WHISTLESTOCK
AN ISLAND OF BLUES IN THE HEART OF MARIN
A FUNDRAISER TO BENEFIT WHISTLESTOP FEATURING...

ELVIN BISHOP’S BIG FUN TRIO
TOMMY CASTRO & THE PAINKILLERS
MATT JAFFE
BELLA B

SUNDAY SEPTEMBER 29
Wouldn’t you rather be at home?

From early onset dementia to end of life care, we help those who wish to stay safely at home with carefully screened and trained employee caregivers. At Home Caregivers provides assistance with shopping, transportation, bathing, dressing, and medication reminders.

WHISTLESTOP EXPRESS

WHISTLESTOP PERSPECTIVE

Why I Support Whistlestop And Whistlestock Once Again

By Peter Rubens

ike Whistlestop, my life’s work is driven by the mission of “service to others.” On 9/11/2001, while in Manhattan, my life changed forever. The World Trade Center tragedy precipitated a searing evaluation of the meaning of my life in the world’s second oldest profession – wine sales. On that fateful day, in Central Park, I decided to spend the second half of my life in service to a different group of people – those in need of help at home while aging, recovering or convalescing. Having turned 40, recently divorced, and raising three small children, little did I know then that this new path would lead me to the company I now own and operate – At Home Caregivers. In the last 14 years, we have enjoyed the privilege of serving some 2,000 clients while employing several thousand caregivers. In order to provide “Legendary Caregiver Services,” we have a great and growing management team in Marin and Sonoma counties. We call our clients “Aging Pioneers” because they are the ‘settlers on the new frontier’ – they are living longer, better and more varied lives with more chronic and complex medical conditions than any previous generation. Our goal is Whistlestop’s goal – to enable all folks to age in place, to live with dignity, independence and peace of mind wherever they call home.

Our employer model agency is also in service to our caregivers; we are the 21st century employer of record for caregivers, the majority of whom are immigrants. We provide a decent and honorable pathway to the American Middle Class dream: a job with not only vacation and sick pay, but also health insurance and a 401k plan. It is our goal to professionalize and dignify this vital group of citizens. How do we place a monetary value on the gifts of independence, dignity and peace of mind, which caregivers provide during the course of every service? In short, I cannot charge enough for these values nor can I pay my precious caregivers enough for these ‘priceless’ gifts.

This leads me back to Whistlestop, whose mission is,
When Tommy Castro and The Painkillers take the stage Saturday, Sept. 29, at Whistlestop V in San Rafael, Whistlestop’s Development Director Yvonne Roberts will be remembering how Tommy came to the show’s rescue last year.

When headliner Jesse Collin Young was unexpectedly delayed at the airport, Yvonne approached Tommy, who she had just met through table host Bob Placak, and asked if he would play after Pure Prairie League until Jesse and band arrived. Tommy was supposed to be heading to another gig but said that for Whistlestop he would do it. To Whistlestop’s good fortune, Peter Albin, bassist from Big Brother and the Holding Company, was also in the audience and he also said yes to Yvonne’s invitation.

Along with harmonica aficionado Wayne Harper and the sound tech as drummer, their pick-up band rocked the enthusiastic audience.

Castro’s musical roots run deep. He unleashes his high energy music to fans all over the world. Mixing the blues-rock he loved and the soul music he heard, along with the socially conscious message songs of the day, Tommy’s own sound was born.

He and The Painkillers – bassist Randy McDonald, keyboardist Michael Emerson and drummer Bowen Brown – have played hundreds of shows. Billboard says the band plays “irresistible contemporary blues-rock” with “street-level grit and soul.”

On his new album, Stompin’ Ground, we hear everything from the autobiographical “My Old Neighborhood” to the socially aware “Enough is Enough” and “Fear is the Enemy” to versions of Elvin Bishop’s “Rock Bottom.”

Castro began playing guitar at the age of 10 and was influenced and inspired by electric blues, Chicago blues, West Coast blues, soul music, 1960s rock and roll and Southern rock. His style has always been a hybrid of all his favorite genres. He names Elvin Bishop, who is also playing at Whistlestock, among his guitar influences and Ray Charles, Wilson Pickett and James Brown as vocal influences.

