Nourishment for Body and Soul

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whistlestop.org
Whistlestop PERSPECTIVE
By SOPHIA OSOTIO

Nourishing Mind, Body, and Soul

What do you think about when you think about food? Do you think about your last meal, or your next meal?

In all stages of life, food plays a significant role in nourishing our mind, body, and soul. As we begin to age and start the navigation through various health issues, the food we eat will begin to take on a more significant role.

Food is nourishment. It is through the food that we eat that our bodies, the very cells that we are comprised of, get the nutrients that it needs to continue to operate, repair, and replicate. From a holistic perspective, food is medicine. The very nutrients and chemicals that your body may need to prevent or rid your body of certain ailments can come from the food that you eat. For example, orange juice is known to help us when we are sick with a cold. That is because orange juice contains Vitamin C and water, which help strengthen your immune system and hydrate your body.

Food is therapeutic. When you are down, food can help cheer you up. Good food that pleases our palate sends a message to stimulate the pleasure center of your brain. When you are eating your favorite meal or dessert, that food makes you feel happy. That is why food is often used in celebrations like: birthdays, holidays, and anniversaries. Most cultural celebrations involve food in the festivities.

The Jackson Café in downtown San Rafael is an amazing place for people of all ages to come and get a hot and healthy lunch. The Café is a warm and welcoming place to make new friends, enjoy a delicious meal, and enjoy all that is Whistlestop. Just think, for less than $8, you can come enjoy a good meal in even better company – a meal that is nourishing, medicinal, and possibly even therapeutic. The Jackson Café is here to nourish your mind, body, and soul!

Sophia is Nutrition Programs Coordinator at Whistlestop.

Whistlestop Can Benefit from Subaru Sales

Thinking about buying a new car? Whistlestop was selected by Ed Rossi, owner of Marin Mazda Subaru in San Rafael, as their Home Town Charity this fall. What this means is that any buyer of a new Subaru, between Nov. 17 and Jan. 2, 2017, can select Whistlestop to receive a $250 donation from Subaru of America. Please spread the word!
A 96-year-old client who prefers to protect her privacy is very grateful to have recently discovered the services offered by Whistlestop that make it easier for her to stay in her home. She says, “When you get to be 95, you lose strength in your legs and it was getting more difficult for me to stand to cook for myself.” She uses a walker around the house but when she gets a ride from one of the dependable drivers for Whistlestop Wheels, she just uses a cane and a friendly arm. Whistlestop helps her stay independent with Meals on Wheels and Home Delivered Groceries.

She first heard of Whistlestop when she worked for Marin County in Health and Human Services as an interpreter; she worked there until she was 93 and still gets calls about clients because, “I have a memory like a steel trap."

She credits her memory to her father, a musician who played the marimba and orchestrated music for symphonies. His dream was to play at Carnegie Hall, a goal he achieved twice. He and his band once played a command performance for the Prince of Wales at Buckingham Palace.

Her love of music led her to her husband. She got the last ticket for a special concert at the Opera House in San Francisco where she lived and the woman sitting next to her introduced herself at the intermission and asked if she had a car, as it was raining. She didn’t but the two decided to share a taxi home. The woman invited her in for a cup of tea (she was very British). Before she left, the woman’s son came home and they both seemed to be happy to meet. They then spent much time together and found that they had interests in common – like sailing and dancing. They were married in 1950 at the Swedenborgian Church in San Francisco. They didn’t have children but they did have two beautiful French poodles.

After her husband died, she had several marriage offers, but she had told her husband she would never marry again. Now she has a good friend, an interesting man who retired when he was 92, who comes to her home every week for lunch bearing flowers and chocolate.

She praises Whistlestop as a marvelous organization that is often learned of through word of mouth, saying, “There can never be enough accolades for Whistlestop. They are a blessing – how fortunate we are to live in Marin where there are so many ‘helping hands.’ Spread the word! There are more seniors who may need help; let’s welcome them to Whistlestop.”
From Pebble Beach to Homeward Bound in Novato

By JOHN BOWMAN

Why would someone leave a job as a heralded chef in Pebble Beach to take a position with the nonprofit Homeward Bound in Novato?

