<table>
<thead>
<tr>
<th>First Lady of Marin</th>
<th>Pauline at 107: “I vote!”</th>
<th>Celebrate International Women’s Day</th>
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<td>Page 4</td>
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</tbody>
</table>

whistlestop.org
‘What to Do About the Old Folks’

What to do about the Old Folks” is the title of a chapter in Evelyn Radford’s biography book, Vera, First Lady of Marin, which chronicles the life and times of Vera Schultz. Vera was the first woman in Marin elected as a member of the County Board of Supervisors in 1952.

Vera was also one of the pioneers of the active aging movement, both on a local and national front, dating back to when she served as a member of the Mill Valley City Council in the 1940s. She and a small group of Marin citizens were concerned that one of the most glaring inequities in society was the plight of the elderly. A published study at that time was presented to the Marin County Board of Supervisors, and it revealed that although Marin might be an upscale and affluent community in which most of its citizens lived the good life, the elderly (the “old folks”) were more numerous and more seriously neglected than anyone had known.

In 1952, Vera was appointed one of the first delegates to the new National Council on Aging, and she attended the first conference on aging held at the White House in Washington D.C. Vera returned to Marin filled with ideas on how to address elderly needs, but soon realized that the county had no program of any kind for the elderly — not by a church, or a club, or by any government agency. So, in May 1954, Vera and a group of concerned citizens, including Manny Charnow, Wishard Brown, Rose Paul, and Tom Campanella, incorporated a new nonprofit organization they called the Marin Senior Coordinating Council (MSCC), the first such organization in the state of California. Vera became the Board President of MSCC, putting in all the hours she could spare to help Marin’s elderly, in addition to her duties as a County Supervisor. Thanks to Vera, Marin was the first county in the state to receive funds from the Older Americans Act, California Grant #1.

As time went on, MSCC eventually became known as Whistlestop (aptly named by the organization’s second hired employee, Lu Hodgen).

For over 25 years Vera devoted her time and energy in helping to make Whistlestop the go-to organization for Marin’s elderly who needed help with transportation, nutrition, social connection, and information and assistance. On Aug. 23, 1977, Whistlestop celebrated its Silver Anniversary, and Vera was honored with a special plaque that she proudly displayed in her dining room for as long as she remained in her home.

Whistlestop and the older adult community in Marin were very fortunate to have benefited from the pioneering efforts of such a forward thinking and energetic individual. For over 62 years, Whistlestop has ensured that Vera’s vision of every adult in Marin having the opportunity to age with independence, dignity, and grace has remained an important shared responsibility in the community.
Virginia Remembers Walking Across The Golden Gate and Into History

By JOHN BOWMAN

Virginia Dziomba, at age 95, is a walking history book. The San Anselmo resident remembers walking across the Golden Gate Bridge the day it opened on May 26, 1937, and when she learned to drive on Butterfield Road in 1935.

“I was 16 when I walked across the bridge – what a thrill,” she said. She was just 14 when her grandmother taught her to drive. “It was in a Chandler, which was an enormous car.”

Virginia recalls that before the Golden Gate Bridge was built, she would take the ferry from Sausalito to get to The City. “It would stop at the bottom of Hyde Street on that side.” She is a third generation San Franciscan and her family moved to Marin when she was very young.

She also used the Southern Pacific train as a young woman. “The last stop was actually at the Whistlestop,” she said. “But I got off at Landsdale. I remember that Greenbrae was just fields back then.”

Asked if she has admired any women in particular over the years, she replied, “Helen Keller is the first one who comes to mind. I really appreciate what she went through because I am losing my sight. It gets worse every day. And her teacher, Anne Sullivan, who has faded in the background in history, is another person I really admire. I also liked Eleanor Roosevelt. I’m from an era though when you didn’t think a lot about women’s lib and things like that. You just did what your parents told you.”

She has lived in the same house for 53 years and had a 20-year career as a secretary. Her husband was a carpenter who built two large decks on the house. “His name fit, because he was really a good time Charlie.” Virginia said a big attraction of the house was the swimming pool. “I was afraid of water, but learned to swim at age 42 and I loved it.”

