WHISTLESTOP PERSPECTIVE

By Linda Jackson, Program Director, Aging Action Initiative

We decided to downsize this year. Our family home, long an empty nest since our youngest ones flew away, is simply too large for two people. There were rooms we didn’t go into, parts of the yard that we never saw, and decades of stuff that seemed to reproduce when we weren’t watching. Most of all, we had a home that deserved to be full with a new, happy family.

The challenge was: Where would we move to in Marin? We wanted a smaller place in a neighborhood where we can walk about, close to restaurants, shops, and the movies. After months of searching, we found what may be the very last new unit in Marin.

No doubt about it, the process of downsizing is daunting. It took months of sorting, a moving crew of millennials, and many boxes to give away and donate things we don’t need anymore. It’s been a bittersweet goodbye journey, leaving the house we called home the past 28 years. It’s also been great fun to explore our new neighborhood near downtown San Rafael.

I can’t help but wonder how much harder it would be to do this if we were in our 70s or 80s? What options are there for older people in Marin as their lifestyles change? Will there be enough resources for people who want to grow older in their home and community? For those facing dementia or declining health, will they have what they need for safety, care and companionship?

The question for Marin is: what percentage of residents is going to choose to stay in San Rafael as they grow older? According to a national survey by AARP in 2012, about 90% of older adults intend to stay in their own homes for the next 5 to 10 years.

People working with older adults are aware of the issues facing people as they grow older. Will there be housing for others who want to downsize? Will there be enough housing for the people who work in Marin – those who are caregivers, healthcare managers, and homecare experts? What about low-income people who need affordable housing, or people who need extra care, like assisted living or memory care? The recent report, Older Adult Housing in Marin: Planning for 2030, estimated that 7,000 of today’s older residents need affordable housing, and that there is a shortfall of hundreds of assisted living and memory care units to meet the 2030 demand.

One small part of the housing solution in Marin is to support, fund, and streamline the process to create more accessory dwelling units. The new units can be for a caregiver, a family member or the homeowner, who can then rent out the main house. In San Rafael, the number of new accessory dwelling units doubled last year, and the city is on track to double that again. We need to do this across Marin!

The Aging Action Initiative is enthusiastic about San Rafael City Council’s recent support of assisted living in downtown. This new housing approval portends well for Whistlestop’s proposed affordable older adult housing project in downtown San Rafael. We are excited to see new housing options for older people in Marin, especially in places where they can walk to services and shops and be part of the community.

Aging Action Initiative is a network of more than 130 organizations, including Whistlestop, that addresses community issues through the lens of aging. It focuses on finding ways to age-in-community, and having economic security, a place to call home, and transportation for older adults.

For information, check out www.agingactioninitiative.org or contact Sami at support@agingactioninitiative.org.
When Fire Took Their Home, They Lost Their Anchor

By John Bowman

For Santa Rosa Hills couple Josh Weil and his wife, Claire Mollard, home is an anchor. They found themselves adrift after their home was destroyed by the Tubbs Fire a year ago. “You can replace most things – your TV, things like that,” says Claire, “but it’s the history you miss.” Josh added, “Almost all of that history was erased. Like the marks on the wall recording the kids’ heights.”

Josh is Assistant Physician in Chief of Hospital Operations in the department of emergency medicine at Kaiser Permanente in Santa Rosa. Claire is a veterinarian and animal acupuncturist whose practice is divided between horses and small animals.

They will never forget Oct. 9, 2017. It was about 1 in the morning when Claire was awakened by a call from Josh, who was working at the hospital. He warned her that fire was heading toward their home and urged her to wake their daughter, Sophie, and to think about gathering some things and getting out. When she looked outside, Claire remembers seeing “lots of smoke” and feeling “crazy, crazy wind.” She woke Sophie, grabbed the family computer, hard drive and wedding album. She says, “It went from ‘we need to think about getting out of here’ to 15 minutes later in the car, racing the fire down the hill.”

They have recently broken ground for their new home, to be built in the coming year at the same place. After leaving their burning home, they went to Claire’s parents’ home in Saratoga, then to be with their son, Caleb, who was attending Reed College in Portland, Oregon. Their eldest, Sydney, was away at college in Amherst, MA.