In the mid-1990s, The Tommy Castro Band served as the house band for three seasons on NBC’s Comedy Showcase. In 2001 and 2002, B.B. King asked Castro to open his summer concert tours. Castro received an open invitation to join King on stage for the nightly finale.

In May 2010, The Blues Foundation awarded Castro multiple Blues Music Award honors for Blues Male Artist of the Year, Contemporary Blues Album of the Year, B.B. King Entertainer of the Year, and with his band, Band of the Year.

In 2011, Castro stripped down his band to a four-piece unit called The Painkillers, including keyboards, bass and drums as well as his own guitar and vocals. In 2015, his album Method To My Madness debuted at number four in the Billboard Blues Albums Chart.
The Big Fun Trio: Elvin Bishop, center, with Bob Welsh, left, and Willy Jordan.

Having a Good Time Is Elvin Bishop’s Goal

By John Bowman

Elvin Bishop, who will be performing at Whistlestock V on Sept. 29, has played alongside the likes of Jimi Hendrix, Eric Clapton and B.B. King. Elvin is in the Rock and Roll Hall of Fame as a member of the Paul Butterfield Band and is a Blues Hall of Famer in his own right.

In writeups about Elvin in such publications as Downbeat, it is often mentioned that he was a physics major as a National Merit Scholar at the University of Chicago. But, despite those intellectual chops and his musical fame, Elvin has never forgotten his roots as a farm boy from Elliot, Iowa, a town of about 350 residents set along the Nishnabotna River.

In writeups about Elvin in such publications as Downbeat, it is often mentioned that he was a physics major as a National Merit Scholar at the University of Chicago. But, despite those intellectual chops and his musical fame, Elvin has never forgotten his roots as a farm boy from Elliot, Iowa, a town of about 350 residents set along the Nishnabotna River.

Wikipedia’s posting about Elliot lists two “notable” former residents: basketball player Janet Thompson and Elvin Bishop.

Elvin, 75, talks in an unassuming, downhome way. He said he went back to visit Elliot in the 1970s with his mother, who has since passed away. “I hadn’t been there in 40 years, but nothing had changed. I just kept seeing the same things all around, like the old gooseberry bush next to the house. Well, actually, the roads had gravel on them, which was different from when I was a boy. The dirt roads back then got so muddy you could hardly use ‘em. I remember my granddad coming down the road with a horse and corn wagon to take us to school because of the deep snow.”

His family moved to Oklahoma when he was 11 and he moved to California in 1968 during the Summer of Love. He met and jammed with some of the best over those early years at San Francisco’s famed Fillmore.
Matt Jaffe: Singing & Playing Since He Was 10

By Matt Jaffe

I’m honored to be playing at Whistlestock V and to partner with such a force for good in my home county. I’ve seen the Whistlestop buses around, and always thought they had a great logo, but until recently, I only had a vague understanding of their program. I’m glad to be learning more as we approach the show date. It’s also a thrill to be on the bill with Tommy Castro. I’ve opened for him a couple of times, once in 2013 and once in 2017, and it’s a good thing we’re playing before him, because after him, my jaw will be permanently affixed to the floor.

I started playing classical violin when I was 5 and gravitated towards guitar, piano, and singing when I was about 10. I learned guitar by studying David Byrne’s hands in “Stop Making Sense” and shortly thereafter started attending open mics in Fairfax. My first two songs were both Talking Heads tunes, “Heaven” and “Psycho Killer.” I never had a revelatory moment in which I knew I wanted to be a performer; writing and performing songs just always seemed to be the thing to do. You could say the progression from hobbyist to careerist was quite organic.

I’ve never played with Bella B before, but I’m looking forward to it. She’s got great songs, and I’m excited to perform with her.

I love movies; I was a film studies major in college, trying to supplement my list of unemployable skills. I also love mountain biking and hiking, though it’s borderline criminal not to love them when you’ve grown up in Marin. I’m also a vegetarian, so most of my free time is occupied by evangelizing about the evils of the meat industry (not really; live and let live).

At risk of sounding cloying... it’s truly a gift to be able to combine my music with a cause as worthy as Whistlestop’s. As a songwriter, I couldn’t ask for a better gig than one that positively impacts the community that I call home.

