Do you dream you come to Whistlestop to meet your friends for lunch, take an art class, stretch during a yoga class, and then push the elevator button to go home to your upstairs apartment? That is Whistlestop’s dream too! We’ve named this dream Whistlestop Mission Plaza and our partner Eden Housing is helping Whistlestop make this dream come true. Eden Housing is financing the housing portion of the transformation while Whistlestop raises the funds for the Active Aging Center. Our outdated building on Tamalpais Avenue will become a transit-oriented, earthquake-safe, senior active living center with 41 one-bedroom units of on-site, affordable, senior housing on the floors above Whistlestop.

“The new Whistlestop Active Aging Center will include high quality amenities like a community room, a computer center, landscaped courtyards, and furnished lobbies for social interaction,” said Joe O’Hehir, Whistlestop CEO. “The affordable units will offer quality, safe homes at an affordable price, and be the first affordable transit-oriented community for older adults in Marin County.”

Residents will be able to live the dream by using the senior services offered on-site in the Whistlestop Active Aging Center, such as enrichment and fitness courses, special events, game groups, specialty groups, and outreach services that bring people together, encourage social connections, and create new learning experiences. Residents will enjoy low-cost lunches in the very affordable, on-site Jackson Café, a program operated by Whistlestop. Locating this project in downtown San Rafael offers seniors the opportunity to live rich, engaged lives.

To read more about Whistlestop Mission Plaza, visit our website at http://www.edenhousing.org/outer/whistlestops-mission-plaza. If this is your dream, too, please join us in supporting the approval of Whistlestop Mission Plaza by signing our online petition at the website address above or contact Whistlestop Community Liaison, Meredith Imrie at mimrie@whistlestop.org.

Express Publishing Earlier

The monthly Whistlestop Express will be coming out a week earlier—the third week of the month—starting with our November issue. That means the Express will show up in your mailbox a week earlier than usual.

Also, Express readers will now be receiving the monthly email about various articles in the magazine in the third week of the month. And these eBlasts will spotlight more Whistlestop events than in the past.

Dream for Our Future

By MEREDITH IMRIE

Jeffery Michael George Illustrations
Whistlestop Perspective

By Mrs. Mehrbanoo Esmaili

New Housing Units Will Be A Wonderful Place to Live

Whistlestop has been my second home for 18 years. I have volunteered in the Multicultural department in several ways and I love my work.

The new housing units at Whistlestop are going to provide affordable homes in a perfect location, and I would love to live there. Then I could just go downstairs to do my volunteer job.

Having one of the new housing units at the new Whistlestop building would be wonderful. I love working here as a volunteer and now I could live here. I would finally have a place of my own. This is going to be a wonderful place to live.

I facilitate the Persian group to promote socialization, education and support. We also help them find jobs, housing and solving problems.

It is very important for everyone in the community to support and donate to Whistlestop. So many people who come here for the first time do not know anyone and this is where they find people like them. Everyone at Whistlestop – all of the staff and volunteers – are so nice and kind to me and to all who come here.

I came to live in San Rafael after the revolution in Iran, where I lived. I came with my son, Ali. I later became a United States citizen and I love being here.

I was happy to be named Volunteer of the Year by the Center for Volunteer and Nonprofit Leadership. I work full days at Whistlestop on Mondays and Wednesdays. I also teach Farsi to students from kindergarten to college age at another site on Saturdays. I’ve been doing this now, for 33 years.

A lottery of eligible applicants will determine who gets the homes.

Lic. #216801028

This is where residents discover the community experience.

Call 888.256.1154 or visit LifeatDrakeTerrace.com

Creating community

Getting Older Shouldn’t Mean Leaving Your Comfort Zone

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

Seniors At Home

Better Care Starts At Home
Helping older adults stay in their homes is what drives Leslie Klor. Whether it is finding a roommate for a homeowner to help defray the monthly mortgage, obtaining housing for a senior home seeker, or finding someone to climb onto the roof to remove tree leaves from the gutter. And in this case, as the photo shows, Dirck is the brave volunteer, literally climbing the ladder of one senior’s home. Dirck is with the Mission San Rafael Rotary, the sponsors of this program.

Leslie is Director of Shared Housing for Episcopal Senior Communities Senior Resources, and she works out of an office at Whistlestop. “I just love being here at Whistlestop where I worked 12 years ago as Director of Senior Information. It always feels like old home week here among the familiar people and surroundings.”

