.

ROTARY HOME TEAM  
**Saturday in July (date to be determined), 9am-1pm**  
No Fee: Donations appreciated  
If you are a San Rafael homeowner, the Rotary Home Team offers a free service for seniors and people with disabilities who may have financial or physical challenges in performing basic household repairs. To arrange a Rotary Home Team visit or for more information, contact Leslie Klor at 415-456-9062, ext. 132.

VICTIM-WITNESS PROGRAM  
**2nd & 4th Thursdays, 9am-12pm**  
Yolanda Johnson, Advocate from the District Attorney’s office, will be available to meet with you to answer questions, provide information, and connect you to resources or call 415-473-6450.

TECHNOLOGY  
**Pre-registration and payment required. To register, Call 415-456-9062. See details of classes online.**

June and July COMPUTER CLASSES  
**How to Use the iPad/iPhone**  
**Tuesdays, June 2 & June 9, 10am - Noon (2 classes)**  
Fee: $48  Maximum 8 people  
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. (For Apple devices only)

**iPad/iPhone Applications**  
**Tuesdays, July 9 & July 16, 10am - Noon (2 classes)**  
Fee: $48  Maximum 8 people  
You’ve learned the basics and now want to find out about the apps. 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)

ONGOING  
**Computer Tutor**  
**Mon and Wed, Noon - 1pm**  
Fee: $20/hour by advance appointment  
Personalized computer assistance, troubleshooting and instruction for the PC user specializing in assisting older adults and novices.

**Open Lab**  
**Every Mon and Wed, 10am - Noon**  
No Fee  
Use our PCs for your own purposes, access internet, etc. Volunteer staff available for advice on problems with your electronic devices; laptops, tablets, etc. and can help with software applications.

Marin County Commission on Aging  
**Thursday, June 11 • 10am – 12:30pm**  
Where: Alma Vista of San Rafael, 515 Northridge Drive  
**Topic:** The Importance of End-of-Life Decisions  
**Speakers:** Health & Nutrition 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 415-456-9062 for updates to the schedule.