“Although they weren’t home, they were understandably quite upset — it was their home, too, that burned. We brought them both back to Santa Rosa fairly soon after the fire. Mostly so they could see that we were okay, and even without a house and our things, we were still a family, and wherever we were living, we are always their ‘home.”

A number of stories have been written and aired about their experience. One involves Lucy and Ethel, their goats, who somehow survived. Josh said, “We speculate that the grass in their pasture was too short to sustain any fire (they do a pretty good job of mowing) and so the fire just flashed over them. They were a little singed, but otherwise okay.”

Josh, who is on the Board of the Red Cross from Lake and Sonoma counties, gave a presentation on disaster preparedness at Whistlestop about three years ago. “I travel internationally, and no matter where I went or how far away, I always knew I had a place to come home to. When you don’t have that home, that anchor, you feel adrift.”

Claire agrees. “When you lose that anchor, you have to dig a little more. We have had to lean on each other for stability.”

Josh is the stepson of Laurie Vermont, Volunteer Manager at Whistlestop.
How To Deal With Too Much Stuff!

By Val Bowman

S
aving too much stuff can lead to some unwelcome consequences: falls, respiratory problems, depression and isolation, lack of heat and needed repairs left undone. Currently there are not enough resources in Marin County to really help people with this disorder.

Sue Zee Poinsett is one of the founding members of the Marin County Hoarding Alliance and has been an active member since its inception eight years ago. She became particularly interested in hoarding behavior in her work as an organizer. She began her career teaching in junior and senior high schools in the Los Angeles area, moved on to a career as a mortgage broker and then earned a masters degree in Marriage, Family and Child Counseling.

Sue Zee has been speaking around the county in hopes of raising awareness of the issue of hoarding and is hoping that eventually funding will be available to help those who suffer from this disorder. Some people are at risk of being evicted from their homes if they can’t solve this problem by themselves.

Recently a friend introduced her to Whistlestop and she presented a weekly class there for a couple of months.

Sue Zee says that, surprisingly, the average age of onset for hoarding behavior is six to 15 years old. It may affect up to 10-25% of those in older adult communities. Some things that people who hoard share include the fear of wasting things, the passion of the collector and the sentimentality of someone who doesn’t want to forget important events. Suffering losses of loved ones can sometimes contribute to this activity.

Often the problem of hoarding is hidden and keeps people isolated, leading to a feeling of hopelessness. But Sue Zee says hoarding is not your fault but it is your problem. She would like to see more trained professionals who could help with cognitive behavioral therapy, which focuses on people changing their behavior.

Quick Blueberry Muffin in a Mug

This is an easy recipe that you can make in minutes for a fresh and hot treat that has a lot less sugar than grabbing a pastry from the bakery. Simply whisk together the following ingredients in a microwave-safe coffee mug, heat for 2 minutes, then let it cool a few minutes and enjoy!

Ingredients:

- 1/3 cup oat flour (ground oats)
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- 2 tbsp honey
- 2 tbsp unsweetened applesauce
- a small handful of frozen or fresh blueberries

Keep your eye out for other fun recipes, or come join the Nutrition Bites class at Whistlestop!

Sue Zee is offering another Too Much Stuff class from 3-4pm on Tuesdays at Whistlestop. Come hear what she has to say if you or someone you love is negatively affected by holding on to Too Much Stuff. Please sign up at Whistlestop if you wish to attend.

Contact me to discuss your nutritional needs or concerns: sosotio@whistlestop.org.
Stephanie Dal Porto

Stephanie Dal Porto turned her lifelong love of reading into a successful career. She started in the business world, and then went to work for Arion Press, often considered the nation’s leading publisher of fine-press books. She enjoyed working on the many facets of that business, traveling to art shows, working with the artists, and even trying her hand at bookbinding. Born in San Francisco and raised in the Bay Area, Stephanie got her bachelor’s degree in English from Mills College.

Eventually Stephanie decided to return to school and earned both her teaching credential and a master’s degree from Dominican University in San Rafael. She has taught English in both middle and high school, where she taught every level from English learners to Advance Placement (AP) students.

The choice to retire was difficult because she loved teaching and the students, but the commute to San Francisco was challenging and she was ready for a change. Stephanie had heard of Whistlestop and, with more time on her hands, she decided to try volunteering.

What she found at Whistlestop was so much more than something to do to pass the time and even more than her desire to help others. She found a warm and welcoming community. The family environment at the Active Aging Center and the Jackson Café includes staff, volunteers and guests. You often can’t tell who is who since everyone who comes to the Jackson Café eats together, if they choose, and they greet each other as friends and family.