A Whistlestop regular for seven years, Virginia attends the Seniors’ Circle every Wednesday. “This is a wonderful group,” she said. “It is based on the Attitudinal Healing ideas of Dr. Jerry Jampolsky. A great way to stay socially connected, which, you know, is very important for seniors. We share what’s going on in our lives and we then go to lunch together in the Jackson Café.” From 14 to 17 people usually show up for the circle.

Virginia has many interests and has always loved to volunteer. “Not so much anymore,” she said, “but I still facilitate a support group with Vision Impaired of Marin once a month. We keep abreast of what’s going on in our lives and in the community. Volunteers read the Whistlestop Express to participants.” She has participated in other Whistlestop programs as well. “I took the test to tell if I have early Alzheimer’s and was pleased to get an A-plus. Also, the memory workshop was delightful.”

She said she misses TV. “I still may get a used TV but it’s hard for me to see it. I am a radio addict. There is so much information on the radio, I have gotten an education listening.”

Virginia lives with a housemate in her home. “I’m limited in getting around since I don’t drive, so I have to depend on others. That’s hard for me; I have trouble asking for help – it’s something I’m learning to do. I have a wonderful volunteer driver, Jaye Glesner, who has become my friend. In fact, I’m treating her to a birthday lunch today. I also appreciate Catch-A-Ride and CarePool – Marin is good about providing transportation for seniors.”

“The Golden Gate Bridge opened on a cold foggy day in May, 1937. No vehicular traffic was allowed on the span opening day. Hordes of people, bundled against the wind, walked back and forth, high above the surging channel below. They gloried in the majestic structure, and in the adventure of being pedestrians on the roadway. The opening of the bridge meant the opening of floodgates to Marin. A whole new epoch was about to begin.”

– from Vera, First Lady of Marin
Pauline Angleman has lived in her Corte Madera home for nearly 60 years. And even though she turned 107 on her birthday in October, she lives alone and likes it that way. “I don’t need anybody,” she says. When she needs to get out, she drives herself in her red Chevy Malibu Maxx. She plans to keep driving at least until her license expires in 2018. She said she likes going to Whistlestop and remembers when they still had a ticket office there. Sometimes a friend picks her up to go have lunch at the Jackson Café where she visits with a group of veterans who meet there.

Pauline was an Army wife for twenty years and she’s friends with many of the vets who gather at Whistlestop to catch up. Her late husband, Louis, a retired US Army Lieutenant Colonel, served in Europe, Japan and Korea. She accompanied him for both of his assignments in Japan.

When he retired, he bought a Ford Thunderbird, drove it into the garage and said, “I’m never going to leave home.” But five years later, he starting planning a 42-day visit to show Pauline some of the places he had seen during his service in Asia.

Pauline and her husband were both from Oklahoma where she says she grew up in a good home with seven children. Her happiest childhood memory was when the family would take a wagon ride into the nearest town, Sayre, about 12 miles away. They would receive a nickel to buy a saucer of ice cream. “That was our biggest treat.”

Louis and Pauline never had children of their own but they had kids around them. Two young boys lived next door and their father had left. So Louis took them shopping for school clothes. They asked him, “Why aren’t you our father?”

Pauline watches the news everyday and listens to the Giants games on the radio, where she thinks the reporting is more active and colorful. “I know how to play baseball,” she says. When she turned 104, her nieces took her to a Giants game for her birthday and her name appeared on the JumboTron scoreboard. She said she recently thought about writing a letter to manager Bruce Bochy about Hunter Pence. She also follows politics and says, “I vote!”

Dawn Riley: Great Marin Athlete

Marin County has had more than its share of outstanding female sports figures. One of the best known is Dawn Riley, the four-time America’s Cup competitor and one-time winner — a first for a woman — aboard America3 in 1992. Riley rates as far and away Marin’s most accomplished female athlete. Currently the face of the San Francisco-based America True Foundation, the longtime Sausalito and Mill Valley resident still keeps a boat docked at the Sausalito Yacht Harbor, according to Mill Valley Patch.
Honoring Women in Service

It wasn’t that long ago that women didn’t have the right to vote, and even more recently, own their own credit card. Up until 1974, a single woman could not have a credit card in her own name, and yet women today are the backbone of the U.S. economy, accounting for 85% of all consumer purchases.