Love of Music & Words Inspires Young Performer

By Val Bowman

Music is the driving force for Bella B, who will be opening at Whistlestock V on Saturday, Sept. 29. She is 17 and a junior at Marin Academy, where she has been in the performing music program. She studied ‘World Music, American Roots’ and this year is in ‘Jazz and Soul.’ The main focus of her class is about learning how to put together a setlist and perform in small ensemble groups. She is grateful to her music teacher, Chris Detrick, for his help. Outside of school, she is pursuing her passion for songwriting and is working on her first EP.

Bella’s mother, Melinda, is a pianist and was a singer in a garage band. “I learned a lot about stage presence from her. That wasn’t natural for me. I am not a dancer and I felt awkward at first, but my dad, Jesse, also helped. He would say, ‘You have to move your legs more.’”

She plays piano and sings and says music will always be in her life, but she isn’t sure whether it will be her career or a hobby. “I intend to take lots of classes in college. I took a journalism class as a freshman at MA and loved it. “I’m thrilled to be at Whistlestock and sharing the stage with such great musicians. I may sing a song with Matt Jaffe; he is such a wonderful performer.” She will probably sing some of her own songs. Bella wrote one about her grandparents meeting called G.I. Lover. Be on the lookout for this rising star.
‘Team’ is Key Word
In Team Pro Event

By John Bowman

No one has designed and produced more significant Marin County-based events in the last four decades than Marin native Steve Bajor. Yet, when asked about his success, he focuses on his team – staff members of Team Pro Event, which is planning Whistlestock V.

“I grew up in Mill Valley,” Steve said, “and it was all about community and working together. That was where I got the basis for my company. I never took it to the bank, but I love what we are doing.”

THE TEAM:

Story Rafter, Associate Producer/CFO, joined the company in 2014.

Mario Newton, Operations Director, has been with Team Pro for 18 years.

Annie Greene, Associate Producer, grew up in West Marin and joined the team in 2016.

Michelle McCarthy, Development Coordinator, joined the team in the spring of 2016.

Sue Counselman, Fundraising, joined the team in 2017.

Steve says, “We are a full service production company and we are all about team play. Our ultimate goal is successful fundraising for nonprofits and other community collaborations. Whistlestop is an exceptional organization and I’m excited to be working with them. They bring vital services to the aging in Marin County. I like the way Whistlestop has built this event incrementally. It has grown a lot since Rancho Nicasio, which was a perfect venue in the beginning. Now they have a place (Marin Center, Fairgrounds Island in San Rafael) where they have space to really grow.”

Bajor is considered Marin’s major event guru. He was presented the “Milley Award” for his contributions to the creative life of Mill Valley in 2009. He has produced countless events. The first of these was producing and directing the Sausalito Art Festival in the late 70’s and early 80s.
Local Marin legend Zvi Danenberg, 93, blends his love of music with his extreme fitness regime. Since 2009, he has climbed more than two million stairs, usually taking them two at a time. Wearing his signature ‘crooked hat,’ he climbs and descends the Arch Street steps in Larkspur, along with others he knows as friends. Admirers have called him the Stairmaster and the Lord of the Steps.

Zvi, a retired physics and math teacher, suffered back pain since the 50s. His doctor recommended that he take up walking and when that got boring, he started jogging. He built up to two eight-mile runs a day and continued that routine for 15 years. When double knee surgery required him to give up his running, he switched to stair climbing.

He is also a classical music aficionado with a collection of more than 36,000 records. He attends classical music concerts whenever he can. He has an amazing memory and keeps track of his collection of vinyl and CDs in his head. His enthusiasm is contagious. In an article by Janis Mara in the Marin Independent Journal, Zvi said, “It’s never a chore. It’s a joy. It’s my shtick. I enjoy every second of it.” You can watch a documentary called “The Runner with the Crooked Hat” on YouTube for a taste of this man’s life and loves.

Lord of the Steps, Zvi Danenberg
KEEP LEARNING AND HAVE FUN AT WHISTLESTOP

The following is a sampling of the events, workshops and classes at Whistlestop’s Active Aging Center. For a full list of classes, please see page 10. Visit us at whistlestop.org. For more information or to register, call 415-456-9062, ext. 100 or 101. Many of our classes are free or offered at a reduced rate, but donations are always welcome. Annual Membership is $20. Please note Whistlestop’s Active Aging Center will be closed on Monday, Sept 3 for Labor Day.