Stephanie fills much of her free time relaxing in her garden growing vegetables, tomatoes and roses. She also loves walking with her Shepherd mix dog and caring for her tortoise, which requires feeding, bathing and also an occasional walk around the garden.

If you come in for lunch at the Jackson Café, you might be greeted by Stephanie as you order and pay for your food. She stepped up as one of the volunteer cashiers at the Café when she was needed.

She appreciates the difference between volunteering and working. At Whistlestop, you get paid in feeling good, having fun and making a difference in someone else’s day.

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

Whistlestop Plans For Affordable Housing

Whistlestop is doing its part to help increase the number of affordable housing units for older adults by partnering with nonprofit Eden Housing to build 67 new units in downtown San Rafael. The project will be located at the corner of Third and Brook streets (the old PG&E site). The development plan application to be submitted this fall is in conjunction with BioMarin who now owns the property. The new Whistlestop/Eden Housing campus is projected to be completed in the summer of 2021.

Whistlestop also partners with the nonprofit Civia (see Page 9) to offer a Home Share program at our Active Aging Center. We match individuals who have room to rent with older adults seeking to rent. Currently we have 151 applicants seeking housing. Unfortunately over half of these applicants are either homeless or about to become homeless because of increasing cost of apartment rentals in Marin.

Eden Housing for 50 years has demonstrated that safe, decent, affordable homes provide a platform for families to succeed. Eden homes are a launching pad for children to go to college and families to get ahead, as well as being a landing place for older adults.

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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
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 8. 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.

SPECIAL EVENTS & WORKSHOPS

Consider This: Headlines and Current Events
Wed, Sept 26, Oct 10 & 24; 12:30-1:30pm; No fee
Come join us for a cup of coffee and a lively, engaging take on the headlines. Our facilitator, Steve Gordon, will guide the group through what promises to be an entertaining and intelligent discussion of current affairs and major national and international news events.

Geriatric Care Management
Wed, Oct 3; 10-11am; No fee; Registration required
Laurel Etheridge, a Geriatric Care Manager, will share her 30 years of experience helping seniors and families maximize their healthcare. Learn tips and resources for seniors. Topics include: maximizing your healthcare, finding resources, who pays for what and how to apply for assistance.

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.

Community Breakfast in the Jackson Café
Fri, Oct 5; 9-10am; $3/6 non-members; Drop-in
Drop in for the best deal in town. Join us in Whistlestop’s Jackson Café for a tasty, hot buffet breakfast including coffee, tea or juice.

Stay Active & Upright: Balance and Fall Prevention Workshop
Tues, Oct 9; 10:40-11:40am; $4/6 non-members; Registration required
Has a fall or fear of a fall impacted your health? Learn how to improve your balance and discuss the benefits of fall prevention. Instructor Dan Hodul III, PhD, offers guided practice through a series of carefully arranged movements formulated to increase your balance and improve your quality of life.

Senior Housing Information Session
Wed, Oct 10; 10-11 am; No fee; Registration suggested: 415-456-9068
Christine Ness, director of Covia’s Home Match Marin, discusses Marin senior housing options. 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.

Opening the Gates of the Heart: Healing through Writing
Wed, Oct 17; 9-11am; $8/10 non-members; Registration required
Your heart is a gate. Is your heart open or closed? Instructor Carolyn CJ Jones, retired RN and life coach, offers writing exercises to help you open your heart, let go of resentment, offer forgiveness, and provide a pathway to peace on your spiritual journey. Carolyn’s book, Opening the Gates of the Heart, received a Silver Medal from the 2018 World Peace Book Awards.

Nutrition Bites
Thurs, Oct 18; 3-4pm; No fee; Registration required
Join Sophia Osotio, Whistlestop’s Nutrition Program Coordinator, and learn how to improve your health by modifying your diet. Discussion topics: pre-diabetes, hypertension, and weight loss.

Movement and Music for Older Adults: A Universal Language
In partnership with College of Marin ESCOM Program
Mon, Oct 22-Dec 3; 11am-Noon; Instructor: Diane Hain; $64; Register: 415-485-9305
Movement and Music is for older adults who have not been exercising regularly or have arthritis-related problems. Class offers active moving, standing and pulse-raising chair exercises to improve joint flexibility, balance and coordination. The class will focus on stress-reducing breathing techniques.