Until 1920, and the 19th Amendment, women were denied the right to vote. Until 1978, women could be fired from their jobs for being pregnant.

The National Women’s History Month theme for 2016 honors women who have shaped America’s history and its future through their public service and government leadership. A good example of that was Vera Schultz, the subject of our Whistlestop Perspective on page 2. Although often overlooked and undervalued, collectively they have dramatically influenced our public policy and the building of viable institutions and organizations. From championing basic human rights to ensuring access and equal opportunity for all Americans, they have led the way in establishing a stronger and more democratic country.

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For a full list of classes and services, check out the monthly calendar online at whistlestop.org/classes/calendar or pick one up at the Active Aging Center. Fees listed for classes show the member fee, followed by the non-member fee. Join Whistlestop for the 2016 year to enjoy valuable discounts and benefits! Remember to sign up for all classes and events in advance by visiting or calling the front desk at 415-456-9062.

CELEBRATIONS

International Women’s Day Celebration
See p7

Persian New Year Celebration
Sun, Mar 13, 4-6 pm; Osher Marin Jewish Community Center, San Rafael
Tickets Required
Long-time Whistlestop volunteer Mrs. Mehrbanoo Esmaili has coordinated a Persian New Year Celebration at the Osher Marin JCC in honor of this 3,000-year-old cultural observance featuring Persian entertainment and food. Open to everyone from children to seniors. Call Mrs. Esmaili at 415-472-6020 for more information, including ticket prices and purchasing.

St. Patrick’s Day Celebration Lunch
Thurs, Mar 17, 11:30am-2pm; Entertainment 12-1pm; S10/12
Come and paint the town green with our annual St. Patrick’s Day Luncheon in Jackson Café, featuring your favorite corned beef and cabbage entree (or vegetarian option) with live Irish music provided by a partnership between Whistlestop and Bread & Roses Presents™. Purchase your tickets by Mar 14; space is limited.

NEW/HIGHLIGHTED CLASSES & WORKSHOPS

Collage Making with Kids: Celebrating Women
Tues, Mar 1, 3:30-5pm; Free (Donations Appreciated)
Instructor: Maria Villela, Hispanic Multicultural Programs Coordinator
Come and make colorful collages in tribute to women in honor of Women’s History Month, with students from San Rafael High School. We will show you how. Supplies will be provided.

NEW Theater Outings Club
Sun, Mar 6 • Bus will load at Alderly at 1:00pm; 326 Mission Ave, San Rafael • Cost: $15
A partnership between Whistlestop and Aldersly Garden Retirement Community, “Arches, Balance, and Light,” performed by RAW at Ross Valley Players. Purchase ticket by calling or visiting Whistlestop’s Front Desk – only 10 spots available!

Star Care, a home care agency that provides home care, caregivers, and medical staffing solutions to families and businesses in Marin; 415-332-3300 for information.

Medicare 101 Seminar: Learn the Nuts & Bolts
Wed, Mar 9, 9:30-11:30am; Free (Donations Appreciated)
Instructor: Cara Suminski of SCAN Health Plan • Turning 65? Losing coverage with an employer? Medicare can be confusing. What’s the difference between Part A and Part B? How much gets deducted from Social Security? For education purposes only; no plan-specific benefits or details.

Memory Screening
Wed, Mar 16, 8:30am-12:15pm (45-minute appointments); Free (Donations Appreciated)
Memory screening is for anyone concerned about memory loss. Take a simple 30-minute test with a geriatric professional, provided by Health Navigator and Certified Nurse Assistant Cynthia Seymour. Sign up in advance; space is limited.

New Directions in Healthy Aging Presentation
Tues, Mar 22, 3:30-4:30pm; Free (Donations Appreciated)
Instructors: Ruth Ramsey, EdD, OTR/L, Professor, Chair and Founding Director of the Department of Occupational Therapy; and Susan Morris, PhD, OT/L, Assistant Professor, Occupational Therapy at Dominican University of California. With increasing human longevity, the public perception of aging is undergoing a radical transformation. The later years are now seen as a time for reflection, renewal, and regeneration. We will examine the latest research on aging and learn some new strategies for healthy aging. Healthy snacks provided.

