1 DAY of JOY & MUSIC

WHISTLE STOCK

SUNDAY, SEPTEMBER 25
RANCHO NICASIO | 3-6PM | GATES OPEN AT 2:30PM
BBQ | Costume Contest | Dancing

featuring...

Unauthorized
Rolling Stones

Rick Stevens
Former Lead Singer of
Tower Of Power

Lydia Pense &
Cold Blood

BUY TICKETS AT
whistlestock.com
Space is Limited

Whistlestock Sponsor Tells
Why He Does It
PAGE 2

Rancho Nicasio
Ideal Venue for Concert
PAGE 3

Teen Volunteer Keeps
Abuela’s Spirit Alive
PAGE 15

whistlestop.org

SEPTEMBER 2016
WHISTLESTOP
930 Tamalpais Avenue
San Rafael, CA 94901
www.whistlestop.org

Main office: Open 8:30am-5pm MF
415-456-9062
Transportation – 415-454-0902
Meals on Wheels – 415-457-4636
Help Desk – 415-459-6700
resource@whistlestop.org
To have the Express emailed sign up at whistlestop.org. For annual subscription mailed to your home, send $10 to Whistlestop.

WHISTLESTOP STAFF
Joe O’Hehir, CEO
Tom Roberts, Chief Operating Officer
Yvonne Roberts, Development and Marketing Director
info@whistlestop.org
Anita Renzetti, Director of Program Innovation
Melissa Groos, Active Aging Program Manager
John and Val Bowman, Whistlestop Express Editors, 916-751-9189, john.bowman58@gmail.com
Laurie Vermont, Volunteer Manager volunteer@whistlestop.org

BOARD OF DIRECTORS
Dennis Ryan, President
Elka Allen, Vice President
Karen Arnold, Treasurer
Cynthia Wuthmann, Secretary
Sharon Jackson
Beth Reizman
Robert Sonnenberg

PACIFIC SUN STAFF
Advertising:
Rozan Donals
rdonals@pacificsun.com
Danielle McCoy
dmccoy@pacificsun.com
Marianne Misz
mmisz@pacificsun.com
Phaedra Strecher, Art Director
psstrecher@pacificsun.com
Rosemary Olson, Publisher
rolson@pacificsun.com

Our Mission
Whistlestop believes we share a responsibility to ensure all Marin residents have an opportunity to age with dignity, independence and grace.

ON THE COVER:
Photos courtesy: lydiapense.com
themunauthorizedrollingstones.us
rckstevensmusic.com
Art: Missy Reynolds
Design: Phaedra Strecher

WHISTLESTOP EXPRESS SEPTEMBER 2016

Whistlestop PERSPECTIVE
By PAUL WICHMAN

Why I Jumped at the Chance To Be a Whistlestock Sponsor

When I was asked why I was motivated to be a sponsor for Whistlestock, the answer came easily. There are few community service organizations that are as effective as Whistlestop. My roots are in community service. From the time I was a volunteer in college at the Portland Metropolitan Human Relations Commission, to my first professional roles, I have always been happiest in service to others. The leadership at Whistlestop has done a remarkable job of identifying how they can serve their clients best, then execute it brilliantly. It’s not always easy to find the time to volunteer with a young teenager in the house, so when the opportunity to sponsor Whistlestock appeared, I jumped at the opportunity.

I continue to be amazed at the scope of services offered by Whistlestop, from the 500 plus trips a day by the buses or volunteer drivers to the home delivery grocery program, Meals on Wheels or Brown Bag Pantry at various Marin senior centers. Marin County is very fortunate to have Whistlestop, which has been a leader in helping older adults for more than sixty years.

I first learned of Whistlestop when we moved to Marin in 2009 and opened our doors at BrightStar Home Care. We’ve been referring seniors to various Whistlestop services ever since.

I am very fortunate to be working with compassionate nurses and home care aides who truly understand the importance of helping people live safely in their homes with as much independence as possible. We provide a full range of high-acuity in home nursing care to companion and personal care. We work with physicians and families to ensure each client is living safely and as healthfully as possible in their own home.

In 1990, I had my first experience as a caregiver. My father was bedbound after a long battle with colon cancer. As a caregiver, I learned a lot about the importance of staying home during extended illness. It really makes a difference in the quality of life for everyone in the family when there is good in-home care and the emotional support necessary to help heal.

As for Whistlestock, the people, the music and the venue were fantastic last year. The event epitomizes the Whistlestop community and demonstrates the commitment to supporting seniors in Marin. I really enjoy jazz, blues and especially The Grateful Dead. Music has always been important to me and fortunately for friends and family, it’s been restricted to listening.

