Keeping Active Thanks to My Fitbit and Fur Friend

In February, I turned 65, and my family, friends, co-workers, and the media have bombarded me with reminders to stay active as I age. It’s easy for them to say since most of my family, friends and colleagues are quite a bit younger than I!

Actually, I must admit that I feel better at 65 than I ever imagined. When I was younger, I sometimes worried about getting older and not being able to enjoy physical activity. I have always enjoyed playing sports and thankfully I still can keep up with my younger buddies. It now just takes my body longer to recover after strenuous activity.

This edition of the Whistlestop Express focuses on Exercise and Technology. I personally have found technology to be helpful with my physical activity routine. For the past year, I have worn a Fitbit to track my daily, weekly, and monthly steps taken, miles walked, calories burned and floors climbed. The results displayed on the Fitbit provide positive reinforcement that I’m staying active. It’s invigorating to see the display light up when I have reached my daily 10,000 steps goal. When I receive a Fitbit progress success badge e-mail, I’m as proud as when I received a Boy Scout achievement badge as a young man.

Technology use by older adults goes well beyond fitness monitors. Baby Boomers in their retirement years, and even the elderly, are embracing computers, smartphones, tablets and other devices as they seek to better manage their own physical health. There are more and more uses of technology to promote physical fitness popping up every day. A crop of new activity trackers promises to collect data on your every move and offer new insights about your health.

As we know, technology can be considered both a complement and a curse. It can help improve our communication and access to knowledge, but can cause a separation from human interaction, which is a great divide between the younger and older generations. We need to accept it and embrace it with a cultural shift, but at the same time, remember that older adults still rely on personal touch and involvement from family, friends, and the community. That’s why our Whistlestop Active Aging Center classes such as Zumba, Tai Chi, and Yoga remain very popular with our older adult participants.

I would be remiss for not giving credit to my dear fur friend, Caleb, our 12-year-old rescue dog, for helping to keep me physically active. Almost every day for the past dozen years I have walked Caleb up in the foothills of China Camp Park behind our home. Caleb knows the routine and stares at me with a wagging tail when it’s time for his walk. No matter how stiff of body or how tired I may be, I get up and make that walk with him. And, it becomes one of the enjoyable moments in my life.

Joe O’Hehir is CEO of Whistlestop.
Sudden Boom in Technology Helpful to Older Adults

The concern about aging parents living alone is about to reach an all-time high and many seniors prefer to keep their independence as long as possible. This begs the question, “How can we keep our parents safe and have peace of mind at a cost that we can afford?”

While there has been an explosion of wearable technology – devices that monitor an individual’s health and fitness levels, including sleep patterns and water intake to name a few – products just for seniors have been lacking. The good news is that is starting to change.

Asif Khan of Caremerge, a healthcare technology company dedicated to improving communication and care coordination within senior living facilities, has identified several forward-thinking companies that have stepped up to help solve this problem. Here is a list of apps and technologies that can help families, patients, and health care providers keep our seniors safe:

**Lively** – Small sensors are placed on objects within the home – such as prescription pill bottles or the refrigerator – to detect when the resident is taking medications, getting food, or leaving the home. Activity signals are sent from the sensors to Lively’s website (no Internet or Wi-Fi connection required), where the data is held for family members and caregivers to monitor. Data is also shared via smartphones and email, with notifications on any irregular activity. A printed LivelyGram mailer with photos and messages from family members and friends is automatically created twice a month for the adult in the home. (www.mylively.com)

**WalkJoy** – Recovering from a fall at an old age is extremely difficult. It can result in a lack of mobility, causing depression and other serious conditions that can put the patient in a downward spiral. WalkJoy’s non-invasive technology aids in the restoration of gait and balance for people with peripheral neuropathy. Devices are attached to the knees to re-establish a signal, telling the brain that the heel just struck the ground. The brain’s central nervous system incorporates the new signal from the device, and the motor system responds as if there is no loss of sensation in the foot, thereby returning the person to a normal gait. A second device, WalkingHealth, serves as a walking diagnostic tool, helping to reduce falls by those elders suffering from mobility challenges. (www.walkjoy.com)

**RespondWell** – Physical fitness and healthy daily movement are critical to healthy aging. RespondWell uses a Kinect sensor to help understand a person’s physical limitations and connect them with a therapist who can create an individualized physical fitness plan. The plan is then plugged into RespondWell, where an avatar helps the patient follow along and determines progress. Feedback is sent back to the designated therapist, so they can monitor progress and make changes to the plan. (www.respondwell.com)