Brain Fitness Workshop
Thurs, Mar 24, 9:30-10:30am; Free (Donations Appreciated)
Instructors: Bob Nations, President of the Senior Access Board of Directors, and Ruby Bealio, Volunteer at Senior Access. The top four things to promote good brain health as we age: move your body, eat right, find a challenge, and socialize. This Senior Access Brain Fitness class offers all four. Move your body to the workshop where we’ll talk about eating right and challenge you with fun activities in a room full of people socializing.

NEW/HIGHLIGHTED HEALTH PROGRAMS

Weekly Blood Pressure, Cholesterol Screenings, & Medication Reviews
Fridays, 9:30-11am; Free (Donations Appreciated)
Free weekly blood pressure and cholesterol screenings, and medication reviews are being offered by Bright Star Care, a home care agency that provides home care, caregivers, and medical staffing solutions to families and businesses in Marin; 415-332-3300 for information.

Multicultural Consultants Help Call for appointment: Spanish/English: Maria Villela, 415-454-0998; Russian/English: Anna Ladyzhenskaya, 415-456-9062, ext. 138; Vietnamese/English: Dina Duong, 415-456-9062, ext. 129; Farsi/English: Mrs. Mehrbanoo Esmaili, 415-472-6020
No fee for consultations; small fee may apply for translation services Whistlestop offers information, resources, and referrals to English and non-English speakers in Spanish, Russian, Vietnamese, and Farsi.

Homeshare & Telephone Reassurance Program
For an appointment, call Leslie Klor, 415-456-9068; Free (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. If you live alone, trained volunteers can call you three mornings a week to check in on you.

Victim Witness Assistance: Resources, Outreach, and Assistance
2nd & 4th Thursdays, 9am-12pm; Free (Donations Appreciated)
Yolanda Johnson, Advocate from the District Attorney’s office, can answer questions, provide information, and connect you to resources; or 415-473-6450.

Free Legal Consultation
1st four Thursdays of each month at Whistlestop; 1st and 3rd Thursdays at the Mill Valley Community Center, Mill Valley • By appointment only: Call 415-459-6700 for appointments at both locations. Legal Aid of Marin provides a free 30-minute legal consultation for Marin County residents who are 60 and older. Marin lawyers volunteer to give general advice, offer options, explain rights and, if appropriate, refer people to attorneys who have expertise in certain areas of law.
International Women's Day Celebration
Tues, Mar 8, 11:30am-2pm; Entertainment 12-1pm; Regular menu pricing
Celebrate Women's History Month and International Women's Day in the Jackson Café with a dynamic musical performance by Lucina Tison and Sandy Bailey. They will perform the songs of three great woman legends: Marlene Dietrich; Patsy Cline; and Tina Turner in costumes you won't forget.

March & April 2016

iPad/iPhone Basics 1: Getting to Know Your Device
Tuesdays, March 8 & 15, (2 classes), 10am-12pm • Fee: $48  Maximum 8 people
In this personalized, two-week course, you'll learn how to make calls, send emails, send texts, download music and add applications. Great for beginners, each session provides one-on-one help and comes with instructional handouts so you can practice at home. (Bring your charged-up Apple device to class.)

iPad/iPhone Basics 2: Essential Built-in Applications • Tuesdays, April 19 & 26, 10am-12pm (2 classes) • Fee: $48  Maximum 8 people
Review the basics of using your device and learn how to get the most out of your built-in apps, including Photo editing, iCloud, Calendar, Siri, E-mail, Texting, Facetime, Maps/GPS, and more. Bring your fully charged device, Apple ID, and Apple password to class. (For Apple only)

Managing Your Photos
Tuesdays, May 17 & 24, 10am-12pm (2 classes) • Fee: $48 Maximum 8 people
Want to finally get those photos organized? In this two-week course, you will learn different ways to preserve your photos, organize them into folders, edit them, back them up and print them. Bring your digital cameras, flash drives or whatever device you save photos on and we’ll show you how to save them in one place, use software to make the process easy and fun, and start organizing.