For Executive Chef Eric Magnani, it was a matter of paying back. “I put aside those big jobs to give back, to train people who have not had the same opportunities that I’ve had.”

Homeward Bound of Marin is the primary provider of Marin County homeless shelters and services for homeless families and individuals in Marin. One of the many hats Eric wears at Homeward Bound is teaching students in the organization’s Fresh Starts Culinary Academy. It provides an intensive eight-week course to prepare students for jobs and is certified by the American Culinary Federation. Eric can be found at Whistlestop’s Jackson Café twice a month, cooking and overseeing Fresh Starts student chefs.

One recent graduate Eric is especially proud of is Jarie Santos. Jarie has a job at Green Chili in San Rafael and will be working with us here at the next key catering event. Jarie is that rare individual that takes every opportunity as a learning opportunity. His progress through the class was exemplary. Jarie said the best part of Fresh Starts is that he learned so much more than he expected. “It was a very good experience,” he said. “And I want to keep learning – to learn everything.” He said he loves preparing Italian and Mexican food, especially steaks and seafood.

After spending 30 years as a chef in high-end restaurants and upscale catering operations, Eric now works fulltime at Homeward Bound. How does he motivate aspiring chefs, some of whom are Homeward Bound residents? “The easiest way is to demonstrate to them your own passion.” He said he tells the students that being a chef is not easy but it can be a great career. “But, you have to make sure you love it.”

Eric lives with his wife and two sons in Napa and he cooks extensively at home. He said his youngest son already has a sophisticated palate and his favorite dish is lamb chops.

Eric Magnani

“Food is nothing more than anthropology – there’s a story behind every meal.”

Lyft and Whistlestop Team Up; You Save and Whistlestop Wins

Need a ride? Consider using Lyft over the holidays for a quick, easy and convenient driving experience to and from any of your social and work activities while helping Whistlestop at the same time!

Whistlestop and Lyft have created a partnership that we want to share with the Marin community. If you sign up with Lyft as a new user – download and install the Lyft application, apply our promo code: WS16, and take your first ride within 14 days of applying the promo code, Whistlestop will receive a $10 donation from Lyft. As a new Lyft user, you will receive $5 off each of your first 10 Lyft rides within 14 days of activating our code. The promotion started Nov. 1 and continues through Jan. 31, 2017.

Remember to enter our code: WS16.
People rave about Chef Luis’s soups and his desserts since he is a gifted chocolatier. Here he shares two delicious soups to warm you up on winter days.

**Chicken Tortilla Soup**

**Ingredients:**
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 2 8-ounce cans crushed tomatoes
- 1 10-ounce can condensed chicken broth
- 1 15-ounce can black beans, rinsed and drained
- 1 4-ounce can chopped green chile peppers
- 1 15-ounce can white hominy
- 2 boneless chicken breast halves, cooked and cut into bite-sized pieces
- 1 cup whole corn kernels, cooked
- 1/4 cup chopped fresh cilantro
- 1 cup heavy whipping cream
- 1 cup white hominy
- 1 15-ounce can black beans, rinsed and drained

**Directions:**
1. In a medium stockpot, heat oil over medium heat. Saute onion and garlic in oil until soft. Stir in chili powder, oregano, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes.
2. Stir in corn, hominy, chiles, beans, cilantro, and chicken. Simmer for 10 minutes.
3. Ladle soup into individual serving bowls and top with crushed tortilla chips, avocado slices, cheese, and chopped green onion.

Serves 4

**Cream of Mushroom Soup**

**Ingredients:**
- 1/4 cup unsalted butter
- 2 pounds sliced fresh mushrooms
- 1 pinch salt
- 1 yellow onion, diced
- 1-1/2 tablespoons all-purpose flour
- 6 sprigs fresh thyme
- 2 cloves garlic, peeled
- 4 cups chicken broth
- 1 cup water
- 1 cup heavy whipping cream
- 1 pinch salt and freshly ground pepper to taste
- 1 teaspoon fresh thyme leaves for garnish or to taste