**Independa and LG** – A meticulously designed interface known as “Angela” is a HAL-like personality built in to LG TVs and ready to use with larger screen fonts and higher contrast for older adults. When activated for use, the viewer can browse the web, use video chat with friends and family, access simple e-mail, play games, see family photos, follow a daily schedule and get medication reminders. Angela can even be programmed to call mom or dad to remind them to take medications. These services are available through TVs and laptops in private homes and senior living facilities. (www.independa.com)

**PocketFinder** – These discreet devices allow families to have peace of mind while their loved ones remain mobile with a GPS locator to help stay connected. These GPS locators provide real time location information and activity that can be viewed through a web-based portal or smartphone. There is also a device that mounts directly onto a vehicle and is powered by the car’s battery. (www.pocketfinder.com)

**Guardian Medical Monitoring** – Guardian offers the Virtually There Care camera monitoring system, which allows family members to check in on their loved ones living independently via remote camera viewing and audible communication. This decreases the need for paid caregivers and daily check-ins, lowers home care costs in assisted living or nursing placement, and extends independence. (www.guardianmedicalmonitoring.com) See more at: www.thelonlinemom.com
One of the most enjoyable parts of being a Zumba instructor is hearing how the popular exercise helps participants, says Marion Boumans-Isaacson. “People come up to me all the time and say how this is helping them with practical things like lifting groceries into the car or carrying luggage at the airport.”

Marion teaches Zumba at Whistlestop on Monday and Thursday mornings from 9:30 to 10:30am. She has been a Zumba instructor for eight years, including the past year at Whistlestop. “It’s a fun way to exercise,” she said. “I teach Zumba Gold, which is designed for active older adults. You get to dance to music from all around the world and you don’t need a partner.” Most of her students – averaging 15 per class – are between the ages of 60 and 65. “But some are even older. Others are people recovering from an injury.”

She adds light weights, usually just one pound, to her classes, which helps build muscle. “Zumba is good for strengthening as well as being a great cardiovascular workout,” she said. “It also helps with balance as we get older.”

Marion stays fit herself because she is leading 12 classes a week at sites around Marin. She got interested in Zumba when a friend of hers taught a class. “I started going and felt better. So then I got certified and started building up my own classes.”

You can join the fun by showing up for a class at the Caboose some Monday or Thursday morning, or by emailing Marion: zumbagirlmarion@gmail.com.
The Larkspur Walkers, sponsored by the City of Larkspur’s Recreation Department, welcome you to join them on walks that start and finish at Piper Park. The group is not limited to Larkspur residents.

Nancy Spivey, former director of the Larkspur Rec Department, started the group in 1987 for walks along bike paths and trails, and the easement staircases in and around Larkspur rain or shine. Walkers are not discouraged by the weather. The group walks about three miles from 9 to 10am Monday, Wednesday, Friday and some Saturdays. There are two groups; some routes include hills and easement staircases and others stick to flat and easier terrain. Come to Piper Park or contact the Recreation Department at 415-927-6746.

Benefits of joining the group go beyond fitness and physical health. According to a longtime member of the group, the social benefits are enormous. It’s a very interactive group and members come to care about each other, often checking on people if they miss a few days. They also share news of different activities and opportunities that are available for older adults in the area.

Benefits of joining the group go beyond fitness and physical health. According to a longtime member of the group, the social benefits are enormous.
Cinco de Mayo Lunch Fiesta
Thurs, May 5, 11:30-1:30 pm;
Entertainment 12-1pm $8/10
A celebration of Mexican pride with a special lunch and entertainment in the Jackson Café. Lunch features chicken mole enchiladas (or veggie enchiladas) with drunken pinto beans, Spanish rice, flan for dessert, with festive dances from the Corazon Latino Social Group and music from Bread & Roses Presents™. Purchase tickets by May 2 by calling or visiting our Front Desk. Cinco de Mayo – or the Fifth of May – commemorates the Mexican Army’s 1862 victory over France at the Battle of Puebla during the Franco-Mexican War.

Celebrating our Mothers Lunch
Tues, May 17, 11:30-2pm; regular menu pricing
Come and celebrate mothers with lunch and music from the Redwood Wind Quartet in the Jackson Café. Order your favorite dish from our delicious menu at an affordable price.