I want to conclude by saying that our daughter, Lillian-Rose, works parttime at BrightStar. As most teenagers do, she has a very busy schedule, but the one thing she always makes time for is helping the nurses at the Friday health screenings at Whistlestop. She’s always quick to remind me how much she enjoys her Friday morning obligation in San Rafael.

Wichman is president/owner of BrightStar of San Francisco and Marin County.
Whistlestock Was Cooked Up at Rancho Nicasio

By JOHN BOWMAN

I think Yvonne Roberts got the idea for Whistlestock when she came out here for dinner and a show a few years ago. She really liked the place and she got a vision.” That’s Bob Brown’s take on the genesis of Whistlestock, which comes back for its third annual showing on Sept. 25 at Brown’s popular restaurant and bar in West Marin.

Brown, now 70, was manager of Pablo Cruise in 1970s and then manager of Huey Lewis and the News for 32 years, but is now focused on Rancho Nicasio, a favorite venue of musicians from Northern California and beyond.

Brown’s roadhouse is a family operation. His wife, Angela Strehli, lead singer in Blues Broads, is a regular entertainer there. “She has a rich voice and is an accomplished blues vocalist,” Brown said. “She learned a lot when she lived in Texas. She’s from Lubbock and spent a lot of time singing in Austin with such greats as Muddy Waters and BB King.”

Executive Chef is Brown’s son Max, 43, who trained at the California Culinary Academy in San Francisco. Max was Brown’s original chef, starting in 1998, and continues to manage the menu in the Rancho room. In March, Bob hired storied San Francisco chef Ron Siegel for the Western Room. Siegel, a Michelin starred chef, was at Michael Mina for three years.

Brown exudes energy when he talks about the great musicians who play at his place and about the history of Rancho Nicasio, the 75-year-old, 4.5-acre roadhouse with dining rooms, patios, decks and plenty of outdoor space for its popular barbecues.

“Well, there’s no reason to do this if you’re not having fun.”

Who is the hottest artist coming to Rancho Nicasio these days? “Elvin Bishop

Continued on page 7
Lydia Pense and Cold Blood will be bringing their brand of funk/soul music to the third annual Whistlestock concert on Sunday, Sept. 25 at Rancho Nicasio.

When Lydia was 11, her father brought home one of the first tape recorders and taught her how to use it. After school, she went around the house, taping the whole household. “I have a recording of the Beatles when they appeared on the Ed Sullivan show,” she says. She would record her voice singing along to records. Among her favorites were Brenda Lee, “because she was short with a big voice,” and Teresa Brewer from the Hit Parade, which she watched with her dad.

She picked up her style by listening to the rhythm and blues singers her older brother listened to, people like Bo Diddley, Fats Domino, and Ray Charles. When she was in the eighth grade, she sang in a talent show. A member of a local band, The Dimensions, heard her and invited her to sing with them. From there she performed with several bands, joining Cold Blood in 1968. Lydia says, “There weren’t many chicks fronting bands then and I was compared to Janis Joplin.” San Francisco music impresario Bill Graham heard her sing and immediately signed Cold Blood to his new record label. With Tower of Power, Lydia and Cold Blood created their own funk/soul style of music known as East Bay Grease.

After their first album, Cold Blood went on the road as well as playing to packed houses in San Francisco at the Fillmore and other venues. They still go on tour and fill halls with happy, foot-stomping fans, but for shorter spells. Now, Lydia says, when she’s not making music, her job is taking care of her 7-year-old grandson. She’s been doing that since he was two and says she’s taught him everything he knows. She took a break in the 80s to raise her daughter before putting the band back together.

She’s happy with their latest album, Soul of a Gypsy, which came out last fall and features original songs by the group. She looks back on her days as part of the San Francisco music scene in the 60s fondly. “It was quite a movie,” she says.
Rudy Colombini Brings Mick to Rancho Nicasio on Sept. 25

By JOHN BOWMAN

When asked what is the most requested song that Rudy Columbini and the Unauthorized Rolling Stones receive at shows, Rudy replied, “In the norm, “Gimme Shelter; out of the norm, “Shattered.” By “out of the norm,” he means that “Shattered,” being an old B label song, is an unexpected favorite.

For Rudy, 61, who has been lead singer in this tribute band for the past 25 years, he most likes to sing “Beast of Burden.” He added, “Under the Influence’ is right up there.” He obviously enjoys being the Mick Jagger of this group, but says he was also influenced by several other big names, including James Brown, John Lennon – and “all of the other Brits as well as the Memphis sound.”