Hidden Gems in Marin Partnering with Marin Convention and Visitor's Bureau
Tues, Oct 23; 11am-Noon; No fee; Registration required
Have you lived in Marin and think you have exhausted all possibilities for fun? Think again. Christine and Ali from the Marin Convention Visitors Bureau will show you the best hidden gems for you to explore with family and friends.

Bay Area Playback Theater Performance
Fri, Oct 26; 2:30-3:30pm; $5/7 non-members; Registration required
They are back to entertain us! The audience is encouraged to share stories and the actors act out each story told. The last time, we laughed and cried during their heartfelt performances. Each show is unique and tailored to the audience. Call early to register, as this event is sure to sell out.

Halloween Luncheon
Wed, Oct 31; 11:30am-2pm; $10
Tickets for Whistlestop’s Annual Thanksgiving Lunch at the Jackson Café will be available for purchase Nov. 1. Enjoy a traditional turkey lunch with friends, family, and live piano music on Thanksgiving Day.

Senior Circle
In partnership with the Center for Attitudinal Healing
Wed, 10-11:30am; No fee
Senior Circle is a support group for independent adults (55+). Trained facilitators use Principles and Guidelines of Attitudinal Healing to create a safe and supportive environment that encourages personal empowerment while dealing with the challenges of aging. This is not a discussion group, but a sharing group. The group listens without judgment, criticism, or interruption.

Healthy Aging Workshop
Thurs, Oct 18; 12:30-2pm; No fee; Registration required
Interested in evaluating and improving your health? Join Wells Whitney, researcher and board member of the Buck Institute, for a presentation on his healthy aging scorecard. Dr. Whitney will help you evaluate and identify the areas where you can improve your health and your life.

Thanksgiving Luncheon
Wed, Oct 24; 10-11:15am; No fee; Registration required
Join the fun and dress up! The Tina Carrello Trio will perform during our Spooktacular Halloween Luncheon.

New Tax Law Presentation
Wed, Oct 31; 10-11:15am; No fee; Registration required
Join Jon Newton, CPA, who specializes in retirement planning, trusts and estates, for a presentation on the impact of the new 2017 tax code. The new law represents the most sweeping changes to the U.S. Tax Code in more than 30 years. America’s retirees and seniors stand to gain from the new laws. Sponsored by Valley Memorial Park Cemetery and Funeral Home in Novato.

Too Much Stuff?
Tues, 3-4pm; No fee; Monthly registration
Do you or someone you love struggle with TMS (Too Much Stuff)? Join this positive support group, led by facilitator Sue Zee Poinsett, to discuss the challenges of dealing with TMS and open a dialogue about hoarding awareness. Learn how to
help yourself or family members with this common and serious problem.

Tai Chi
Wed, 3-4pm (New time!); $8/10 non-members; 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.

Free Legal Consultation
Every Thurs (except 5th Thurs) at Whistlestop; by appointment only: 415-459-6700
Legal Aid of Marin provides free 30-minute legal consultations for Marin County residents who are 60+. Local lawyers volunteer to offer general advice, explain legal options and rights, and provide referrals to attorneys who have expertise in particular areas of concern.

CalFresh (eligibility & application assistance)
Fri, Oct 5 & 19; 10am-Noon; No fee; phone consultation required: 415-697-7411
The Supplemental Nutritional Assistance Program, CalFresh, provides qualified applicants with an EBT card to use at participating grocery stores and Farmers Markets. Call to set up a one-on-one consultation to determine eligibility and learn more about CalFresh.

Bi-Weekly Blood Pressure, Cholesterol Screenings, and Medication Reviews
Fri, Oct 12 & 26; 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 homecare, caregivers, and medical staffing solutions to families and businesses in Marin.

MARIN COUNTY COMMISSION ON AGING MONTHLY MEETING
WHEN: Thurs, Oct. 4
10am-12:30pm
WHERE: Tiburon
Town Hall
TOPIC: Making Sense of Transportation Taxes on the Ballot
SPEAKER: Dianne Steinhauser
of Transportation Authority of Marin

Rotary Home Team Work Day
Saturday, October 13 from 9am-Noon
Free service for senior homeowners in San Rafael with financial and or physical challenges. Restrictions may apply if you rent.