Active Aging Center’s International Friendship Day Project canvas tiles. Over 120 artists of all ages have completed tiles to create a large mural for our lounge.

SPECIAL EVENTS WORKSHOPS

Matter of Balance Class Workshop
Tues, Aug 28; 11am-Noon; Introductory Workshop; No fee
Tues, Sept 11 - Oct 30; 3-5pm; start of 8 week Workshop; No fee
Register with Beverly Winsor at 415-993-2357

Introductory Workshop offered in partnership with Marin General Hospital. Learn about the evidence-based Matter of Balance Program before signing up for the 8-week workshop. Learn how this 2-hour per week class is structured. One hour devoted to information and the second hour to exercise. Gain confidence, manage falls and increase your activity levels.

Rollin’ Root, Mobile Farmers’ Market
Every Thurs, 9am; Whistlestop Parking Lot

The Rollin’ Root is a food truck with a mission: a Farmers Market on wheels, selling fresh produce sourced directly from local farmers. Agricultural Institute of Marin’s (AIM) mobile market unites small family farms and the community through a commitment to the local economy and sustainable farming.

GRANDPARENTS CELEBRATION
Wed, Sept 5; 10-11am; No fee; Registration required

We all love grandchildren! Bring photos of your grandchildren and talk about how wonderful they are while you enjoy a bagel, coffee and a game.

Succulent Planting
Thurs, Sept 6, 1-2pm; $4/6; Registration required

Even if you have a brown thumb, this class is for you. Our very own volunteer extraordinaire, Cristina Fisher, will share both her love of succulents and succulents from her garden. We will provide the inspiration, pot, soil and plants.

The Crystal and Dan Duo
Thurs, Sept 6; 11am-Noon; No fee; Drop-in

Sing along with Crystal and Dan Duo in the Lounge before lunch; they even take requests!

Grandparents Celebration
Wed, Sept 5; 10-11am; No fee; Registration required

We all love grandchildren! Bring photos of your grandchildren and talk about how wonderful they are while you enjoy a bagel, coffee and a game.

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10 Signs of Alzheimer’s Disease
Tues, Sept 11; 11am-12:30pm;

No fee; Registration required

Program offered in partnership with the Alzheimer’s Association. Shannon Chaney from the Alzheimer’s Association will discuss the difference between typical age-related changes and Alzheimer’s, a brain disease marked by a slow decline in these skills. Early diagnosis offers chances to seek treatment and plan for the future.

Senior Housing Information Session
Wed, Sept 12; 10-11am; No fee; Registration required, 415-456-9068

Christine Ness, director of Covia’s Home Match Marin, will discuss senior housing options in Marin. Information about Covia’s free Home Match Marin’s comprehensive home sharing services to seniors and the Marin Housing Authority’s subsidized and low-cost housing will be shared.

Free Phones and Hearing Screenings
Tues, Sept 18; 9:30am-12:30pm; No fee; Call for free 15-minute screening.

If you have hearing impairment, you may be eligible to receive a free phone from the California Telephone Access Program, through the California Public Utilities Commission Deaf and Disabled Telecommunications Program. If you have recently had a hearing screening by a certified agent and have an impairment, visit californiaphones.org/application, fill out the form and bring it with you.

Financial Presentation
Wed, Sept 26; 10-11am; No fee; Registration required

Join us for a presentation offered by estate planning attorney and family conflict mediator, Rob Rosborough. He will outline in clear, plain language what you need to consider, what to avoid doing and what your options are for maximizing the value of your home for your heirs.

FEATURED CLASSES & SOCIAL GROUPS

Too Much Stuff? NEW!
Tues; 3-4pm; No fee; Monthly registration

Do you have TMS, too much stuff? Join this supportive group led by facilitator Sue Zee Poinset to discuss the challenges of dealing with TMS and how to help yourself or family members with this common problem (hoarding awareness). Space is limited.