For a while, Rudy thought he was out of the music business. He was doing all right but decided to take a couple of years off. This was right after his hit “Under the Impression” made it to No. 30 on the Top 40.

Then he was invited to an audition for a blues band at the El Camino in San Mateo. They liked what they heard and said it was very “Jaggeresque.” His wife, accomplished painter Lisa Kolda, said, “You ought to start a tribute band.” He decided to take her advice and it turned out to be a career making decision.

Rudy lives in Hillsborough near San Francisco and almost as important to him as performing is his involvement with the San Francisco Music Hall of Fame. He is the founder and visionary behind the much-heralded Music City Project being built at 1353 Bush St. Its progress can be followed at musiccitysf.org.

Rudy said his dream to honor the musical history of San Francisco, while offering a space to unite and educate musicians of the present and future, is coming alive at Music City San Francisco.

The Unauthorized Rolling Stones perform at prestigious theaters and venues nationwide. They have opened for major acts like Elton John, Train, and about 50 other household names. Their appearance at the third annual Whistlestock on Sept. 25 at Rancho Nicasio is greatly anticipated by Stones lovers throughout Marin County.
Rick Stevens Still Feels Like A Young Man When on Stage

By JOHN BOWMAN

It always makes Rick Stevens smile when someone comes up after a performance, shakes his hand and says, “I saw you when I was sixteen.” And that happens quite often.

Rick, now 76, recorded the smash hit, “You’re Still a Young Man” in 1972, and he still feels like a young man in those moments. “A lot of the same people who heard it back then are showing up again these days,” he said. “And now their kids and their grandkids are coming too.”

That song climbed the charts when he and his band Tower of Power did it 45 years ago and it continues to be the one that gets the most applause today. One night at Yoshi’s in Oakland, when the Tower of Power band invited Rick to sing “Young Man” he said yes and performed it to a standing, raucous crowd. He will sing it again at Whistlestock.

Rick joined the group Tower of Power in 1969. On their first album, East Bay Grease, recorded on the Fillmore/San Francisco label, Rick sang the diamond hit, “Sparkling in the Sand.” Then came “You’re Still a Young Man,” written by Emilio Castillo and Stephen Kupka. From the album Bump City, it was a giant hit and became Rick’s signature song. That album remains a fan favorite and also features such hits as “Down to the Night Club” and “You Got to Funkafize.”

Rick’s latest endeavor is a CD titled “Rick Stevens Back on the Streets Again.”

Oiling the Musical Gears

Charlie Ellicott, who has been a manager for numerous musicians for 20 years, said he thinks music managers don’t make interesting interview subjects. “We’re pretty boring. We oil and take care of the gears of machinery down in the basement.”

And yet, Ellicott has a compelling story to tell. He got into the music business 50 years ago and his clients have included Ramsey Lewis, Maria Muldaur, David Crosby, Nancy Wilson, Charlie Byrd and Branford Marsalis.

He books events for Whistlestock entertainers Lydia Pense and Cold Blood.

Ellicott, who was an anti-war activist in college, started out as a musician in the 1960s, playing guitar and acting as manager/booker in a college band in Philadelphia. Originally from Long Island, he left college in 1967 and moved to New York City. He started working for Bill Graham a year later and moved to San Francisco. Today, when he’s not finding gigs for his clients, Charlie is a baseball umpire for high school, semi-pro and pro teams. He said he is a guitarist of “mediocre ability” but stopped playing in bands in the late 1970s. He loves working with Lydia Pense. “She is something. She is still full-voiced at age 68.”
Sometimes Richard just riffs on his guitar.

Whistlestock Emcee ‘In Awe’ Of Whistlestop

By JOHN BOWMAN

A conversation with Richard Stockton, who will emcee the third annual Whistlestock on Sept. 25, could lift the spirits of a depressed pessimist. He is obviously a guy who loves bringing joy to others and has found the ideal outlet as an entertainer.

Stockton, a kinetic, positive spirit, is an author, stand-up comic, and former radio talk show host, and currently is touring with his one-man show, Planet of the Boomers. He also produces and hosts Planet Cruz Comedy with Richard Stockton, a live comedy/variety show performed at the Rio Theatre in Santa Cruz.

He loves boomer audiences. “There are four Boomer elements,” he said. “Fire, water, air and vinyl. When Boomers think of things like Jimi Hendrix playing the Star Spangled Banner at Woodstock, with all of those battlefield sounds in the air, they realize that a musician can be about everything.”