**Directions:**
1. Melt butter in a large soup pot over medium-high heat; cook mushrooms in butter with a pinch of salt until the mushrooms give off their juices; reduce heat to low. Continue to cook, stirring often, until juices evaporate and the mushrooms are golden brown, about 15 minutes. Set aside a few attractive mushroom slices for garnish later, if desired. Mix onion into mushrooms and cook until onion is soft and translucent, about 5 more minutes.
2. Stir flour into mushroom mixture and cook, stirring often, for 2 minutes to remove raw flour taste. Tie thyme sprigs into a small bundle with kitchen twine and add to mushroom mixture; add garlic cloves. Pour chicken stock and water into mushroom mixture. Bring to a simmer and cook for 1 hour. Remove thyme bundle.
3. Transfer soup to a blender in small batches and puree on high speed until smooth and thick.
4. Return soup to pot and stir in cream. Season with salt and black pepper and serve in bowls, garnished with reserved mushroom slices and a few thyme leaves. Serves 4
Personalized Holiday Card Making for Homebound Marin Seniors
Tues, Dec 6; 3-5pm; No Fee/Drop in; Caboose 1
The more the merrier. Go big on sending unforgettable holiday cards. Create personalized holiday cards with your heartfelt wishes included for a homebound person over 60 who receives Meals on Wheels or Meals of Marin. Light refreshments and holiday music provided. Can’t make the event? Drop off or mail batches of personalized, signed holiday cards in unsealed envelopes to the Front Desk no later than Dec 6. (Whistlestop, 930 Tamalpais Avenue, San Rafael, CA 94901).

Drop in; Caboose 1
Facilitator: Melissa Groos
Take a dark chocolate tasting odyssey. Learn the science behind taste and smell while sampling ten different and disguised dark chocolate flavor combinations that may trick your palate. Don't miss this tasty holiday event.

Acoustic Holiday Sing-A-Long
Tues, Dec 20; 10:30-11:30am, No Fee; Caboose 1
Facilitators: Melissa Groos and Caroline Remer. Calling all singers! It's time to gather together and sing holiday songs and more. Group singing fortifies health, widens culture, refines the intelligence, enriches the imagination, makes for happiness and endows life with added zest.

Free Gift Wrapping by Whistlestop Volunteers & Staff
Tues, Dec 20; 2-5pm, No Fee/Drop in; Lounge
Too busy to wrap your holiday gifts? Leave the gift wrapping to us. Bring your unwrapped gifts and our friendly gift-wrapping staff and volunteers will help you get ready for your family or friend gift-exchange. Wrapping supply donations welcome too.

Seasonal Holiday Crafts
Every Wed., 10:30-11:30am; Fee: $5/$7/Drop in; Caboose 1
Instructor: Anna Ledyzhenskaya
Do-It-Yourself creative crafting. Make a wine cork tree, trivet or another seasonal craft to give to your friends and family members. Materials provided. Spread holiday cheer with these sweet and simple handmade gifts.

Brain Fitness & Memory Workshop
Thurs, Dec 8, 9:30-10:30am (Open to the public); No Fee; Boardroom
Instructor: Bob Nations, President, Senior Access Board of Directors
Are you interested in learning different ways to exercise your brain? The top four things to promote good brain health as we age: move your body; eat right; find a challenge and socialize. This workshop will stimulate the areas of the brain that promote good brain health. Sign up in advance to reserve a space.

Identity Theft and Financial Security Workshop
Thurs, Dec 8, 1:30-2:30pm; No Fee; Sign up by Dec 1 at the Front Desk; Caboose 1
Featured Speaker: Don Maxon, Certified Financial Planner™ and Registered Investment Advisor.
Expand your knowledge on how to protect your personal information. Learn what to do if your identity has been compromised; how to fight data breaches with new technology; how simple actions can reduce the risk of exposure; and when to use services to help protect your financial identity and security. Knowledge is power!

Be Scam Smart: Don’t Get Scammed
Mon, Dec 13, 11am-12pm; No Fee; Advance sign up by Dec 6 at Front Desk; Caboose 1
Featured Speaker: Kristina Warcholski, Marin County District Attorney’s Office
Get the latest information on scam IRS calls, Grandchild Calls, Sweepstakes Solicitation, Phishing and Identity Theft, Fake Charity Solicitations, Computer Tech Support Calls, TV Promotions, “Free” Trial Offers, Affinity fraud, Home Improvement Scams, Fraudulent Debt Collectors, and Rental Listing Scams. Discover what you can do to protect yourself.