ONGOING
Open Lab
Every Monday & Wednesday, 10am-12pm • No Fee
Use our PCs for your own purposes and to access the Internet. Volunteer staff available for advice on problems with your electronic devices – laptops, tablets - and to help with software applications.

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.

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<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>9:30-10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10AM–1PM</td>
<td>Therapeutic Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10AM–NOON</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM–NOON</td>
<td>German Social Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
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<td>Persian Social Group</td>
<td>415-472-6020</td>
<td>N</td>
</tr>
<tr>
<td>11AM–12PM</td>
<td>Music and Movement</td>
<td>No class on 3/21</td>
<td>Y</td>
</tr>
<tr>
<td>12:30–1:30PM</td>
<td>Russian Social Group</td>
<td>415-454-0998</td>
<td>N</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 75 Basic</td>
<td>415-454-0998</td>
<td>Y</td>
</tr>
<tr>
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<td>ESL 100 Basic</td>
<td>415-454-0998</td>
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</tr>
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<td>ESL 150 Intermediate</td>
<td>415-454-0998</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 250 Advanced</td>
<td>415-454-0998</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>10AM–NOON</td>
<td>Mah Jongg</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Manicures</td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>10:45–11:45AM</td>
<td>Cardio/Yoga Exercise Class</td>
<td>Drop-in</td>
<td>Y</td>
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<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>Beg./Int. Conversational Spanish</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>
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<tr>
<td>10AM–1PM</td>
<td>Therapeutic Massage</td>
<td>Drop-in</td>
<td>Y</td>
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<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>415-454-0998</td>
<td>N</td>
</tr>
<tr>
<td>12:30–1:30PM</td>
<td>Ukulele Class</td>
<td>3/9-4/13</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 75 Basic</td>
<td>415-454-0998</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 100 Basic</td>
<td>415-454-0998</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 150 Intermediate</td>
<td>415-454-0998</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 250 Advanced</td>
<td>415-454-0998</td>
<td>Y</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Knitting Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Citizenship Class</td>
<td>415-454-0998</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>Therapeutic Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11AM–NOON</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>12:15–2:15PM</td>
<td>Vietnamese Social Group</td>
<td>415-456-9062 x129</td>
<td>N</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Intermediate Italian</td>
<td>3/10-5/12</td>
<td>Y</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Beginning Italian</td>
<td>1/21-3/31</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>8:30AM</td>
<td>Community Breakfast</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>9:30–11AM</td>
<td>Weekly Blood Press./Cholesterol Checks</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>11AM–NOON</td>
<td>Brown Bag Pantry</td>
<td>415-456-9067</td>
<td>N</td>
</tr>
<tr>
<td>1:30–3PM</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>Movie Time</td>
<td>3/11 &amp; 3/25</td>
<td>Y</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Ping-Pong</td>
<td>3/11 &amp; 3/25</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Yoga</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
</tbody>
</table>

Jackson Café
Fresh. Affordable. Delicious.
Entrees from $6-$8
Open for lunch every weekday to the public.
Located in Whistlestop Active Aging Center.

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

iPad/iPhone Basics 1: Getting to Know Your Device
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In this personalized, two-week course, you'll learn how to make calls, send emails, send texts, download music and add applications. Great for beginners, each session provides one-on-one help and comes with instructional handouts so you can practice at home. (Bring your charged-up Apple device to class.)

iPad/iPhone Basics 2: Essential Built-in Applications • Tuesdays, April 19 & 26, 10am-12pm (2 classes) • Fee: $48  Maximum 8 people
Review the basics of using your device and learn how to get the most out of your built-in apps, including Photo editing, iCloud, Calendar, Siri, E-mail, Texting, Facetime, Maps/GPS, and more. Bring your fully charged device, Apple ID, and Apple password to class. (For Apple only)
Joy Gordon was born in Manchester, Connecticut, but came with her family to Monterey at the age of eight when her Navy dad was transferred. She moved to San Francisco for school and then migrated to Marin, where she has remained to raise her family. Joy has five adult children and eight grandchildren. Joy’s thirst for knowledge was sparked when she discovered all the wonderful opportunities for enrichment through classes at the College of Marin. She began studying for a degree in the field of behavioral sciences. Now she takes exercise classes including Yoga and Zumba Gold. One of her early degree classes required giving volunteer hours and she chose to work with the Brain Injury Network. She found she wanted to continue giving back.