Now 67 years old, Stockton says, “I came from the Deep South – Bakersfield. I went from there to UCLA, Berkeley and Santa Cruz. It changed me. I went from being a Baptist Agnostic to a Buddhist Hippie.”

He is pleased to be associated with Whistlestop because, “I am in awe of that place. I had lunch at the Jackson Café with some of the staff and heard about all of their services. It’s like they have these Meals on Wheels drivers who also go to a home and check with Mr. Jones to make sure he has taken his morning meds. I’m thinking, what would happen in Marin if they didn’t have this place? I am honored to be doing this show.”

He plays a guitar as part of his act and says, “Sometimes I just stand there and do a little funk base or get a rhythm going.” He has many memories of shows over the past 25 years, and perhaps his favorite is his brief encounter with Ringo Starr.

“I had opened the show and then, as I was leaving the stage and Ringo was coming up the steps, he stopped for a second, pointed his bejeweled finger at me and said, ‘Now there’s a funny one.’ I stayed and watched his performance. At one point, these girls – they were like 15 or something – were screaming from the balcony and then they pulled up their shirts. Ringo said, ‘Oh, I hope they are not my children.’”

Nicasio, continued from page 3

is always a big draw. And Angela packs ’em in. But they’re all good – most of our shows sell out.”

He said the audience’s age varies, depending on the artist. “At first, our audiences skewed older. But now they are in their 30s and 40s, all the way up to their 80s. There is plenty of room to dance and most people do.” Brown loves blues and rock, and he says he dabbles on piano. “We’ve always had one in our house, but I do not consider myself a musician.”

Brown said he is delighted to be associated with Whistlestop. “They do so many positive things for seniors in Marin. It’s an amazing place.”
Keep Learning at WHISTLESTOP

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. PLEASE note that Whistlestop’s Active Aging Center, including the Jackson Café, will be closed on Sept 5 in honor of Labor Day.

CELEBRATIONS/EVENTS

Mariachi Nueva Generación
Thurs, Sept 22, Refreshments: 2-2:30pm; Entertainment: 2:30-3:30pm; San Rafael Community Center, S8 advance, $11 door; Children 12 & under free
Advance registration recommended
San Rafael Goldenaires, Whistlestop, Marin County Health & Human Services, and Division on Aging invite you to join us for live music, friendship, and raffle prizes. All welcome; please bring family and friends.
Tickets at Whistlestop, 415-456-9062, or San Rafael Goldenaires, 415-485-3348.

Grandparents Day High Tea, Storytelling, & The Family Album Project
Fri, Sept 16, 3:30-5pm, $4/$6 (Children 12 & under free)
Share heartwarming stories about love and legacies across generations. Biological grandparents, “grandfriends” or other older adult mentors and their grandkids welcome. Light refreshments provided. Create a fun photo memory with The Family Album Project. Celebrate the grand circle of life. Purchase tickets at Whistlestop Front Desk, 415-456-9062.

Classical Piano Lunch Serenade
Wed, Sept 28, 12-1pm, Free
For National Piano Month, Nancy Fox will play classical and contemporary music during lunch in the Jackson Café. Come and experience the healing powers of the piano.

NEW/HIGHLIGHTED CLASSES & WORKSHOPS

Movement & Music
Mon, Sept 12, 11am-12pm, College of Marin; to register, call 415-485-9305
Instructor: Diane Hain
Do you want to exercise regularly or do you have arthritis? This moderate, comfortably paced class meets individual needs. Chair exercises tone upper and lower body muscles. Includes joint flexibility, muscle strengthening, balance and breathing coordination, plus modified Tai Chi movements.

Inspirational Watercolor Painting
Wed, Sept 14, 10:30am-12pm; Fee: $40/$50
Resident Artist: Anna Ladyzhenskya
Learn and enjoy watercolor fundamentals through experimentation, fun, and personalized attention. Try different techniques using a variety of paper to capture the essence of the projects. Materials provided. All levels welcome.

Brain Fitness & Memory Workshop
Thurs, Sept 15, 9:30-10:30am; Free
Instructor: Bob Nations, President, Senior Access Board of Directors
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.

Stay Active & Upright: Balance and Fall Prevention Workshop
Tues, Sept 20, 2-3:30pm; Free
Instructor: Dan Hodul III, PhD, CAC
Do you know your “balance years”? Are falls getting you down? Learn how to improve your balance and discuss the benefits through guided participation in carefully arranged movement formulated to improve balance. Daily practice makes it permanent. Call 415-456-9062 or sign up at Whistlestop Front Desk.