Get Fit Exercise Sampler and Wellness Fair
Wed, May 18, Exercise 9:30am-12pm;
Guided Walk, 10:05-10:35am; Wellness Fair 9:30 am-1pm;
Lunch 12-12:30pm, provided by Good Earth Natural & Organic Foods
Event held at Albert J. Boro Community Center, 50 Canal St, San Rafael
Reservations required: call Whistlestop to sign up today. Lunch request is $3 (donation) onsite if 60+

Mind your Memory Workshop Series
Mondays, May 9, 16, 23, & June 6, 2:30-4pm; $45/50
Instructor: Chance Massaro, M.A.
This interactive workshop series will help you remember more easily where you put things, peoples’ names, and how to use your brain more effectively. You will learn a simple technique to restore mental vigor, learn rapidly, and remember what you want. Chance Massaro is a local educator and author whose expertise is Rapid Learning Memory Improvement. His presentation is interactive and fun, and participants leave with tools to improve memory and learn faster. Visit memorybackguarantee.com

Cinco de Mayo Lunch Fiesta
Thurs, May 5, 11:30-1:30 pm; Study Break: 10-11:30am
Get your Cinco de Mayo fix at our delicious lunch and music from the Redwood Wind Quartet. All levels encouraged.

Visit the website or our front desk 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.**
Computer Mouse: Marin Connection

FROM MARIN MAGAZINE BY MARC HERSHON

Bill English is a computer engineer and, in the early 1960s, back before the dawn of the personal computer, he was working on a team at Stanford Research Institute. They were trying to figure out the best way to select a point on a computer monitor and, after testing of a variety of devices, the little box that would be dubbed “the mouse” won out.

So what led you to make the discovery of using a mouse as a pointing device? It was quite clear that you needed a way to select things on the screen. So we looked at different ways you might do that. There were several ideas that came up, so I set up an experiment on pointing devices. The concept behind the mouse was a planimeter, a device that’s used to measure the area of the circle. It has two orthogonal wheels just like a mouse.

... I was able to determine the wheel diameter and got the SRI machine shop to make the first mouse. And we did a great demo in 1968. The Mother of All Demos, it was called. That’s the first place the mouse was shown. Doug Englebart (team leader) was using the mouse and it got a huge amount of attention. It was a great experience.

Where did the name “mouse” come from? I imagine I did that. We had this box and a tail came out of it. Why not call it a mouse?

Bill English lives in Bel Marin Keys.

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Jackson Café

Fresh. Affordable. Delicious.

Entrees from $6-$8
Open to the public for lunch every weekday!
Located in Whistlestop Active Aging Center.

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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>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>
<td>10:30AM–1:30PM</td>
<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>415-485-9318</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>
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<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>11AM–12PM</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>
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<tr>
<td>10–11:30AM</td>
<td>Seniors’ Circle</td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>10–NOON</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10AM–1PM</td>
<td>Therapeutic Massage</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>10:30AM–NOON</td>
<td>Abstract Watercolor</td>
<td>Starts 5/11</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>
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<tr>
<td>2–4PM</td>
<td>Knitting Group</td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>3:30–5PM</td>
<td>Citizenship Class</td>
<td>415-454-0998</td>
<td>Y</td>
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<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>
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<tr>
<td>12:15–2:15PM</td>
<td>Vietnamese Social Group</td>
<td>415-456-9062 x129</td>
<td>N</td>
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<tr>
<td>1–2:30PM</td>
<td>Intermediate Italian</td>
<td>5/19/7/28</td>
<td>Y</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Beginning Italian</td>
<td>In session</td>
<td>Y</td>
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<td>2:45–3:45PM</td>
<td>Balance Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>9:10AM</td>
<td>Community Breakfast</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>9:30–11AM</td>
<td>Weekly Blood Pressure/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>
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<tr>
<td>1:30–3PM</td>
<td>ACASA</td>
<td>Drop-in</td>
<td>N</td>
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<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>5/6 &amp; 5/20</td>
<td>Y</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Ping-Pong</td>
<td>5/13 &amp; 5/27</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Yoga</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
</tbody>
</table>
Healthy Aging Symposium
May 5, on Trailblazers

Whistlestop again will be a sponsor of the Healthy Aging Symposium in San Rafael on Thursday, May 5. The 12th annual symposium will be held at the Embassy Suites Hotel, 101 McInnis Parkway, as part of Marin’s celebration of National Healthy Aging Month.

Keynote speaker will be Spencer Michels, San Francisco native and veteran correspondent and producer of the PBS NewsHour. Other speakers will be Lynn “Lili” Shaughnessy, PsyD, of the Ray Dolby Brain Center at the California Pacific Medical Center; Barbara Beskind, designer from the San Francisco-based IDEO; and Susanne Bersbach, Life Coach and Transitions Counselor.