Senior Center Without Walls: Gratitude Group
Tues, Dec 13, 2-3pm; No Fee, Boardroom, Advance sign up by Dec 6 at Front Desk
Featured Speaker: Katie Ward, Program Manager, Senior Center Without Walls, an ESC Senior Resources Program
Our daily Gratitude Group encourages you to share what you feel grateful for in a safe and welcoming space. This is a demo of an exciting phone program that connects senior callers across the nation. In the future, you can participate from home via the toll-free phone number provided.

Breathing through the Holidays
Mon, Dec 19, 11am-12:30pm; No Fee/Drop in; Caboose 1
Featured Instructor: Rachel Skywalker, Certified Laughter Yoga teacher, Yoga & Pilates Instructor
Experiencing anxiety during the holidays is a common challenge today. We will discuss ways to help us relax and explore techniques utilizing breathing techniques that help us focus, connect with our breath and enjoy the holiday season. Seated in chairs, we will practice gentle stretching and laughter yoga along with the breathing exercises.

Holiday Cookie Decorating
Thurs, Dec 22; 2-3:30pm, No Fee/Drop in; Caboose 1
Join us for a fun-filled hour of cookie decorating. We will have the cookies ready to go so you can decorate with frosting and sprinkles, listen to holiday music, and sip on hot chocolate or tea.

Hispanic Social Group
Every Friday, 1-1:30pm, No Fee/Drop in; Arcade
Organizer: Caroline Remer
Join this diverse and spirited peer group gathering for fun, socialization, and cultural activities each week. Light refreshments provided. Everyone is welcome! Contact Caroline Remer at 415-454-0998 for more info.

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iPad/iPhone Basics 1: Getting to Know Your Device
Tuesdays, December 6 & December 13 (2 classes) 10am-12pm
Fee: $48 Maximum 8 people
In this personalized, two week course, you’ll be guided through how to make calls, send emails, send texts, download music and add applications. A course for those new to the iPad/iPhone world. Each session provides one-on-one help and comes with instructional handouts. (Bring your charged-up Apple device to class.)

iPad/iPhone Basics 2: Essential Built-in Applications
Tuesdays, January 10 & January 17 (2 classes) 10am-12pm
Fee: $48 Maximum 8 people
Need a refresher for using your iPhone or iPad? Are you using the latest iOS 10? This course will review some of the basics and show you how to get the most out of your built-in apps including Photo editing, iCloud, Calendar, Siri, Email, Texting, Facetime, iHealth, Maps/GPS, and more! Learn steps to find and install new apps, and how to update, delete and organize your apps for easy access. Don’t forget to bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

iPad/iPhone: What’s New in iOS 10?
Tuesdays, January 24 & January 31 (2 classes) 10am-12pm
Fee: $48 Maximum 8 people
Have you upgraded? For those who have already taken the Basics classes, this class is for you. Come and find out what has changed and how to use the new features. We will show you new Siri functions, new map features, and fun new tools to improve text messaging. Also, we will show you what a widget is and how the touch ID system has been improved to help you lock and unlock your phone. Learn about new photo organization tools that let you group photos together for easier access. This class is a great refresher for those who have used the iPhone/iPad for a little while and want to get up to speed on the new features. Don’t forget to bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

iPad/iPhone Basics 3: World of Applications
Tuesdays, February 14 & February 21 (2 classes) 10am-12pm
Fee: $48 Maximum 8 people
iPad and iPhone users, come discover the incredible world of applications! Find apps to help you manage your daily activities and feed your passions! In this two week course, we will focus on finding helpful, fun and interesting applications that you can download. Come discover how to use apps for shopping, brain training, fitness, internet radio, stock trackers, games, translation, travel, and much more! Don’t forget to bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

ONGOING: Open Lab
Every Monday and Wednesday, 10am-12pm; No Fee
Use our PCs to access the Internet. Volunteer staff available for advice on problems with your laptops and tablets; they can help you with software applications.

Whistlestop Weekly ACTIVITIES
Please view our most recent class schedule at www.whistlestop.org/class-es/calendar/ or call 415-456-9062 for updates to the schedule.