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
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<tbody>
<tr>
<td><strong>Mondays</strong></td>
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<tr>
<td>9:30–10:30AM</td>
<td><strong>Zumba</strong></td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>10–1PM</td>
<td><strong>Chair Massage</strong></td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>10–NOON</td>
<td><strong>Computer Lab</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td><strong>Persian Social Group</strong></td>
<td>415-472-6020</td>
<td>N</td>
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<tr>
<td>12:15–1:45PM</td>
<td><strong>German Social Group</strong></td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>12:30–1:30PM</td>
<td><strong>Russian Social Group</strong></td>
<td>415-456-9062</td>
<td>N</td>
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<tr>
<td>2–3:30PM</td>
<td><strong>ESL Basic/Advanced</strong></td>
<td>Starts 6/1</td>
<td>Y</td>
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<tr>
<td>3:30–5PM</td>
<td><strong>Meditative Massage</strong></td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>4–5PM</td>
<td><strong>Qigong: Relax and Renew</strong></td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td><strong>Tuesdays</strong></td>
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<tr>
<td>9:30–10:30AM</td>
<td><strong>Whistlesizers</strong></td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>10–NOON</td>
<td><strong>Mah Jongg</strong></td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>10:45–11:45AM</td>
<td><strong>Cardio/Yoga Exercise Class</strong></td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>11AM–2PM</td>
<td><strong>Manicurist</strong></td>
<td>Appt. Req.</td>
<td>N</td>
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<tr>
<td>11:30AM–12:30PM</td>
<td><strong>French Class</strong></td>
<td>No Class 6/2</td>
<td>Y</td>
</tr>
<tr>
<td>1–2PM</td>
<td><strong>French Social Group</strong></td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>1–3PM</td>
<td><strong>Learn Spanish</strong></td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>2:30–3:45PM</td>
<td><strong>Be an Empowered Medical Partner</strong></td>
<td></td>
<td>N</td>
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<tr>
<td><strong>Wednesdays</strong></td>
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<tr>
<td>9–10:15AM</td>
<td><strong>Tai Chi</strong></td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>10–11:30AM</td>
<td><strong>Seniors’ Circle</strong></td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>10–NOON</td>
<td><strong>Computer Lab</strong></td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>10:30AM–1:30PM</td>
<td><strong>Persian Social Group</strong></td>
<td>415-472-6020</td>
<td>N</td>
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<tr>
<td>* 11AM–1PM</td>
<td><strong>Corazón Latino</strong></td>
<td>415-456-9062 x131</td>
<td>N</td>
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<tr>
<td>12:30–1:30PM</td>
<td><strong>Beginning &amp; Intermediate Ukelele</strong></td>
<td>Ends 6/17</td>
<td>Y</td>
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<tr>
<td>1–2PM</td>
<td><strong>English Pronunciation</strong></td>
<td>Starts 6/3</td>
<td>Y</td>
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<tr>
<td>2–3:30PM</td>
<td><strong>ESL Basic/Advanced</strong></td>
<td>415-456-9062 x131</td>
<td>Y</td>
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<tr>
<td>3:30–5PM</td>
<td><strong>Citizenship Class</strong></td>
<td>415-456-9062 x131</td>
<td>Y</td>
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<td><strong>Thursdays</strong></td>
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<tr>
<td>9:30–10:30AM</td>
<td><strong>Whistlesizers</strong></td>
<td>Drop-in</td>
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<tr>
<td>10AM–1PM</td>
<td><strong>Chair Massage</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11–NOON</td>
<td><strong>Zumba</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>12:15–3PM</td>
<td><strong>Vietnamese Social Group</strong></td>
<td>415-456-9062 x129</td>
<td>N</td>
</tr>
<tr>
<td>1–2:30PM</td>
<td><strong>Intermediate Italian</strong></td>
<td>5/28-7/10</td>
<td>Y</td>
</tr>
<tr>
<td>2:45–3:45PM</td>
<td><strong>Balance Class</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>3–4:30PM</td>
<td><strong>Watercolor Technique</strong></td>
<td>5/14-7/30</td>
<td>Y</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td><strong>Mind Exercises</strong></td>
<td>6/4 &amp; 6/18</td>
<td>Y</td>
</tr>
<tr>
<td>4:30–5:30PM</td>
<td><strong>Salsa Cuban Ballroom Dancing</strong></td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td><strong>Fridays</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30AM</td>
<td><strong>Community Breakfast</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11:00–NOON</td>
<td><strong>Brown Bag Pantry</strong></td>
<td>456-9062 x117</td>
<td>N</td>
</tr>
<tr>
<td>12:30–2PM</td>
<td><strong>Beginning German</strong></td>
<td>Ends 6/26</td>
<td>Y</td>
</tr>
<tr>
<td>1–3PM</td>
<td><strong>ACASA</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td><strong>Practice Spanish</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2–4PM</td>
<td><strong>Ping-Pong</strong></td>
<td>6/12 &amp; 6/26</td>
<td>Y</td>
</tr>
<tr>
<td>2:30–4PM</td>
<td><strong>Chinese Brush Painting</strong></td>
<td>6/5 &amp; 6/19</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td><strong>Yoga</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
</tbody>
</table>

*Except for Corazón Latino Group, held weekly at Pickleweed Community Center, all classes are held at Whistlestop's Active Aging Center, 930 Tamalpais Ave., San Rafael.*

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**Lunch Menu**

**Whistlestar Member (Lowest Price)**/Non-member Over 60/Under 60.

**Prices Include Tax**

- Main Entrée: $5.75/$6.90/$8.05
- Sandwiches + Burgers: $5.20/$6.10/$7.25
- Soup du Jour: $3.40/$4.35/$5.70
- Garden/Caesar Salads: $4.05/$4.35/$5.20

**Other Items**

- Tuna Salad Side: $2.50
- Beverages: $1.25
- Desserts/Fruit: $2.25
- Cheese: $0.50
- Avocado: $1.25

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**Jackson Café**

Monday-Friday
11:30am-2pm

Located in Whistlestop Active Aging Center • Open to the Public •
MAKE A DIFFERENCE IN AN OLDER ADULT’S LIFE.
NEW! Whistlestop CarePool Volunteer Driver Program
This position offers round trip rides to ambulatory older adults going to the doctor or grocery store. Drivers use their own cars and receive ride requests through email. Drivers can accept or decline the calls, and drive on their own schedule. Ride lengths are about two to four hours for each round trip. Volunteers must have access to reliable passenger automobile with current insurance certificate, a valid California Driver License and a clear background check and DMV report.

JACKSON CAFÉ LUNCH SERVERS, CASHIERS AND FRIDAY COMMUNITY BREAKFAST SERVERS
The Jackson Café provides a warm and comfortable setting for older adults to eat a nutritious meal at an affordable price. Café volunteers provide friendly greetings, excellent customer service and support social interaction.
Lunch hour shifts are: Monday–Friday, 10:45am–2pm. The Café is open from 11:30am-2pm. Cashier or food service experience is a plus but not required. The Friday morning breakfast shift is from 8:30am–10:30am. Breakfast is served from 9–10am.