Affordable Senior Housing Workshop
Tues, Sept 27, 2:30-4pm; Free
Instructor: Leslie Klor, Director of Shared Housing with Episcopal Senior Communities Senior Resources
There is hope. Looking for affordable housing options for yourself, an aging parent, relative or friend? Struggling to make ends meet? Get some clarity on all the different housing choices in Marin. Call 415-456-9068 to sign up.

Senior Circle
Wednesdays, 10-11:30am; Free
Volunteer Facilitators from Center for Attitudinal Healing
A drop-in, open support group for independent older men and women (55+), who give each other the gift of listening in a caring environment, which encourages mutual sharing of older adult experiences – the joys, concerns, and wisdom.

NEW/HIGHLIGHTED HEALTH PROGRAMS

Flu Shot Clinic with Rite Aid
Tues, Sept 13, 9:30am-10:30am; Fee: FREE with Medicare, other insurances (except Kaiser) or cash ($69.99 for seniors [extra strength dose], $32.17, regular strength dose); Whistlestop Information & Resource Center
Onsite flu shot clinic for vaccinations. Medicare, other insurances, and/or cash accepted, excluding Kaiser. Convenient voucher option available if you miss the Whistlestop clinic. Gift bags available for a limited time! Sign-up in advance at Whistlestop Front Desk or call 415-456-9062.

Medicare 101 Seminar: Learn the Nuts and Bolts
Wed, Sept 21 & 28, 10am-12pm; Free
Instructor: Cara Suminski of SCAN
Health Plan
Turning 65? Have questions? Losing coverage with an employer? Medicare can be confusing. What’s the difference between Part A and Part B? What are your options when it comes to Health Plans? How to avoid penalties? Cara will share the basics of Medicare and answer your questions. Call 415-456-9062 to sign up.

Weekly Blood Pressure, Cholesterol Screenings, and Medication Reviews
Fri, 9:30-11am; Free
Weekly blood pressure and cholesterol screenings, and medication reviews offered by BrightStar Home Care, a local agency providing home care, caregivers, and medical staffing solutions to families and businesses in Marin, 415-332-3300.
### Whistlestop Weekly ACTIVITIES

This Month at Whistlestop Please view our most recent class schedule at [www.whistlestop.org/classes/calendar/](http://www.whistlestop.org/classes/calendar/) or call 415-456-9062 for updates to the schedule.

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:30AM</td>
<td>Tai Chi</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>9:30-10:30AM</td>
<td>Zumba Gold</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-NOON</td>
<td>Movement and Music</td>
<td>415-485-9305</td>
<td>Y</td>
</tr>
<tr>
<td>12:30-1:45PM</td>
<td>Russian Social Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2-3:30PM</td>
<td>ESL Classes</td>
<td>9/12-10/17</td>
<td>Y</td>
</tr>
</tbody>
</table>

**MONDAYS**

<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>Whistlesizers</td>
<td>Drop-in; 9/6, 9/27</td>
<td>Y</td>
</tr>
<tr>
<td>9:30-10:30AM</td>
<td>Laughter Yoga</td>
<td>Drop-in; 9/13, 9/20</td>
<td>Y</td>
</tr>
<tr>
<td>10AM-11:45AM</td>
<td>Mah Jongg</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM-1:30PM</td>
<td>Manicures</td>
<td>415-456-9062</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>11:30AM-12:30PM</td>
<td>French Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>12:30–1:45PM</td>
<td>Spanish 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>1–4PM</td>
<td>Beginning/Intermediate Ukulele</td>
<td>9/6-10/11</td>
<td>Y</td>
</tr>
</tbody>
</table>

**TUESDAYS**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<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>10AM–1PM</td>
<td>Therapeutic Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10:30AM–NOON</td>
<td>Inspirational Watercolor</td>
<td>9/14-10/12</td>
<td>Y</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>415-454-0998</td>
<td>N</td>
</tr>
<tr>
<td>1–2PM</td>
<td>English Pronunciation/Conversation</td>
<td>9/14-10/19</td>
<td>Y</td>
</tr>
<tr>
<td>1–4PM</td>
<td>Knitting Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL Classes</td>
<td>9/14-10/19</td>
<td>Y</td>
</tr>
</tbody>
</table>

**WEDNESDAYS**

<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 Gold</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; 9/1, 9/29</td>
<td>Y</td>
</tr>
<tr>
<td>11AM-NOON</td>
<td>Laughter Yoga</td>
<td>Drop-in; 9/8, 9/15, 9/22</td>
<td>Y</td>
</tr>
<tr>
<td>12:15–2:15PM</td>
<td>Vietnamese Social Group</td>
<td>415-419-4553</td>
<td>N</td>
</tr>
<tr>
<td>1–2:25PM</td>
<td>Intermediate Italian</td>
<td>9/22-10/27</td>
<td>Y</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Beginning Italian</td>
<td>9/22-12/15</td>
<td>Y</td>
</tr>
<tr>
<td>2:45–3:45PM</td>
<td>Balance Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
</tbody>
</table>