After raising her five children, the only thing she knew she did not want to do was work with children. Joy’s first experience at Whistlestop was dining at the Jackson Café. She saw all the friendly faces and the welcoming atmosphere and three years ago, decided to become a volunteer.

Joy loves seeing all the regular customers in the Jackson Café, joking around and catching up with them each week. Sometimes volunteers and staff sit and eat with clients as they all get to know one another. “Sometimes the Jackson Café feels like Cheers, where everybody knows your name.”

The Jackson Café is a unique experience of high quality and reasonably priced food prepared by Chef Luis and students of the Homeward Bound Culinary Program and served by the friendly volunteers and staff. Joy is also part of the team of people who organize and staff the Friday morning Brown Bag Pantry at Whistlestop. She knows what it is like to not have enough and is so happy this beautiful food is offered here, where people are treated kindly no matter what they do or do not have.

Joy loves being around active seniors as she ages. Many of the people she meets are such great role models and examples of how she would like to see herself in the future.

Marilyn Moore, Jackson Café Manager, says, “She always gives that extra effort, whether it’s wiping tablecloths or filling the sugar jars. She is a JOY to work with!”

If you would like to learn about this or any other volunteer opportunities, call Laurie, 415-456-9067, or email: volunteer@whistlestop.org.
Whistlestop values its talented employees. This month we celebrate our annual Employees of the Year.

Drivers & Attendants:
- Jose Padilla, San Francisco, Bus Attendant
- Richard Sampson, Marin, Hamilton Shuttle Driver

Active Aging Programs & Services:
- Marta Villela Morales, Hispanic Program Coordinator

Thank you all for your dedicated service to Whistlestop.

Community Breakfast: A Social Gathering

Come and enjoy scrambled eggs with veggies and salsa or another healthy meal at Whistlestop’s Friday morning Community Breakfasts. Serving starts at 9am and the price is right at $3-6. People find this a wonderful way to start their weekend – eating and socializing at the Jackson Café. Shown here, from left, are Arnold Luber, who volunteers for Meals on Wheels and Brown Bag Pantry, is a parking lot attendant and helps Leslie Klor with the Telephone Reassurance Program; Jean Harrison, who volunteers for Brown Bag Pantry and is that friendly face at the cash register in the Jackson Café; and Andy Guralas, a café regular.

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.

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Marin League of Women Voters Turns 80 This Year

Thirty Marin County women met at the Mill Valley Outdoor Art Club on May 28, 1936 and organized the “Marin League of Women Voters.” Their issues included relief (welfare), health insurance, child welfare, and education.

The League began observing the Board of Supervisors meetings and realized that county government needed to be unified, with the improved services necessary to handle the increasing population and other changes after the opening of the Golden Gate Bridge. These goals were achieved with League founding member Vera Schultz becoming the first woman elected to the Board of Supervisors, having to endure hearing them tell her “they would get along better with her if she wouldn’t keep bringing up new ideas!”

The plight of the elderly became an area of concern for Vera after being approached by concerned citizens who felt that this was one of the most glaring inequities in society. For the next 30 years, Vera, who was a president of the Marin Senior Coordinating Council, and her allies worked on programs for the elderly. Their efforts paid off when they leased the San Rafael railroad station, named it “The Whistlestop” and opened for business on Feb. 1, 1982. Vera was 80 years old.

Today’s League continues to serve Marin County. Committees educate and advocate in the areas of education, libraries, campaign finance, local governance, justice, healthcare, communications, and, of course, voter service.

The League’s transportation/land use/housing committee advocates for affordable housing in our increasingly expensive county, with an increasing focus on housing the elderly. That is why the League continues to be a strong supporter of Whistlestop and its outstanding efforts to serve its community.