MEALS ON WHEELS DRIVERS NEEDED
Meals on Wheels volunteer drivers are needed to deliver meals to homebound meal recipients. A valid California Driver’s License and a clear DMV report are needed, as well as a reliable vehicle and current insurance certificate. A minimum of one 3-hour weekday shift is required.
We also need a few good strong men to help with the Friday morning Brown Bag Pantry.
To learn more about these opportunities or others contact: volunteer@whistlestop.org Phone: 415-456-9062, ext. 117 www.whistlestop.org

FREE LEGAL CONSULTATION FOR OLDER ADULTS
By appointment only: 415-459-6700 for both locations
San Rafael and Mill Valley
Legal Aid of Marin provides a free 30-minute legal consultation for Marin County residents who are 60 years and older. Marin lawyers volunteer to give general advice, offer options, explain rights and if appropriate, refer them to attorneys who have expertise in certain areas of law.
Thursdays from 12:30 - 2:30pm at Whistlestop, San Rafael
1st and 3rd Thursdays from 12:30 – 2:30 in at the Mill Valley Community Center, Mill Valley

Enjoy these pictures of our events and volunteers!
Jose Luis Rodriguez is a father of ten children and has been active at Whistlestop for about 25 years. He brings happiness, solidarity, sense of humor, and friendship every time he walks through our doors. Jose Luis is a real gentleman: He carries bags for others, and visits ill Whistlestop members. These are just a few of the characteristics of a man with an extensive and interesting story. We pick up Jose Luis’ story from when he was a farmer in Michoacán, Mexico. He planted corn, raised cattle, pigs, chickens, and goats. Jose Luis was very popular horse rider in his village. He won contests and vividly remembers when – for one prize – he got kiss the queen of the local independence party.

Years later, at about 55, Jose Luis sold his farm to come to live in San Francisco with some of his children. It was then that he worked as a dishwasher at the Fremont Hotel. Ten years later, he decided retire and travel with family and friends to different Mexican states and throughout the United States.

Jose Luis has been an active man and has visited many different senior centers; one in San Francisco, Whistlestop in Marin County, and another in San Pablo. We’re thrilled that he has preferred to be an active member of Whistlestop where he participates in numerous events with his daughter, Teresa Rodriguez.

Teresa has been a Whistlestop member for 13 years. It was here where she studied English as a Second Language and prepared for her US Citizenship. As a caregiver, she helps her father at home with his chores; father and daughter do exercises, walk to town, and enjoy each other’s company. They’ve stuck together as a family during good times and bad. Jose Luis and Teresa both say they have both had unforgettable experiences in our center. And they continue making friends with other Latin members of Corazon Latino social group. Jose Luis and Teresa got support from this group when Jose Luis was very ill.

With 92 years of life experience, Jose Luis Rodriguez says, “I like coming to talk, eat with members and spend time with them. I like to help others, dance, and exercise, but I wish we had a pool table to have even more fun with friends.”
A Dad Who Was Easy to Love

My dad was neither hairy nor scary. He was a kind and gentle father most of the time, except when he was very angry because his writing wasn’t going well, and then he’d kick the wastebasket and yell.

Dad did not begin his life as a baby boy. Right away he was a baby actor and played his first role when he was only 9 days old. His parents, my grandparents, were both actors, and his crib was a chest-of-drawers backstage.

His father died when Dad was 12, and he and his mom sold box lunches on the streets of Hollywood during the Depression. When I was 12, we had a lot of money, and I’d ask Dad to drop me off a couple of blocks away from school so I wouldn’t be embarrassed by the kids seeing our expensive Cadillac.

Dad went away to war and had a couple of Father’s Days that were not happy at all. But he did his best to make other fathers happy. In the ’50’s, he wrote three weekly radio dramas for CBS – *Silver Theater, Stars Over Hollywood* and then *Lux Video Theater*. I got to play the kid parts. He also wrote and directed a *Lassie* movie and scripts for *Wagon Train* and *Gunsmoke*. Dad’s job in the Army was to bring actors like Bob Hope and Loretta Young to entertain the troops overseas.

I had brothers and sisters everywhere, because my dad was always adopting kids in foreign countries to help them get an education. Sometimes, even when they were all grown up, he’d get letters from them saying, “Thank you,” and wishing him a Happy Father’s Day. Once a young man from Russia brought his whole family to California to visit.

My mother made my father happy. She had rheumatoid arthritis, was in a wheelchair, and wasn’t supposed to have children, but she had them anyway – me and my sister. We brought lots of happiness to our dad – gave him grandbabies, and he gave to us his whole life. It’s a never-ending story.