**THURSDAYS**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9–10AM</td>
<td>Community Breakfast</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>9:30-11AM</td>
<td>Weekly B.P./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>2–4PM</td>
<td>Movie Time Special Event</td>
<td>9/30</td>
<td>N</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Ping-Pong</td>
<td>9/2, 9/16, 9/23</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Yoga</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
</tbody>
</table>

**FRIDAYS**

* At Albert J. Boro Community Center (Pickleweed)
Need Assistance? Multicultural Consultants Can Help You
By appointment: 415-456-9062
Spanish: Caroline Remer, 415-454-0998; Russian: Anna Ladyzhenskaya, ext. 138; Farsi: Mrs. Mehrbanoo Esmaili, 415-472-6020
Whistlestop offers information, resources and referrals in Spanish, Russian, English, and Farsi. No fee for consultations; small fee for translation services.

Homeshare and Telephone Reassurance Programs
Call for appointment: Leslie Klor: 415-456-9068; Free
Homeshare is a free referral service for older adults seeking or offering housing. Telephone Reassurance is trained volunteers calling isolated older adults who need connections.

Free Legal Consultation
Most Thursdays of each month at Whistlestop and the Mill Valley Community Center. By appointment only: 415-459-6700
Legal Aid of Marin provides free 30-minute legal consultations 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.

Victim Witness Assistance
2nd & 4th Thursdays, 9am-12pm; Free
Advocate Yolanda Johnson from the District Attorney’s office answers questions, provides information, and connects you to resources. More information? Call 415-473-6450.

Continued from page 8

Quality Assured and Proven.

When it comes to family, quality is key. Hired Hands is honored to win the prestigious Best of Homecare award for our 3rd consecutive year from Home Care Pulse, a national Quality Assurance firm that gauges client and employee satisfaction with care providers across many areas, including compassion, work ethic, training and communication.

This award recognizes that we greatly appreciate the feedback of those we work with, and are dedicated to the highest level of Quality, Expertise, and Professionalism in senior care.

Learn more at hiredhandshomecare.com/bestof

Hired Hands Inc. Homecare
Family owned and operated since 1994
415-884-4343
HiredHandsHomecare.com

Hired Hands Inc.
Homecare
Family owned and operated since 1994
415-884-4343
HiredHandsHomecare.com

NOW HIRING!

- Drivers
- Mechanics
- Attendants

Whistlestop
jobs@whistlestop.org 415-456-9062
Finding Your Fountain of Uke
By MIA EDWARDS

Have you heard about the latest craze sweeping the Bay Area? Ok, it really isn’t a new craze, but it is definitely sweeping the Bay Area senior community. We are all familiar with the four-stringed instrument. It has that distinctive sound, a simple, gentle, upbeat strum that invokes visions of Mai Tais and tiki torches on the beach.

The ukulele has been around since the 1880s. We saw its popularity gain momentum in the post-war era in the US, and it stayed strong for a few decades before fading away into obscurity. Well, it is back. Over the last 10 years, the ukulele has slowly come back in style in many places. We see it in popular music and live performances in a variety of genres. What you may not know is that this classic instrument has found a place in senior communities across the globe.

What is the appeal of the ukulele? It is small, easy to manage, easy to learn, and easy to carry around. It helps to keep the mind healthy by improving mental acuity, dexterity, concentration, and coordination. It helps to keep spirits up with its ever-happy tempo. The songs are usually familiar classics that we can sing along to. If you bundle all of those things up, you have the perfect opportunity to bring people together. That’s where Whistlestop comes in.

Did you know we have a weekly ukulele class here in the Caboose? Every Tuesday afternoon at 3pm, Fred Riley teaches uke to a hearty group of happy strummers. I sat in on one of the classes and was immediately struck by how great the group sounded, and how happy everyone looked. Christina Fisher has been a ukulele student in Fred’s class since late winter. She said she chose to try the ukulele because she used to play the guitar and figured the ukulele would be easier. She said that it has indeed been easier to learn, and to handle, but that it is also more fun. The fun, she says, is due to the fact that it has become so popular and there are so many ukulele ‘jams’ happening all over. She said they are packed with socializing, great food and drink, and just an overall positive energy. You can play your uke at these jams or just listen, and you can find them nearly once a week in towns all over Marin and Sonoma. She had set out to take private lessons initially, but someone told her about the class at Whistlestop, and how much better it is to learn in a group. They were right.