Dirck and other Rotary Home Team volunteers help seniors with chores they can no longer do themselves. Like cleaning out the gutters, changing batteries in smoke alarms, and replacing hard to reach light bulbs. Volunteers are available to take on most home maintenance projects that have become too difficult for owners to do themselves.

Through Leslie’s steady hand, the Rotary Home Team offers free service for San Rafael seniors and people with disabilities who may have financial or physical challenges. Additional repairs can range from unclogging drains, silencing squeaking doors, resetting blown fuses, trimming bushes and other small repairs that can enhance the lives of seniors.

Leslie also leads the Telephone Reassurance Program, a free telephone check-in program serving elders, disabled and housebound individuals in Marin County. She heads a group of dedicated volunteers who make morning phone calls to seniors three times a week. The purpose of the calls is to determine a client’s safety and wellbeing. Volunteers also answer any senior resource questions that come up, and lend an ear for any pressing issues or concerns.

Michael Lambert is grateful affordable housing is available in Marin County, where the per capita income is among the highest in the country. Lambert, 71, lives at Warner Creek Senior Housing in Novato. His third-floor friend and neighbor, Michael Harris, feels much the same.

Lambert says, “I love it here. It is safe, my neighbors are great and my place faces the courtyard. I like to have quiet and I get it here – no noisy parties in the next apartment.”

Harris, 67, agrees: “It’s a very nice place. I am on the third floor and I have a great view of the mountains. I enjoy some very beautiful sunsets.”

Lambert owns and operates Lambert Poster Services. When we spoke with him, it was at the end of a long day during which he had distributed 150 posters for Whistlestop’s Whistlestock concert. He said he likes having a job to do, keeping him active.

“My rent here is under four hundred dollars a month and I’m sure it would be at least sixteen hundred in the open market. I’m very fortunate.” Lambert said that residents can earn no more than $45,000 annually. “And I don’t know of anyone here making even that much.” He said Eden is strict and diligent. Anyone found to have hedged on their financial status is removed.

Lambert remembers that 180 people entered the lottery for the 60 one-bedroom units at Warner Creek and how thrilled he was when his name was chosen. “I never thought I would be living in subsidized housing, but I’m happy. This place is comfortable. Eden is really organized.”

Lambert is proud of his three grown children, Michelle, Kenny and Heidi, who all play violin. “They
are also fiddlers. Heidi got her MA in music and is a member of the Savannah, Georgia Symphony. She also plays some bluegrass.”

Harris organized and operates a nonprofit website that buys and sells products from around the world. “Our profits go to organizations like Warner Creek and the Marin Community Clinics.” Harris said he was drawn to Warner Creek because of its location and the economics. He said it is affordable and the monthly rent doesn’t eat up his entire income.

Before coming to Warner Creek, Harris was manager at the Bennett House in Fairfax, where he lived. “So I knew a lot about senior properties and Eden.” He also is acquainted with Whistlestop, mostly because of its transportation service. “I really appreciate how they help older people and disabled people who are not mobile. They brought many people to the Marin Community Clinics – folks who otherwise might not have been able to get there.”

Harris is on the Board of Marin Community Clinics. He also has been on the Board of the East Bay Center for Elder Independence for nearly 20 years. “They were a big help to my mother as she started to decline and so I got involved with them. In 1996, after she passed, they asked me to be on the Board and I have been ever since.” He enjoys being active and helps the Warner Creek staff organize birthday parties and other events. It comes easy to Harris, a former PR man for General Motors, handling consumer problems. “I enjoy working with people. You can get 105 channels on TV now, so you can do that, or you can get up and keep moving. I think that’s important.”

Warner Creek has a community room for many activities, including dancing, music and parties. It also is where Homeward Bound provides free food that it gathers from several grocery stores in the area. Monina Hamilton, Homeward Bound’s Service Coordinator for Eden Housing, said she is the “bridge” in the partnership between Warner Creek and Homeward Bound. Lambert said, “Monina is terrific. She even occasionally gets extra tickets to the Marin Symphony and gives them away to some of the residents.”
SPECIAL EVENTS

Marin Senior Information Fair
FREE Whistlestop Shuttle Service
\textbf{Wed, Oct 21} • Come to the Marin Senior Fair to check out 140 colorful booths, including Whistlestop services, health screenings and consultants, hearing tests, ancestry searches, camera clinic and photo show, dancing demonstrations, local resources and more. Learn more about the fair at www.marin-seniortinformationfair.org. Sign-up for shuttle service leaving hourly from 9am to 12pm from Whistlestop to the Marin Exhibit Hall and returning to the Center every hour from 12:30-3:30pm. Call 415-456-9062 to reserve a spot on the shuttle.