Happy Father’s Day to every single father and mother and child in the whole wide world. It’s all about love.

True Heitz is a poet and freelance writer who lives in Fairfax.
M y son, Max, was nine years old when he came home from the “Looking Toward Your Future” lesson at his school. I asked him how it went.

“It was okay,” he said. “We were supposed to say what we want to be when we grow up. Kids said stuff like doctor, lawyer, firefighter, teacher.”

“What did you say?” I asked.

“I said I wanted to be a father.”

I had to hold back my tender tears. So young, so sage, so loving, so loved; he wanted to be a man and someone’s dad. I was thrilled as I saw in my son’s tawny face and hazel eyes a little child – his child – rising, running, laughing, years from now when I am gone. Such a legacy. Such a gift. We were talking on the phone recently. He was in New York finishing at engineering school and I asked him if becoming a father was still his dream. Or part of it.

“Oh, definitely,” he said. “It is something I look forward to.”

Not many boys say now that they want to be a father. Boys now are pressured to be “Something Extraordinary.” Whatever that means. I never hear the word “father” mentioned among the Extraordinary list. And fathers are getting a bad rap all the way around. Social changes, including the powerful impact of divorce, have often put fathering in a shadow. And media emphasis on FUN hasn’t helped.

But father-love is such a gift. As one expert told me years ago: “Mother nurtures. Father protects.” Children, whatever their ages, need the strength, the learning, the affirmation of a father’s protective love. Studies will soon show, I am sure, that when your father isn’t there being strong for you, you may have trouble being strong for yourself. And my guess is this means it would be difficult for you to be strong for others, too.

I see down through history there were some great fathers. I think Abraham Lincoln stands out. I see him in photos sitting with his son close and warm. The picture means the same to me now as it probably meant to men and women 150 years ago. Some things never change. And that’s the kind of steadiness father love is all about.

Mary Ann Maggiore’s practice “Launching Young People into Adulthood” guides young people to create a meaningful adulthood: the right education, meaningful work and an independent life. Contact her: maryannmaggiore@gmail.com, 415-577-6627.
New Marketing and Communications Specialist

by JOHN BOWMAN

Whistlestop is happy to welcome Marty Orgel onboard.

“Hi’m thrilled to be working at Whistlestop,” Marty says. “I’ve known about this organization and the great work done here since my family and I moved to Marin 16 years ago.”

Working on June’s Father’s Day edition of Express, and May’s Mother’s Day special edition, I’m humbled by the stories we’ve been sharing from our members and others,” he says. “It gives me pause as I remember my mother and father, as wonderful, fond, old memories coming back to life.”

Marty says the best part of his job in his short time here is being able to stop and talk with members, volunteers and others, and learn more about everyone as individuals. “I quickly realized why people here consider everyone a member of their extended families,” he says.

Marty will be working on our communications strategy, advertising, publications and our website.

Marty has been an accredited journalist and marketing and communications consultant. He has worked for KRON, KGO, KPIX, and KCBS Radio, and other television stations across the country. “I’ve been fortunate to work with creative and motivated people most of my professional career, and coming to Whistlestop already feels like a great fit,” he says.

Marty says when he writes a story, he strives to keep the subject in mind. What may be one more story written under deadline for him is something personal and lasting for his subjects. “I try to never forget who the story is about. What might be just another assignment for me is something the people I talk with will remember the rest of their lives.”

Marty lives with his wife, children, and a dog and cat, in San Anselmo.

“I quickly realized why people here consider everyone a member of their extended families.”

Want to Advertise?

“Contact the Pacific Sun at 485-6700 for rates and deadlines”

razy.org 15
From early onset dementia to end of life care, we help those who wish to stay safely at home with carefully screened and trained employee caregivers. At Home Caregivers provides assistance with shopping, transportation, bathing, dressing, and medication reminders.

“Many, many thanks for sending such a gem of a caregiver as John. My husband would light up every morning when John arrived. His ability to care was wonderful, thorough, and gentle. He really became part of our family!”

– Erdie F., Mill Valley

“Thank you so much for helping to coordinate care from the hospital to home for my husband, Jack. We were so overwhelmed with what we needed to do! Your caregiver, Bruce, was a gift! He was so compassionate and caring. He’s now family to us!”

– Peggy L., Novato

“I want to thank you for having someone sit with my father in the last few hours of his life. I know it was short notice, but you made it work and it is a comfort to know he was not alone.”

– Gail D., Santa Rosa

www.AtHomeCaregivers.com