Tai Chi NEW TIME!
Wed; 3-4pm; $8/10; Drop-in

Instructor David Mac Lam teaches classic Yang Style Taiji, Qi Gong, and Taoist Style Meditation. David’s mission is to train the body, refine the spirit and foster peace in our lives.
ESL CLASSES
FALL 2018
September 10 - December 6

ESL 75 Tues-Thurs 2:30 - 4:00pm
ESL 100 Mon - Wed 2:00 - 3:30pm
ESL 150 Mon - Wed 2:00 - 3:30pm
ESL 250 Mon - Wed 2:00 - 3:30pm

Fee: $40/$45 Non-member
$5 Off for early registration

Beginning & Advanced Ukulele
Wed, Sept 5-Oct 24; 8 weeks; $40/45; Registration required

Beginning Ukulele 11:15am-12:15pm * Advanced Ukulele 12:30-1:30pm

Strum your way to happiness! Instructor Sandy Bailey has played at Carnegie Hall and all over Marin. Bring your own ukulele.

CalFresh (eligibility & application assistance)
Fri, Sept 7 & 21; 10am-Noon; No fee, Registration required

The Supplemental Nutritional Assistance Program, CalFresh, provides qualified applicants with an EBT card to use at participating grocery stores and Farmers Markets. To see if you are eligible and learn more about the program, call us to register for a one-on-one consultation. Service available the 1st and 2nd Friday of each month.

Vision Impaired Marin’s Talking Book Club
Thurs, Sept 13; 10:30am-Noon; No fee; Drop-in

Enjoy great books and engaging discussions during this monthly vision-impaired book club facilitated by Penny Samors. Once you join the group, talking books selected by the club are ordered and delivered at no fee to your home. Group meets the second Thursday of each month.

BECOME A MEMBER OF WHISTLESTOP TODAY!
Receive discounts on Café meals, classes & events. Only $20 per year.

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FALL 2018
September 10 - December 6

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Bi-Weekly Blood Pressure, Cholesterol Screenings, & Medication Reviews
Fri, Sept 14 & 28; 10:30am-Noon; No fee

Bi-weekly blood pressure checks, cholesterol screenings, and medication reviews offered by BrightStar Care. BrightStar is a local agency providing home care, caregivers, and medical staffing solutions to families and businesses in Marin. Screenings the 2nd and 4th Friday of each month.

SF-Marin Food Bank’s Monthly Food Box for Older Adults
Wed, Sept 19; 9:30am-12:30pm; Drop-in

The SF-Marin Food Bank operates the Supplemental Food Program, providing a monthly box of quality U.S. Dept. of Agriculture food to low-income seniors. To register, bring an ID, proof of income, and proof of residency, and one of the Food Bank specialists will determine your eligibility. Boxes available the 3rd Wednesday of each month.

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- Advanced Wound & Burn Center
- Hand Therapy Center
- Physical, Occupational & Speech Therapy Services
- Lymphedema Therapy

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## COMPUTER CLASSES

**September - October 2018**

Pre-registration & payment required: 415-456-9062

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### Intro to Computers – Windows or Apple

**Tuesdays, Sept 4, 11, 18 & 25, 1-3pm (4 classes)**

**Fee: $65 Maximum 6 people**

This is for first-time computer users. Learn how to start and turn off your computer, use the mouse and keyboard to perform basic computer tasks, create and print a document, identify the basic parts of a computer and their use, search the Internet to find information and set up an email account.

### iPad/iPhone Basics 2: Essential Built-in Applications

**Thursdays, Sept 20 & 27, 10am-Noon (2 classes)**

**Fee: $48 Maximum 8 people**

Review basics and learn about built-in apps, including photo editing, iCloud, Calendar, Siri, E-mail, Texting, Facetime, and more! Bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

### Managing Your Photos

**Tuesdays, Oct 2 & 9, 10am-Noon (2 classes)**

**Fee: $48 Maximum 8 people**

Learn how to take and edit photos on your iPhone, iPad, or Android device (Samsung, LG, Motorola). Also learn how to store photos, transfer them into one place, organize them into folders and print them. Bring photos on digital camera, smartphone, iPad or tablet and all charging cords. If you have a laptop, bring that too!