This year’s theme is “Trailblazers in a Changing World.” Tickets are $20 and may be purchased on Eventbrite.com.

What Inspires YOU?

A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.
—Amelia Earhart

We are looking for stories about what inspires you, what gives you hope and what keeps you going when times are challenging. This will be the theme of the June issue of the Whistlestop Express.

Send a story about yourself or someone who inspires you to John Bowman, john.bowman58@gmail.com or call 916-751-9189 to share your story. Please keep it to a maximum of 350 words.
Elizabeth Lynn has been our Whistlesizer’s chair exercise instructor since April 2015. Her own path to healthy exercise took a circuitous route beginning in her home state of Oklahoma with a building contractor father and stay at home mom. Intrigued with the field of construction, Elizabeth branched out to study landscape architecture at the University of Arizona, but through her study of Buddhism, she realized that this career was not a good fit. She wanted more socialization than sitting at a drafting table working with concepts, not people, could offer.

A building materials sales job was a good blend of her knowledge of the industry and her desire to get out and meet more people. Elizabeth happily continued working until 2010 when a serious accident forced her to retire. At that point getting fit and healthy again became a priority and getting even fitter than she was before her accident became her goal.

Elizabeth was mentored by her former teacher throughout her fitness training and certification. Joining the Whistlestop wellness volunteer team has been a heartwarming experience. “Everyone is caring and warm-hearted. The class members, staff and the other volunteers are all so friendly,” says Elizabeth.

She is happy to share her love of exercise and her knowledge of the benefits to the mental, physical and emotional health with older adults and people with disabilities who attend her class. Elizabeth sees her class members build friendships, improve the quality of their lives and enjoy the hour they spend each Tuesday and Thursday morning. She has a steady group of regular attendees at her class every week.

Diana Gruhl, Active Aging Center Manager says, “Elizabeth Lynn brings enthusiasm, care, and dedication to participants during her classes. Certified as a Professional Fitness Leader for Adults with Special Needs through the American Senior Fitness Association, she brings great skill and years of experience in leading gentle chair exercises to the seniors of Whistlestop, with patience and joy.”

For more information about volunteer opportunities, please call Laurie at 415-456-9067 or email: volunteer@whistlestop.org
Ping Pong is Great Mind-Body Workout

By VIVIAN MALCY, VOLUNTEER INSTRUCTOR

It’s a Friday afternoon around 2 at Whistlestop and a familiar sound brings you back to your childhood. You look in the Caboose room and there it is. People playing ping pong.

Betty Drake recollects, “When I was a kid helping my mother with the dishes after supper, I could hardly wait to get down to the family rec room to join my big brothers at the ping pong table. We thoroughly enjoyed it and got the same engagement that today’s kids experience with their reality games.”

Stanton Klose says, “As an active retired person, I’m pleased that Whistlestop includes ping pong as an activity. To play well, the game requires quick reflexes, hand/eye coordination, lateral movement, accuracy, consistency and focus.”

Eliose and Roberto Rivera love ping pong because it is good exercise and good for the mind too – a complete mind-body workout without being too strenuous. “At Whistlestop, we have enjoyed meeting fellow players and we have just the right amount of time to play and rest in between games. You have taught us the fundamentals and organize it so well that everyone has adequate time to play with the two tables.”

When our old table broke beyond repair, people offered to donate money to buy a new one. We collected the majority of the money for the table and Whistlestop kicked in the balance. It showed me how much people like the activity and it’s what makes volunteering my time so enjoyable.

Come and try out our new table, no matter how skilled you are.
Turning 65? Losing coverage with an employer? Trying to make sense of Medicare? What are your options when it comes to Health Plans? Medicare can be simple. This event is only for educational purposes and no plan-specific benefits or details will be shared. To sign up: 415-720-2133.

HIGHLIGHTED SUPPORT SERVICES

Need Assistance? Multicultural Consultants Can Help
By appointment: 415-456-9062
Spanish: Marta, 415-454-0998; Russian: Anna, ext. 138; Vietnamese: Dina, ext. 129; Farsi: Mrs. Esmaili, 415-472-6020. No fee for consultations; small fee may apply for translation services.

Homeshare Program
For appointments, 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.

Telephone Reassurance
For information or to register, call Leslie Klor, 415-456-9068
Free (Donations Appreciated)
Do you live alone? If you often feel isolated and are looking for connection and peace of mind, trained volunteers can call you three mornings a week to check in on you.