So, if you love music and getting together with people, why not check out the ukulele class at Whistlestop? It’s never too late to learn something new, and we all know that music has that special way of calming the heart and mind. It brings people together with joy. All of that packed in one tiny little instrument? Amazing! What are uke waiting for?
Redwood Rockers Don’t Sit on the Porch

By PAUL LIBERATORE, INDEPENDENT JOURNAL

There’s more than one kind of rocker at the Redwoods, the senior housing complex in Mill Valley. There’s the kind of rocker you sit on, traditionally on the front porch. And then there are the 30 members of a rather extraordinary choral group called Rock the Ages.

Those rockers, most of them in their 80s and 90s, sing songs they used to consider noise, yelling at their kids to turn it down or, better yet, turn it off. Once lovers of classical music, they now get off on classic rock. Rachmaninoff has given way to the Ramones, the New York Philharmonic to the New York Dolls. They still love Sinatra, but now they dig the Rolling Stones.

“I was used to singing Bach and Mozart,” says 80-year-old Cynthia Scollon, who once sang with the Marin Symphony. “I never thought I could sing this kind of music.”

Until he passed away at age 102, Al Goldbaum sang lead on the Who’s “My Generation,” cracking up every time he got to the line, “Hope I die before I get old.”

Formed six years ago, Rock the Ages was inspired by a 2008 British documentary, “Young@Heart,” that focused on the novelty of a New England senior citizen chorus singing contemporary rock and pop songs. In that film, the elderly members of the chorus have to deal with the deaths of two of their members as they prepare for a major concert in their hometown. That element of mortality made the documentary more than just a cutey film about oldsters performing the music of their children and grandchildren.

Just as in the movie, the Rock the Ages folks have had to carry on in the face of loss. It’s part of the deal when the group’s average age is 87. Coincidentally, that reality emerged when I dropped by the Redwoods one recent afternoon as the choir — decked out in pink and black Rock the Ages T-shirts — rehearsed for a benefit concert for the Mill Valley Community Church.

When the group ran through the Beatles’ “Octopus Garden,” 95-year-old Daphne Campbell sang the lead as if she’d been singing it all her life, the chorus chimed in with “ooohs and aaaaahs” in all the right places and 77-year-old Carol Burns danced and blew soap bubbles like a twirler at a Grateful Dead concert.

But when it was time to rehearse Bob Dylan’s classic “Forever Young,” one of the few men in the chorus had to sub for the song’s usual lead singer, Dave Dow, whose wife, Cathy, had passed away earlier in the day. The Dows had been devoted members of the choir since it began six years ago. They handled administrative tasks early on, hosted rehearsals in their apartment and came up with the group’s name.

“They sang a song together called ‘My Life Would Suck Without You,’” says 94-year-old Daphne Campbell. “They can’t get over it.”

A rock ‘n’ roller since the 1960s, Blum is a member of the Marin rock trio the Last Call Troubadours and the Crosby-Stills-and-Nash-inspired harmony group Revolver. During rehearsals and shows, he’s aided by Turner and a second assistant, Ann Ure. To give Rock the Ages an authentic rock sound, Blum records backing tracks — bass, drums, keyboards — in his home studio. He gives the recorded music a live band feel by playing guitar at rehearsals and gigs. Close your eyes and you’d swear you were hearing a full-on rock band.

“At the beginning of this, when we started rehearsing, I’d look out at them and it was a deer in the headlights sort of thing,” Blum says. “Now they have a little bit of rock ‘n’ roll swagger.”

Used with permission. Contact Paul Liberatore at liberatore@marinij.com or 415-382-7283, follow him @LibLarge on Twitter, read his blog at http://blogs.marinij.com/marinmusicman.
Some memories of last year’s event
Volunteer of the Month

Blair Ogden

Blair Ogden says he is often the only visitor to the people he delivers food to. He volunteers with no expectations of something in return and understands that some of the Meals on Wheels recipients enjoy their isolation, but others on his route look forward each week to his arrival. He enjoys sharing stories of family with many of the people he visits.

Originally from the Blue Ridge Mountain area of Virginia, Blair studied at Washington and Lee University and got a Masters in geology from University of Michigan. He moved to San Francisco in 1960 to work for Kemper Insurance Company. They invested in him by paying for his law degree at Lincoln University. After passing the bar, he opened an in-house law office in San Francisco and then a second one in San Jose. He retired from law in 2003.