Oktoberfest Celebration
\textbf{Thurs, Oct 22, Lunch: 11:30am-1pm/Entertainment: 12-1pm/Tickets: $10/12}
Celebrate Germany and the harvest season with Whistlestop's popular Oktoberfest. Our native German Social Group will sing traditional Oktoberfest songs in decorative outfits in our café with live accordion music. We will enjoy a festive lunch of bratwurst, sauerkraut, potato salad, pretzels, and apple strudel. Alcohol-free beer will be served in an old world beer garden atmosphere. Buy tickets by Oct 20.

Halloween Costume Party Lunch (See back page)
\textbf{Fri, Oct 30, Lunch: 11:30am-2pm/Costume Contest: 1pm}
Come and celebrate the spirit of Halloween at the Jackson Café with Spooktacular regular and special lunch options, including witch brew stew, and a costume contest. Come dressed in your favorite funny, spooky, or creative costume and win a prize.

NEW/HIGHLIGHTED CLASSES & WORKSHOPS

Salsa/Cuban Ballroom Dancing for Older Adults
\textbf{Tuesdays, 3-4 pm}
$8/10: Pay per class, cash only • Instructor: Dale Louise Evje • 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.

Beginning Italian
\textbf{10 Thursdays, starting Oct 1, from 2:30-3:30pm}
$20/25: Registration required • Instructor: Karen Raccanello • Enjoy an introduction to basic Italian conversation with popular teacher Karen Raccanello. Sign-up soon.

Chinese Brush Painting
\textbf{Fridays, Oct 9 & 23, 2-3:30pm}
$3/5 • Instructor: Louisa Yee • Come practice the meditative art of Chinese Brush Painting; no experience required and materials provided.

Social Security Workshop
\textbf{Wed, Oct 14, 3-4pm}
Donations Appreciated • Instructor: Don Maxon, Certified Financial Planner • Discuss the six major reasons why deciding when to take Social Security benefits is important – at age 62, at your full retirement age of 66-67, or as late as age 70.

Zentangle
\textbf{Thurs, Oct 15, 1:30-3pm}
$3/5 • Instructor: Paula Egan, certified Zentangle teacher • Zentangle is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns.

Free Assistive Phones
\textbf{Wed, Oct 28, 3-4pm}
Donations Appreciated • Instructor: Casey Cho, Outreach specialist at CA Telephone Access Program • A representative from California Phonens, a state program, will be here to talk about how you can apply for free assistive phones if you have difficulty hearing, seeing, moving, speaking or remembering.

NEW/HIGHLIGHTED HEALTH PROGRAMS

How to Be an Empowered Partner with your Doctors
\textbf{Tues, Oct 6, 3:30-4:30pm}
Donations Appreciated • Instructor: Larry Berkelhammer, PhD • Larry will cover how to get all the time you need at office appointments, how to ask the best questions, when to bring someone with you to appointments, making use of apps, how to become well-informed about your particular conditions, how to get good care, portals and evidence-based sources of information on your condition.

Blood Pressure Screening & Meds Review
\textbf{Tues, Oct 13, 11am-1pm}
Donations Appreciated • Free monthly blood pressure screenings provided by Dominican University nursing students. Bring your medications, over-the-counter and prescriptions, for review.

Fall Prevention Workshop
\textbf{Wed, Oct 21, 3:30-4:30pm}
Donations Appreciated • Instructors: Dominican University Occupational Therapy grad students • Want to learn techniques and methods to prevent falls and maintain your independence longer? Students from Dominican will show you how in this one-hour presentation.

HIGHLIGHTED SUPPORT SERVICES

Multicultural Consultants
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 • Whistlestop offers assistance to English and non-English speakers in Spanish, Russian and Vietnamese. Assistance with applications for healthcare management, citizenship, housing, employment, and federal assistance, plus translations (small fee possible) and referrals.