### ANDROID Basics 1: Getting to Know Your Device

**Tuesdays, Oct 23 & 30, 10am-Noon (2 classes)**

**Fee: $48 Maximum 8 people**

We will show those new to Android smart phones and wireless devices how to make calls, send emails, take pictures, surf the Internet, download music and add applications. Get one-on-one help and handouts for practice at home! (For Android devices only, including Samsung and LG)

### ONGOING

**Open Lab | No Fee**

Every Monday and Wednesday, 10am-Noon

Use our Apple and PC computers to access the Internet. Volunteers are available for advice on problems with your laptops and tablets and software applications. Apple product assistance on Wednesdays, 11am-Noon.

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### Jackson Café

Entrees from $6-$10

Open to the public for lunch every weekday!

Located in Whistlestop Active Aging Center.

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### WHISTLESTOP WEEKLY ACTIVITIES

Please view our most recent class schedule at [www.whistlestop.org/classes/calendar/](http://www.whistlestop.org/classes/calendar/) or call 415-456-9062 x100 or 101 for updates to the schedule.

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<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
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<td>Zumba Gold</td>
<td>Drop-in</td>
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<td>Computer Lab</td>
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<td>French All Levels</td>
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<td>Too Much Stuff?*</td>
<td>Register</td>
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<td>3:30-4:30PM</td>
<td>A Matter of Balance 9/11-10/30</td>
<td>Reg. 415-993-2557</td>
<td>free</td>
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</tr>
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<td>1:00PM-2:00PM</td>
<td>Italian Study Group</td>
<td>Drop-in</td>
<td>$2/4</td>
</tr>
<tr>
<td>1:00PM-2:30PM</td>
<td>Adv.Write Your Life Stories*</td>
<td>Prerequisite required $20/30</td>
<td></td>
</tr>
<tr>
<td>2:30PM-4:00PM</td>
<td>ESL 75 9/11-12/6</td>
<td>Register</td>
<td>$40/45</td>
</tr>
<tr>
<td>2:00PM-3:00PM</td>
<td>Italian 1 9/6-10/25 No Class 9/27</td>
<td>Register</td>
<td>$30/35</td>
</tr>
<tr>
<td>3:00-4:45PM</td>
<td>Beg. Writing Your Life Stories</td>
<td>Register</td>
<td>$35/45</td>
</tr>
<tr>
<td>3:30PM-4:30PM</td>
<td>Meditation</td>
<td>Drop-in</td>
<td>$5</td>
</tr>
<tr>
<td>10:30AM-11:30AM</td>
<td>CalFresh Registration 9/7 &amp; 9/21</td>
<td>Drop-in</td>
<td>free</td>
</tr>
<tr>
<td>10:30AM-11:30AM</td>
<td>BrightStar Health Ck 9/7 &amp; 9/22</td>
<td>Drop-in</td>
<td>free</td>
</tr>
<tr>
<td>11:00AM-12:00PM</td>
<td>Brown Bag Pantry</td>
<td>Register at 11:30 am</td>
<td>free</td>
</tr>
<tr>
<td>1:00PM-2:00PM</td>
<td>Movie Club</td>
<td>Drop-in</td>
<td>free</td>
</tr>
<tr>
<td>2:00PM-4:00PM</td>
<td>Ping-Pong</td>
<td>Drop-in</td>
<td>$2/4</td>
</tr>
<tr>
<td>3:00PM-4:00PM</td>
<td>Yoga with Kelly</td>
<td>Drop-in</td>
<td>$3/5</td>
</tr>
</tbody>
</table>

*monthly
**Singers Marin Share Joy of Making Music**

**Mission:** Appreciating that music is the language of the soul, through singing we will nurture people of all ages, touch the heart with beauty, and uplift the spirit with joyful song.

Singers Marin provides singers of all ages the opportunity to experience the joy of making music together and to bring that joy to the community through their outreach program and public concerts. Most importantly, they strive for the highest level of musical standards in all of their presentations.

Artistic Director/Conductor Jan Pedersen Schiff is the founder of Singers Marin. She has been professionally involved with a broad range of choral groups, from K-12, community and church, to professional choruses.