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<th>INFO</th>
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<td>ACASA</td>
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<td>Yoga with Kelly</td>
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* At Albert J. Boro Pickleweed Community Center

FREE PARKING
Lot at corner of 3rd St. & Tamalpais Ave • 8:30AM-5:00 PM for Whistlestop & Jackson Café guests.

Jackson Café
Entrees from $6-$8
Open to the public for lunch every weekday!
Located in Whistlestop Active Aging Center.
A Licensed Homecare Agency
offering
Home Care Aide Services:
Agency is employer insured, bonded,
Employees registered with the state

Geriatric Care Management:
RN resource specialist and advocate
for seniors and their families

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www.norcoastmobility.com

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Community Breakfast
First Friday of each month, 9-10am,
Fee: $3/$6; Jackson Café
Drop in for the best deal in town! Join
us for a tasty, hot buffet breakfast
which also includes a beverage,
fruits and juices. Rise and dine. Call
Sophia at 415-456-9062, ext. 129
for info.

Senior Circle
Wednesdays, 10-11:30am; No Fee;
Volunteer Facilitators from Center for
Attitudinal Healing; Boardroom
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.

Movie Times at Whistlestop
Select Fridays, 2-4pm; No Fee/Drop
in; Lounge
Enjoy a cozy afternoon movie with
free popcorn and water with a seasonal
theme each month. December theme: “Holidays.”
The Holiday (12/9), It’s A Wonderful Life (12/23).
Invite a friend and share the cinematic
experience. Light refreshments provided.

NEW/HIGHLIGHTED
HEALTH PROGRAMS

Medicare AEP & Medicare 101
Meetings: Can a Medicare
Advantage Plan Save you
Money?
Mon, Dec 5 (Medicare AEP); Wed, Dec
14 (Medicare 101); 10am-12pm; No
Fee Sign up: 415-456-9062/Instructor:
Rozan Donals of SCAN Health Plan
Don’t miss out on health care savings.
Get clear, straightforward answers to
your Medicare questions and information
about 2017 Medicare.

Flu Shot Clinic in Partnership
with Walgreens
Wed, Dec 7, 10am-1pm; No Fee/Bring
your insurance card (no Kaiser insur-
ance accepted); Lounge
Protect yourself this flu season. Onsite
flu shot clinic for vaccinations. Sign-up
in advance at Whistlestop Front Desk.

Free Legal Consultation
Most Thursdays each month at
Whistlestop & 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+. Marin lawyers volunteer to give
general advice, offer options, explain
rights and, if appropriate, refer peo-
ple to attorneys who have expertise
in certain areas of law.

Victim Witness Assistance
2nd & 4th Thurs, 9am-12pm; No Fee;
Arcade
Advocate Yolanda Johnson from
the District Attorney’s office answers
questions, provides information, and
connects you to resources. More
information? Call 415-473-6450.

Weekly Blood Pressure,
Cholesterol Screenings, and
Medication Reviews
Fri, 9:30-11am; No Fee/Drop in; Info
& Referral Office
Weekly blood pressure and cho-
lesterol screenings and medication
reviews offered by Bright Star Care,
a local agency providing home care,
caregivers, and medical staffing
solutions to families and businesses in
Marin, 415-332-3300.

HIGHLIGHTED SUPPORT SERVICES

Need Assistance? Multicultural
Consultants Can Help
By appointment only: Caroline
Remer, (bilingual Spanish), 415-
454-0998; Anna Ladjzhenskaya,
(bilingual Russian), 415-456-9062,
est. 138; Mrs. Mehrbanoo Esmaili,
(bilingual Russian), 415-459-6700;
Anna Ladyzhenskaya,
(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.

Movie Times at Whistlestop
Select Fridays, 2-4pm; No Fee/Drop
in; Lounge
Enjoy a cozy afternoon movie with
free popcorn and water with a seasonal
theme each month. December theme: “Holidays.”
The Holiday (12/9), It’s A Wonderful Life (12/23).
Invite a friend and share the cinematic
experience. Light refreshments provided.

New/Highlighted Support Services

Medicare AEP & Medicare 101
Meetings: Can a Medicare
Advantage Plan Save you
Money?
Mon, Dec 5 (Medicare AEP); Wed, Dec
14 (Medicare 101); 10am-12pm; No
Fee Sign up: 415-456-9062/Instructor:
Rozan Donals of SCAN Health Plan
Don’t miss out on health care savings.
Get clear, straightforward answers to
your Medicare questions and information
about 2017 Medicare.