Victim Witness Assistance
\textbf{2nd & 4th Thursdays, 9am-12pm}
Yolanda Johnson, Advocate from the District Attorney’s office, will be available to answer questions, provide information, and connect you to resources, or call 415-473-6450.

INDEPENDENT LIVING

Call Leslie for an appointment: 415-456-9062, ext. 132

Homeshare Program
Donations Appreciated • The Homeshare Program is a free referral service for older adults providing an affordable and alternative way of meeting housing needs with numerous benefits to renters and homeowners. Do you have a room to share, or do you need a place to live?

Telephone Reassurance
Donations Appreciated • Do you live alone? Trained volunteers will call you three mornings a week to check on you. They can answer questions about other senior resources. We now also offer this service in Spanish.

MARIN COUNTY COMMISSION ON AGING
\textbf{Thursday, Oct. 8 • 10am-12:30pm}
San Geronimo Valley Community Center, West Marin
Topic: Legislative Update for 2016
Speaker: Michael McGuire, State Senator
WHISTLESTOP EXPRESS  OCTOBER 2015

Whistlestop Weekly ACTIVITIES

This Month at Whistlestop Please view our most recent class schedule at 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>
</tr>
</thead>
<tbody>
<tr>
<td>9:30–10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10:15–11:45PM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–11:30AM</td>
<td>ESL 75 Basic</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>10:30AM-1:30PM</td>
<td>ESL 150 Basic</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>10:30AM-1:30PM</td>
<td>ESL 250 Advanced</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>11AM–12PM</td>
<td>Music and Movement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:30PM</td>
<td>Russian Social Group</td>
<td>415-456-9062 x138</td>
<td>N</td>
</tr>
<tr>
<td>12:15–1:45PM</td>
<td>Men’s Group</td>
<td>10/5 - 10/30</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 75 Basic</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 150 Basic</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 250 Advanced</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>3:30 –5:30PM</td>
<td>Meditation Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>9:30-10:30AM</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10-NOON</td>
<td>Mah Jongg</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:45-11:45AM</td>
<td>Cardio/Yoga Exercise Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11AM-2PM</td>
<td>Manicurist</td>
<td>Appt. Req.</td>
<td>N</td>
</tr>
<tr>
<td>11:30AM-12:30PM</td>
<td>French Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>1–2PM</td>
<td>French Social Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Learn Spanish</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Salsa Cuban Ballroom</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>9–10:15AM</td>
<td>Tai Chi</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–11:30AM</td>
<td>Seniors’ Circle</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10-NOON</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM-1:30PM</td>
<td>Persian Social Group</td>
<td>415-472-6020</td>
<td>N</td>
</tr>
<tr>
<td>11AM-1PM</td>
<td>Corazón Latino</td>
<td>415-456-9062 x131</td>
<td>N</td>
</tr>
<tr>
<td>12:30-1:30PM</td>
<td>Beg. &amp; Intermediate Ukelele</td>
<td>Ends 11/4</td>
<td>Y</td>
</tr>
<tr>
<td>1–2PM</td>
<td>ESL Pronunciation Class</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 75 Basic</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 150 Basic</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 250 Advanced</td>
<td>Ends 12/16</td>
<td>Y</td>
</tr>
<tr>
<td>9:30-10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10AM–1PM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11-NOON</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>12:15-3PM</td>
<td>Vietnamese Social Group</td>
<td>415-456-9062 x129</td>
<td>N</td>
</tr>
<tr>
<td>1–2:30PM</td>
<td>Intermediate Italian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Beginning Italian</td>
<td>Ends 10/22</td>
<td>Y</td>
</tr>
<tr>
<td>2:45-3:45PM</td>
<td>Balance Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>3–4:30PM</td>
<td>Drawing and Composition</td>
<td>Ends 10/15</td>
<td>Y</td>
</tr>
<tr>
<td>8:30AM</td>
<td>Community Breakfast</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11:00-NOON</td>
<td>Brown Bag Pantry</td>
<td>456-9062 x117</td>
<td>N</td>
</tr>
<tr>
<td>1–3PM</td>
<td>ACASA</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>1:30–3PM</td>
<td>Spanish Club</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Chinese Brush Painting</td>
<td>10/9 &amp; 10/23</td>
<td>Y</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Ping-Pong</td>
<td>10/2, 10/16, 10/30</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Yoga</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.