In the North Bay, she has taught voice classes at Napa Valley College and College of Marin, and is called upon to serve as choral clinician, adjudicator, and guest conductor, including a choral festival at Lincoln Center. She has also guest conducted the Mormon Tabernacle Choir in a live broadcast and a 160-voice women’s chorus with orchestra in Carnegie Hall. In Marin County, she received the prestigious Milley Award for her achievements and contributions to the creative life of Mill Valley and the community of Marin.

Those interested in more information or to register for an adult chorus or Holiday Singers, visit singersmarin.org.

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WHISTLESTOP EXPRESS SEPTEMBER 2018

Tony Garcia makes people smile.

By Joanna Huitt, Transportation Services Project Manager

Whistlestop Transportation Services has many staff members who are involved in musical projects. One such staff member is Tony Garcia. Tony has been our Operations Specialist for the past two years and is responsible for scheduling the maintenance for our fleet of vehicles, keeping replacement parts in stock, and assisting where needed in the maintenance shop.

Tony has been playing guitar since he was five years old and prior to coming to Whistlestop, he had been in a touring band playing gigs across the United States for six years. In 2015, Tony joined the band Outta Kontrol, where he plays the drums and his son plays guitar. Tony states that he loves watching audience members smile and dance and that it is a rush to see people’s hearts pumping and enjoying what he loves to do. Outta Kontrol plays regularly at local venues and will be playing at Vino Godfather Winery in Vallejo on Saturday, September 15 from 2 to 5pm.

We are lucky to have staff members like Tony. Their willingness to share their creativity and bring joy to their colleagues and the people we serve is one of the many things that make Whistlestop such a special place.
Newest Board Member Has Finance Background

By John Bowman

Tom Bonomi, the newest member of Whistlestop’s Board of Directors, said he is pleased to be part of what he considers a “top notch and talented team, starting with Joe O’Hehir, CEO.”

Tom first became aware of Whistlestop when he lived in Marin County before moving to San Francisco. “Like many people, I knew of Whistlestop because of their buses.” Later, his good friend, Dennis Ryan, president of the Whistlestop Board, invited Tom to join the Audit Committee, and then the Finance Committee. Tom and Dennis worked together early in their careers at KPMG.

Tom will of course have a strong role in financial matters at Whistlestop but he doesn’t want to limit his involvement to finance. “The beauty of a board like this,” he said, “is that you get to know the entire operation.” He is impressed with the scope of Whistlestop’s service to the Marin Community. “We have a wide impact with the Jackson Café, transportation, all of the classes at the Active Aging Center and now, we are evolving into affordable housing. We reach and serve a very high percentage of older adults in Marin.”

Tom brings a wealth of business knowledge and experience to the Boardroom. Currently, he is President and CFO of Classic Wines LLC, one of two entities owned by Bill Price, who also owns Price Family Vineyards in Sonoma County. Tom has worked for the company for 11 years.
A Matter Of Balance

Sept. 22 is Fall Prevention Awareness Day

By Val Bowman

Maintaining balance as we age can help prevent falls and injuries. Beverly Winsor of Novato has dedicated her professional life to this cause with her popular “A Matter of Balance: Managing Concerns about Falls” classes. MOB is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels.

The classes will be offered at Whistlestop, with Libby Pope and Jan Zaslav, Marin County's Adult Services Public Health Nurses, as coaches of the September class.

Winsor, master trainer in MOB, has coordinated MOB in Sonoma County and coached classes in Novato. She said that with Marin General's and Marin County’s support, “it’s great to bring MOB to organizations like Whistlestop.” She admires Whistlestop for bringing community members together, providing low cost or free social activities, including exercise classes for older adults, and collaborating with other organizations to better pool resources.

She explained that MOB is an innovative fall prevention course for those in the Marin community who are concerned about falls, interested in learning exercises that will improve their balance, or who may have restricted activities because of falling concerns. Across the country, and in Marin County, falls are the leading cause of fractures, hospital admissions, and deaths among older adults. A serious fall may have a significant effect on a senior’s health and independence. Many falls can actually be prevented with education, healthy lifestyle choices, and safety modifications in the home.

Beverly said, “On average, more than one million Californians over age 65 fall each year. Does this mean that as we age falls are inevitable? No! We can be active participants in fall prevention by addressing risk factors that may cause a fall. This course will help cover all aspects of fall prevention and offer simple strategies to help seniors prevent falling and improve their balance.”