Flu Shot Clinic in Partnership
with Walgreens
Wed, Dec 7, 10am-1pm; No Fee/Bring
your insurance card (no Kaiser insur-
ance accepted); Lounge
Protect yourself this flu season. Onsite
flu shot clinic for vaccinations. Sign-up
in advance at Whistlestop Front Desk.

Free Legal Consultation
Most Thursdays each month at
Whistlestop & 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+. Marin lawyers volunteer to give
general advice, offer options, explain
rights and, if appropriate, refer peo-
ple to attorneys who have expertise
in certain areas of law.

Victim Witness Assistance
2nd & 4th Thurs, 9am-12pm; No Fee;
Arcade
Advocate Yolanda Johnson from
the District Attorney’s office answers
questions, provides information, and
connects you to resources. More
information? Call 415-473-6450.

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in advance at Whistlestop Front Desk.
Josefina Perez grew up with 10 brothers and sisters in the small town of Cuautla, about 65 miles south of Mexico City. When she was 16, she moved to Mexico City with her grandmother to work as a dressmaker for wealthy and famous clients. She enjoyed listening to their gossip and stories about actresses and other celebrities they knew.

Josefina married in her twenties and she and her husband moved to Chicago, where she worked at a medical center for 15 years while raising their two children. Her son, Luis, lives in Houston, and her daughter, Lelly, lives in Santa Rosa. Josefina is blessed with five grandchildren and three great-grandchildren.

Josefina learned about Whistlestop eight years ago through the Multicultural Senior Program (formerly Corazon Latino). Whistlestop’s Caroline Remer facilitates the lunch, which is open to all cultures, at Pickleweed Park and Albert Boro Community Center. The program meets Wednesdays at 11am.

Josefina loved participating in Whistlestop activities so much that three years ago, the activity manager invited her to become a peer counselor for ACASA, which provides counseling in English and Spanish. She agreed and discovered that helping people on a weekly basis is extremely rewarding and fulfilling. She also checks in on ACASA members who are ill or lonely.

Josefina volunteers on Friday mornings in the Brown Bag Pantry at Whistlestop. The Pantry provides fresh fruit, vegetables, chicken, canned fish, and beans to eligible seniors in Marin who are 60 and older.

Each Friday, about 25 other volunteers set up tables, unload healthy food from the SF-Marin Food Bank truck, sort and arrange the day’s offerings, and help the 120 or so older adults who come make their selections. Josefina also greets guests in Spanish or English, and stays to help clean up.

Josefina loves to read spiritual books and stories. She exercises to keep her knees functioning and tries to eat healthy food. Her mother turns 100 next month so good genes are on her side.

Josefina takes initiative without being asked. Everyone at Whistlestop looks forward to seeing Josefina’s beautiful smile at the Active Aging Center. We are grateful for her support of our mission to help Marin residents age with dignity, grace and independence.

To learn more about volunteer opportunities contact Laurie at: volunteer@whistlestop.org or 415-456-9067.
Friends are Grateful for Pauline Angleman

Following are some of the comments made by her friend Bill Brennan at Pauline’s 105th birthday party in 2013.

“Pauline Cheves was born Oct. 4, 1908, in Sayre, Oklahoma. Her father had a homestead 12 miles out of town and the family lived off the land, with few exceptions. Indians, some still resentful of the U.S. government, and some outlaws were around but the family was never fearful of them. One evening a gang of outlaws rode into the barnyard and told Pauline’s father they wanted to stay the night as their horses needed rest.

Her father didn’t protest and her mother fixed them something to eat. The next morning they were gone before the children awakened.

“Pauline met Lewis Angleman in 1934 and they were married in 1937. He joined the army in 1942 and served until he retired 20 years later. The couple did a lot of traveling during those years in the military and were stationed in Japan in 1950 when the Korean War began. Pauline served as a Red Cross volunteer in the military hospital there. After Lewis retired, they bought a home in Corte Madera, where Pauline still lives. She lost Lewis in 1990 after 53 years of marriage.