TECHNOLOGY

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

October and November

COMPUTER CLASSES

iPad/iPhone Basics 3: World of Applications
Tuesdays, Sept 29 & Oct 6, 10am-12pm
Fee: $48/Maximum 8 people
Discover how to use apps for shopping, brain training, fitness, Internet radio, stock trackers, games, translation, travel, and more. A perfect sequel to the “How to Use Your iPad/iPhone“ and “Essential Built-in Applications“ class. Bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

ANDROID Basics: Getting to Know Your Device
Tuesdays, Oct 13 & 20, (2 classes), 10am-12pm
Fee: $48/Maximum 8 people
You finally got your very own smart phone or tablet but you have no idea how to use it. This course is the equivalent of the “How to Use Your iPad/iPhone” class but specifically designed for Android products. Learn how to make calls, send emails, take pictures, surf the Internet, download music and add applications. Each session provides one-on-one help and comes with instructional handouts so you can practice at home. (For Android devices only, including Samsung and LG)

iPad/iPhone Basics 1: Getting to Know Your Device
Tuesdays, Nov 10 & 17, (2 classes), 10am-12pm
Fee: $48/Maximum 8 people
Congratulations, you finally got your very own iPhone or iPad! There is only one problem; you have no idea how to use it. Learn how to make calls, send emails, send texts, download music and add applications. A course for those new to the smart phone/wireless device world, each session provides one-on-one help and comes with instructional handouts so you can practice at home. Don’t let that amazing technology sit in its box any longer. Bring your charged-up Apple device to class.

ONGOING

Open Lab
Every Monday and Wednesday, 10am-12pm
No Fee
Use our PCs to access the Internet or email. Volunteers available for advice on problems you might be having with your laptops and tablets.

Jackson Café

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 bowl
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
Finding What She Didn’t Lose

By VAL BOWMAN

Virginia Stella loved her art studio and the view of Mt. Tam in her home in the hills of San Anselmo. But after living there for 45 years, she started to feel very isolated because her friends were afraid to take the winding road up to her place. That and her desire to have access to healthcare in the future, motivated her to start examining living options about a year ago. She checked them all out, and finally found her new home when she toured Aldersly on Mission Avenue in San Rafael.

She said when she first opened the door to her studio apartment, she cried for joy. She saw a cathedral ceiling and the same view of Mt. Tam she loved out the sliding door to her balcony. Her light-filled space was a prerequisite for an artist and the friendly staff and fellow residents have made her sure she made the right choice.

She was given a buddy to show her the ropes when she recently moved in, B.J. Van Gelder, who has lived there for five years. Virginia and B.J. met at the O’Hanlon Center for the Arts. Virginia says she is so grateful that she decided to stay in the area where she has access to her art friends and her church community.

Virginia is a huge fan of the nearby Whistlestop, where she has taken Italian classes, received helpful financial advice and loves eating at the Jackson Café.

Virginia recommended finding your new home before calling the realtor if you are selling a home. B.J. suggested getting clear on your priorities. For her, light and a view were high on the list. She said getting rid of many of her things was fairly easy for her. She focused more on her new space and how she wanted it to look than on what she was leaving behind. She had lived in an Eichler home in Lucas Valley for 50 years.

When the Danish benevolent group who established Aldersly in 1921 set down their founding principles, they were guided by a deep, abiding respect and compassion for the elderly.

Matt McPhee Gives Back

Matt McPhee is a local boy, born and raised in Marin. The family moved to their house in Ross in 1969 and his mother still lives at home. “She loves it,” he says. “Staying in the house agrees with her. She is still healthy and is comfortable there.”

Matt began volunteering to shop and deliver groceries for the Whistlestop Home Delivered Grocery Program in December of 2014 and then took the training for CarePool last month.

He enjoys meeting the people on a one-on-one basis while delivering groceries to individuals or giving them rides to the grocery store or to medical appointments. He finds those on the receiving end, “are always grateful for the service and for the connection.”

Matt is also a busy real estate broker for Decker Bullock Sotheby’s International Realty in Mill Valley. Matt’s chosen profession has little to do with his educational degree. He studied geography at UC Berkeley. “It comes in handy when the job description as a realtor includes ‘finding your way around.’”