The League turns 80 this year and will be celebrating at its Gala Dinner April 14 at the Spinnaker.

For more details go to www.marinlwv.org.
The Day First Lady of Marin Stood Up to the Kingpins

Vera Shultz’s supervisory work was not confined to Marin County. In 1953 she become the first woman supervisor to sit on the North Coast Counties Association of Supervisors. When she arrived for the first meeting she was confronted by a sign in block letters on a piece of poster board some wag had hung over the entrance. It read, “No Women Allowed.” It was obviously intended either to be cute or to intimidate and turn her away. Vera stopped dead in her tracks, retreating to a bench nearby where she sat shaken, talking to herself.

“Damn it! I am an elected official of the people,” she scolded. I am equal to any man in that room and this is my obligation.” Thoroughly aroused, she stormed into the hall and confronted the chairman.

“I’m Vera Schultz, supervisor from Marin County,” she challenged. “I may be a woman but I’m an elected official. Where am I supposed to go?”

“Why,” the chairman said blandly, “we thought you’d like to go with the wives to the fashion luncheon. This is a men’s club. No women allowed means no women allowed.”

Whirling on her heel, Vera went back to the entrance, pulled down the sign, and carried it into the hall. Standing before the head table, Vera wordlessly tore the sign in half and laid it in front of the chairman.

Still saying nothing, she spun on her heel and strode through stunned silence to the section of the table marked “Marin County.” She sat down and opened her briefcase ... From that day on, she had no trouble being a political woman among political kingpins. – from Vera, First Lady of Marin

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VOLUNTEER OPPORTUNITIES

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, which they can accept or decline. Volunteers need a reliable car, current insurance certificate, valid California Driver License and a clear background check and DMV report. Call for monthly orientations and trainings.

Jackson Café Lunch Servers, Cashiers & 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 greet, provide excellent customer service and support social interaction. Lunch hour shifts are Monday to Friday, 10:45am-2pm. Cashier or food service experience is a plus but not required. Friday morning breakfast shift is from 8:30-10:30am. Breakfast is served from 9-10am on Friday only.

Brown Bag Pantry Volunteers Needed
Helpers needed Friday mornings from 9:15am-12:15pm for the Brown Bag Pantry. Unload the truck from the Food Bank, sort produce, greet and help recipients get their food. Fun group needs new members. Ability to lift 25 pounds is a plus.

Meals on Wheels Drivers Needed
Meals on Wheels volunteer drivers are needed to deliver meals to home-bound meal recipients. A valid California Driver’s License, background check and clear DMV report are needed as well as a reliable vehicle and current insurance certificate. A minimum of one three-hour shift per week is required.

To learn more about these opportunities or others contact:
volunteer@whistlestop.org Phone: 415-456-9067
www.whistlestop.org

Detect & Connect

When interacting with older adults, learn how to detect behaviors that might reflect mental health or dementia issues, and how to compassionately respond and connect them to resources.

WHEN: Wed, Mar 23, 5-8pm (4:30 Registration check-in)
WHERE: Whistlestop, 930 Tamalpais Ave, San Rafael
REGISTER AT: www.tinyurl.com/hs92j64 or call 415-456-9062
(Registration closes March 18 at 5pm)

This FREE workshop focuses first on Detection, including normal aging vs. abnormal aging behavior. You will gain insight to identify symptoms and observable behaviors. The workshop then focuses on Connection, including responding in the moment to the observable behavior with empathy and compassion, effective communication techniques, and how best to connect the person to appropriate support services.

The workshop is open to all community members who regularly support the needs of older adults.

There will be a second Detect & Connect workshop on Thursday, Apr 28 from 2-5pm at Whistlestop, and a future Train the Trainer workshop in June (Date TBD). If you would like to be notified about registration for the April or June workshops, please contact support@agingactioninitiative.org.

This workshop was created and produced by the members of the Marin Aging Action Initiative Mental Health and Dementia Workgroup. The initiative is a collective effort of over 65 different agencies, grassroots organizations, commissions and neighborhood groups, funded by the County of Marin, and coordinated by MarinSpace. For more information visit www.agingactioninitiative.org or contact support@agingactioninitiative.org.