Blair began volunteering at Whistlestop for the Meals on Wheels program in 2014. For more than half a century, Meals on Wheels has served as a vital lifeline by delivering meals to housebound adults throughout America. Here in Marin County, Whistlestop delivers fresh, chilled meals up to three times each week to more than 250 older adults in our community.

Blair is inspired by how some of the MOW recipients are dealing with the challenges in their lives and finding ways to work within their circumstances. When Blair was seriously ill recently, the recipients on his route were concerned. They were calling the office, asking how he was doing and praying for his speedy recovery. Now that he is back on his route, he realizes that there is no guarantee for tomorrow so he is trying to appreciate each day as it comes. Keeping both the mind and body busy is important to Blair as he gets older. He does that now by volunteering, hiking, reading and enjoying time with family and friends. Blair is one of the China Camp State Park Museum Docents and a Trail Ambassador. He has three adult children and six grandchildren, ranging from 4 to 12, who all live near his home in San Rafael.

“Blair is like a ray of sunshine when days seem gray. His devotion to our Meals on Wheels program is priceless. We really enjoy having him on the team and the recipients love him too,” says Erika Vaughn, Meals on Wheels supervisor.

To learn more about Meals on Wheels or other volunteer opportunities at Whistlestop, call or email Laurie at: volunteer@whistlestop.org or 415-456-9067.
In honor of National Grandparents Day, Sept. 11, we asked Manuela to tell us about her relationship with her Abuela Luisa, who died in February. The two were photographed for the Express when Manuela was nine years old.

I'm sixteen years old and I go to Redwood High School in Larkspur, which is also where I live. When I was in elementary school and middle school, I would always go to pick my grandma up at Whistlestop on Wednesdays after school. When I would get there, she would be talking and laughing with her friends. She was from Argentina and didn't speak English so it was difficult for her to communicate with others, but at Whistlestop she could gather with other people who also spoke Spanish.

Corazon Latino gave her an opportunity to really connect with other people her age. For her 90th birthday, we invited all her friends from Corazon Latino to our house for a celebration. It was a great experience for her, and for me as well. I served everyone ice cream while they had animated conversations. My Abuela was totally comfortable with everyone, and I was happy to be a part of it. I think it is great that she had a place where she could meet with other people that had a similar background as her. At Whistlestop, she could really connect with people that came from a similar culture as she did.

Even though my Abuela did not speak English, she would talk to everyone wherever we went. Often we would leave her sitting in a cafe while we went shopping, and when we came back she would be having a conversation with someone who didn't even speak Spanish. To her, there was no language barrier. If she wanted to speak to someone then she would. Some people are afraid to speak to someone because of a small difference like language, but she had no problem talking to others even if they didn't 100% understand what she was saying. However, I think that because of the way she spoke, people could understand her. Her body language and facial expressions were as important as, if not more, than the words she was saying. Often times we limit ourselves and create barriers that aren't really there because we are scared of something like language. My Abuela never let that obstacle be in her way.

I've only been volunteering at Whistlestop since the beginning of July, but I would love to continue volunteering there whenever I have time. It is such a wonderful community, and I really enjoy being a part of it. Whenever I volunteer in the Café, everyone is happy and appreciative. Seeing people enjoying life and having fun is wonderful.
Making Charitable Gifts Through Your Estate

Americans are well known for giving of their time and other resources for the benefit of causes they believe in, like Whistlestop. All our lives are enriched as a result. Many people also choose to include their favorite charities in their estate and financial plans. Your gift can be a certain amount or a percentage of your assets. Making thoughtful charitable gifts in this way can often be possible while preserving economic security for you and your loved ones.

There are a number of ways to include a charitable gift in your will, living trust, and other estate plans. In future issues of the Express, we will offer our readers details of some of these options.

If you would like to learn more about creative ways to support Whistlestop, please contact Serena D’Arcy-Fisher at Whistlestop, 415-456-9062. Information is provided in confidence and with no obligation.

VOLUNTEER ANNOUNCEMENTS

Make a Difference in an Older Adult’s Life

CarePool Volunteer Driver Program
Drivers provide round-trip rides to ambulatory older adults going to the doctor or grocery store. Use your own car and receive ride requests by email. Accept or decline and drive on your own schedule. Volunteers must have a reliable passenger automobile with current insurance certificate, a valid California Driver’s License, a clear background check and DMV report.

Jackson Café Weekday 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 provide friendly greetings, excellent customer service and support social interaction. Cashier experience, or willingness to learn, 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.

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