When asked why he wanted to volunteer, Matt said his dad went into a care home for those with dementia 16 months ago, and he wanted to do something for others. He asked his dad’s friend, Dennis Ryan, Whistlestop Board Chair, for some ideas of where he could volunteer, and Dennis immediately suggested Whistlestop. “Watching my dad decline was a difficult time for all of us,” says Matt. “Now, I’m looking to give back to all those who took such good care of my father, and others who might not have someone looking over them.”

Matt’s passion is soccer. He plays locally, and watches internationally. He admits that he is slowing down a little and plays less frequently. But one advantage of getting older is that he can now travel more, combining his love of travel and exploration with his love of soccer. He enjoys visiting other countries and learning about their culture and people. “I’m planning to go to France later this year to watch the European Championships with my soccer buddies.”

Laurie Vermont, Whistlestop Volunteer Program Manager says, “Matt epitomizes the true meaning of volunteering. He is taking time out of his active life and giving back to his community with no expectations or rewards other than the feeling of satisfaction of helping older adults in need. He does it with his sweet smile and friendly manner. I could not ask for a better volunteer.”

To learn more about volunteering for these or any other opportunities, please email: volunteer@whistlestop.org.
Finding Home: Downsizing Works for Retired Counselor

By PAT BIONDI KRANTZLER

My husband and I always had large homes in Marin County. The upkeep was so expensive, but it seemed that at that time it was the thing to do, to upgrade constantly. The last home we bought was on a one-acre parcel with an orchard, huge Olympic-sized pool, and an office on the third floor where we counseled couples. We bought it so that my husband’s children and my children could come up on the weekends and enjoy the pool.

There was a lot of upkeep associated with the home. We paid a lot in taxes. I couldn’t relax because I would always be thinking about the house. Does the pool need water? Are the sprinklers working properly? Have I made an appointment to have the six large white oaks sprayed so we won’t be overrun by bugs or caterpillars in the spring?

We lived there 14 years. As we got older, we decided it was too much upkeep for us and so we sold it and moved to a modest senior center. We felt better because there was nothing to do that needed fixing. If the garbage disposal didn’t work, we only had to call the manager and it was fixed. We had more time to write books and enjoy reading, walking, going out to dinner or lunch. This relieved a lot of stress. There is a four-year waiting period for people aged 62 + to live where I live. There are 81 single cottages.

Looking back, we were content to have found this cottage in all its simplicity.

Now I know, one does not need a big house to be happy; a small one is just fine as one ages. Both Mel and I felt that way. Now I live alone; my husband passed three years ago. I’m comfortable in my small home and I am so glad we made the change from a large home to this warm cottage.

Pat Biondi Krantzler, MA, and her husband Mel practiced marriage counseling in Marin for more than 30 years. He was the author of “Creative Divorce,” which sold more than three million copies. With attorney Melvin Belli, they wrote “Divorcing.” Pat herself authored “The Heart of Women: A Memoir of Reversing Heart Disease.”
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- The Whistlestock Leadership Team: Etta Allen, Chair, Trip Ames, Joan Capurro, Kirk Citron, Phil Dito, Lorena Garbarino, Matt Haligman, Ann Morrison, Peter Rubens, Dennis Thompson, Cynthia Wuthman
- Whistlestop Board of Directors
- Marin Airporter - Transportation
- Missy Reynolds, Clothilde Designs
- Pat Ryan – Poster Art
- Charles Schwab Foundation
- To the hundreds of community members who purchased tickets to the event!
- To the Whistlestop staff who have worked tirelessly to create an amazing party!

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Bird’s Side of Marin Columnist Richard Pavek took these photos of a Cooper’s Hawk (top) and, just in time for our Finding Home issue, a House Finch from his floating home in the Sausalito Marina. A perfect spot for viewing wildlife.
JOIN US FOR A SPOOKTACULAR HALLOWEEN COSTUME PARTY AND LUNCH
Fri, Oct 30 • Lunch: 11:30am-2pm/Costume • Contest: 1 pm

Program Manager Diana Gruhl and Russian Multicultural Program Coordinator Anna Ladyzhenskaya.

Whistlestop CEO Joe O’Hehir and Yvonne Roberts, Development and Marketing Director

VOLUNTEER ANNOUNCEMENTS
Make a Difference in an older adult’s life.

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 9am-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