“Most of you know that Pauline is the past president of Post 313’s American Legion Auxiliary. She held that office for 10 years. She says that moving to Corte Madera and joining the American Legion Auxiliary are two of the best things she ever did.”

A Toast to Pauline

By JACKIE TRIBOLET

Here’s to Pauline
Happy Birthday to you
You’re 108 and it’s more like fifty-two.

With your limitless service
and endless devotion
you’re like a machine
on perpetual motion.

And your mind!
It’s as bright
as a new-minted dime
so you can win Bingo
six cards at a time!

Your stature is tiny,
your persona is large
and when Pauline’s around
we all know who’s in charge.

And when the time comes
that you stand at “The Gate,”
your momma might ask,
“Pauline, why are you late?”

You can tell her, “There aren’t enough hours in the day
and that’s one of the reasons
the good Lord let me stay.

“He just keeps on giving me more things to do.
I promise to hurry right home
when I’m through.”

And taking a survey of us
you can bet
the consensus would be
we aren’t done with you yet.

So we now raise our glasses
and to you we say, “Cheers!”
and we hope to repeat that for many more years.”
DA’s Victim Witness Program Advocates for Marin Residents

Older adults in Marin County who are abused and harassed by telemarketers or have other consumer issues can receive help from the county’s District Attorney Victim Witness Program.

Yolanda Johnson, Victim Witness Advocate in the DA’s office, said, “The most common concern I’ve seen or heard about among elders is about family members or caretakers abusing or taking money without consent, consumer issues, and phone calls from telemarketers.” She said her office provides services and referrals for Marin residents who are victims and/or witnesses of crimes. All communications are confidential.

Johnson offered the following example of how this works: “For someone who reports financial abuse, I’d explain what their next step would be and why, such as reporting to the local police. If someone contacts Whistlestop with a complaint, they will be given my contact information for follow-up and once our office receives the information from the police agency, an Advocate will be assigned to their case who will help navigate them through the judicial process.”

She said this includes: counseling, court orientation and support, knowing their victim rights, transportation, explaining and collecting state compensation and restitution paper work.

Johnson added, “In civil/consumer cases with telemarketers or consumer issues, I’d refer them to the proper agency depending on the type of complaint they have.” She said that in the past 12 months, the office averaged 312 consumer-related calls per month.

Contact Yolanda at: yjohnson@marincounty.org or 415-473-6527.
Protect Your Home from Probate

By SERENA D’ARCY-FISHER

Californian homeowners now have a simple, inexpensive way to leave property to their heirs without establishing a trust or going through the expensive process of probate. The “Revocable Transfer on Death Deed” (TOD deed) became available on Jan. 1, 2016 through a law, which expires Jan. 1, 2021. It allows homeowners to deed their home after they die to a named beneficiary(ies) without going through probate. The deed is also revocable, which means you can make it null and void or change the beneficiary.

Married couples are already protected from probate under community of property with right of survivorship or joint tenants with right of survivorship. This 2016 law is intended to benefit individuals including widows and widowers.

• A TOD deed removes the need to add your children as joint owners to your home deed to avoid probate. Once you add children to your home deed it is irrevocable. Having children on your home ownership deed also makes you vulnerable to any debtors they may have, and other related problems.

• TOD deeds cover condominiums, agricultural land of 40 or fewer acres with a single-family residence, and one to four residential dwelling units.

• A TOD deed is revocable.

• Upon your death, the beneficiary makes the transfer through a simple process. The TOD deed needs to be recorded within 60 days of execution in the county where the property is located, include names of the beneficiaries and be notarized.

There are concerns that seniors could unwittingly sign a TOD deed or do so under duress, as all that is needed is a signature. The law tries to combat elder abuse by allowing the revocable feature. Family members (or those with a valid interest) can review and challenge a “questionable” TOD deed within a 120-day period after the death of the originator. They may file a complaint with the court if they suspect their parent was taken advantage of.

Seek the advice of a financial advisor or an estate attorney to set up a Trust if there are large assets, young heirs, or complicating factors, so that you can be sure your wishes are carried out as intended. To learn more about ways to make a charitable gift to Whistlestop, call 415-456-9062, ext. 114, or sfisher@whistlestop.org.