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

Free Legal Consultation
1st four Thursdays of each month at Whistlestop; 1st and 3rd Thursday at the Mill Valley Community Center
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 years and older.

SEEKING INFORMATION REGARDING POSSIBLE MISREPRESENTATIONS AT AEGIS FACILITIES

As part of a potential class action lawsuit against certain Assisted Living Facilities, we are presently investigating claims against

AEGIS OF CORTE MADERA
AEGIS OF NAPA
AEGIS OF SAN RAFAEL

and are seeking information regarding possible misrepresentations about staffing and the use of a resident evaluation system at the above facilities. If you are a former employee, a current or former resident, or a loved-one of a current or former resident of any of the above facilities and you have any information, please contact

Attorney W. Timothy Needham or Paralegal Karen Ellis, at Janssen Malloy LLP
(888) 526-7736 (toll free)
(707) 445-2071
Or email: kells@janssenlaw.com

Thank you to the International Brotherhood of Electrical Workers and PG&E for donating $1,000 to Whistlestop.

Pictured: Ralph Kenyon, IBEW 1245 Business Rep, Teresa Carlson, IBEW 1245 Clerical, Steve Zerkel IBEW 1245 Lineman, Joe O’Hehir, Whistlestop CEO, Dave Canny PG&E North Bay Division Mgr
Whistlestop Express
Marin Senior Coordinating Council
930 Tamalpais Avenue
San Rafael, CA 94901-3325

TECHNOLOGY MAY • JUNE 2016
Pre-registration and payment required. 415-456-9062

Managing Your Photos
Tuesdays, May 17 & 24, 10am-noon (2 classes)
Fee: $48 Maximum 8 people
In this two-week course, you will learn how to preserve your photos, organize, edit, back up and print them. Bring your digital camera or flash drive and we’ll show you how to get photos, save them in one place, and use software to make it easy and fun.

iPad/iPhone Basics 1: Getting to Know Your Device
Thursdays, May 19 & 26, 10am-noon (2 classes)
Fee: $48 Maximum 8 people
In this two-week course, we show you how to make calls, send emails, send texts, download music and add applications. Good for beginners. Each session provides one-on-one help and has instructional handouts for practice at home. (Bring your charged-up Apple device to class.)

Intro to Computers 2: Moving Beyond Basics
Tuesdays, June 7 & 14, 10am-noon (2 classes)
This is a perfect sequel to Intro to Computers 1. This 2-week class focuses on using Internet tools to learn new skills such as iTunes and social media. Review writing a letter and printing it, storing files and documents so you can find them again, and using email.

iPad/iPhone Basics 2: Essential Built-in Applications
Thursdays, June 23 & 30, 10am-noon (2 classes)
Fee: $48 Maximum 8 people
Review the basics of using your device. Learn how to maximize Photo editing, iCloud, Calendar, Siri, Email, Texting, Facetime, and Maps/GPS. Practice using these applications included with your iPad/iPhone. Learn how to install new apps, update, delete and organize them. Bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

Open Lab
Every Monday and Wednesday, 10am-noon
No Fee • Use our PCs to access the Internet. Volunteers available for advice on problems with your electronic devices; they can also help you with software applications.

VOLUNTEER ANNOUNCEMENTS

Make a Difference in an Older Adult’s Life!

Jackson Café Weekday Lunch Servers and 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 provide friendly greetings, excellent customer service and support social interaction. Café volunteers receive a free breakfast or lunch as thanks for their service. Lunch hour shifts: Monday-Friday, 10:45am-2pm. (Café hours: 11:30am-2pm) Cashier or food service experience is a plus but not required. The Friday morning breakfast shift is from 8-10am Fridays. Breakfast is open to the public and served from 9-10am.

Brown Bag Pantry Volunteers Needed
Brown Bag Pantry helpers needed Friday mornings from 9:15am-12:15pm. Duties: unload the truck from the Food Bank, sort produce, greet and help recipients get their food. This 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 and a clear DMV report are needed as well as a reliable vehicle and current insurance certificate. A minimum of one 2-3 hour weekday shift is required.

Whistlestop CarePool Volunteer Driver Program
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Volunteer drivers provide round-trip rides to ambulatory older adults to the doctor or grocery store (usually two to three hours). Use your own car and receive ride requests through email. Accept or decline requests, and drive on your own schedule. Volunteers need reliable passenger automobile with current insurance certificate, a valid California Driver’s License and a clear background check and DMV report.

To learn more about these opportunities or others, contact Laurie, volunteer@whistlestop.org or 415-456-9067.