The County is collaborating with Marin General, providing financial assistance with Older Americans Act Funding and having some staff trained as coaches.

Elvin now lives in West Marin and has performed a number of times in Marin County. He said he is really looking forward to playing at Whistlestock. He will be playing some old favorites and some new numbers.

“Generally, we will just be having a good time and I hope the audience will too. “I know about Whistlestop. I have seen their buses all over the place. And I know about the good work they do for older folks throughout the county.”

Elvin, who is a songwriter, singer and guitarist, will be joined on the Whistlestock stage by the other two members of the Big Fun Trio, Bob Welsh on piano and guitar and Willy Jordan on vocals and cajon, a hand played Peruvian drumbox.
From the Biltmore
To the Jackson Café

By Devi Johnson-Evans, New Chef at the Jackson Café

I learned about Whistlestop from Nutrition Program Coordinator, Sophia Osotio. The Jackson Café was my venue for hosting pop-up restaurants a few years back. Recently I began a four-week contract with the Jackson Café that has evolved into a more long-term opportunity to oversee operations; I couldn’t be more humbled and excited.

I am bursting with amazing ideas that I believe will appeal to our current older adult customers as well as locals looking for good food at a bargain price. With the right exposure, Jackson Café can become a place for more people to dine in or carry out. At the same time, we want to continue serving our current diners – Jackson Café is a highlight of their day.

Every chef has a unique perspective on food. I specialize in creating nutritious, smart, hearty dishes. Jackson Café is a cornerstone in the San Rafael senior community and meals must be balanced, flavorful and nutritious. We will use the freshest ingredients and remain mindful of the health of the consumer.

I am a proud San Francisco Bay Area native but relocated to Atlanta in 2012 to pursue my culinary certification and graduated from Le Cordon Bleu summa cum laude. I was offered an exclusive externship at the Biltmore Estate in Asheville, NC and trained under some of the world’s greatest chefs. Just before arriving at Jackson Café, I served as the private sous chef for one of the largest sorority houses in the country at the University of Alabama.

I look forward to building relationships with our patrons, customizing meals that they love and building the type of excitement where they anticipate the following day’s lunch service.

Devi played the saxophone in elementary school and is considering picking it up again.
The Power of Your Legacy

By Serena D’Arcy-Fisher

During the course of this year, Whistlestop has hosted a monthly estate planning series to help our community get prepared. We trust you have enjoyed the monthly articles and free presentations generously sponsored by Valley Memorial Park Cemetery and Funeral Home in Novato.

When it comes to your personal estate planning, we hope you will remember Whistlestop in your will so that you can continue to help beyond your lifetime. Your generosity supports Whistlestop’s programs that serve the most vulnerable older adults in our community. They may even be your neighbors but they are too proud to ask for help. Many struggle each day with loneliness or to just make ends meet, often having to choose between food, medicine and rent. Each year Whistlestop serves over 14,000 vulnerable neighbors in Marin who deeply appreciate the services that your gifts provide. Like Larry…

I am alone during the week. Whistlestop has introduced me to people with whom I can be friends. I feel like Whistlestop is a lifeline to me.

It helps me feel part of a community, to feel useful, and to feel needed, and that is important to me. ~Larry

Please join us on Wednesday September 26 from 10-11am for a presentation offered by estate planning attorney and family conflict mediator, Rob Rosborough.

Do you own a home in Marin? Is it your most valuable asset? Leaving your home to your children or other heirs is more complicated than most people realize, at least if you want to get the maximum value out of it. Details like capital gains taxes and property taxes mean that you could waste a lot of money if you do the wrong thing. Rob will outline in clear, plain language what you need to consider, what to avoid doing and what your options are for maximizing the value of your home for your heirs.

Please register at 415-456-9062.

Need help with your estate documents? Older adults may schedule free half-hour appointments at Whistlestop with Legal Aid of Marin. Call Whistlestop’s Information and Referral office: 415-459-6700.

To learn more about making charitable gifts to Whistlestop, please contact Serena D’Arcy-Fisher, CFRE at sfisher@whistlestop.org, or 415-456-9062, ext. 138.