- Replace lightbulbs
- Batteries in smoke detectors
- Unclog most drains
- Silence squeaky doors
- Reset blown fuses
- Some small repairs
- Lightly trim bushes by front doors (no weeding/heavy yard work)

Questions or to schedule a service contact:
Christine Ness, 415-456-9068 or cness@covia.org
before noon on Thursday, October 11

Home Team Partners: Covia, Opportunity of Independence, Marin Center for Independent Living, Rotary Club of Mission San Rafael, Rotary International, Whistlestop

Celebrate! We’ve been doing that since 1972
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Thank You Marin!
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415.383.2741
pbill@theredwoods.org

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- And much, much more…

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northbay.homewellseniorcare.com
### COMPUTER CLASSES
**October & November 2018**
Pre-registration & payment required: 415-456-9062

#### iPad/iPhone Basics 2: Essential Built-in Applications
**Thursdays, September 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, email, texting, Facetime, and more. Please bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

#### Managing Your Photos
**Tuesdays, October 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 or Motorola). Also learn how to store your 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, October 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 apps. Get one-on-one help and handouts so you can practice at home! (For Android devices only, including Samsung and LG)

#### Tech Tips for Transportation
**Tuesdays, November 13 & 20, 10am-Noon (2 classes)**
**Fee:** $10
In partnership with Marin Transit, this beginner class will teach you how to use your iPhone to get rides if you don’t have a car. You will learn to download the Uber and Lyft apps on your phone and how to use them. Learn about the Marin Transit navigator program and how to find the best bus routes for your needs. (Apple iPhone or iPad users only)

#### 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 or tablets and software applications. Apple product assistance offered on Wednesdays from 11am-Noon.

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### MILL VALLEY FILM FESTIVAL
Whistlestop is a co-presenting sponsor of The Guardians at the Mill Valley Film Festival Oct. 4-14, presented by the California Film Institute. **Join us for a special screening at 3pm on Friday, Oct. 5.** The director will be in the audience at the Cinearts Sequoia 2, 25 Throckmorton Ave, Mill Valley. Tickets and info at www.mvff.com.

### 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>
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<tr>
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<tr>
<td>9:30-10:30AM</td>
<td>Zumba Gold</td>
<td>Drop-in</td>
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<td>10:00AM—NOON</td>
<td>Computer Lab</td>
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<tr>
<td>11:00AM—NOON</td>
<td>Movement &amp; Music NO CLASS 10/15</td>
<td>Reg. 415-485-9305</td>
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<td>Mah-Jongg</td>
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<td>French All Levels</td>
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<td>$40/45</td>
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<td>3:30PM-4:30 PM</td>
<td>A Matter of Balance</td>
<td>Reg. 415-993-2557</td>
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Sharing makes life easier

Anywhere You Call Home

By Christine Ness, Director, Home Match Marin

Home Match Marin helps older adults gain community and affordable housing.

With its office located at Whistlestop in San Rafael, Home Match Marin “harnesses the strength of community by helping homeowners benefit from the extra space in their home while giving supportive housemates an affordable place to live,” according to Tracy Powell, Vice President of Community Services with Covia (formerly Episcopal Senior Communities).

A Covia Community Services program, Home Match pairs people based on personal preferences, house types, and interests. In a unique twist on the traditional rental agreement, sometimes the monthly fee is adjusted in exchange for services, such as grocery shopping, pet care, transportation, or other help around the house.

“Home Match illustrates the importance of community, especially in an expensive housing market; homeowners receive tangible support to remain in their home, while renters live near work or school in what would otherwise be a cost-prohibitive area,” says Powell.

Powell notes that Home Match provides a type of transparency that is rare for most rental agreements – all applicants participate in a screening, including interviews and background checks, and create a home sharing agreement. Home Match is there every step of the way, providing guidance and support.

For more information or to set up an appointment, please contact Home Match Marin Director Christine Ness at 415-456-9068 or cness@covia.org.
At Whistlestop Transportation Services, we understand the importance of getting our riders to and from their destinations on time and in a safe and enjoyable manner. In the past year, our staff coordinated and provided transportation for more than 3,500 riders and fulfilled nearly 277,000 trips. We take pride in being able to serve so many members of our community but always do so by focusing our attention on providing a great experience for our riders. We step in as a surrogate family for our riders – by getting them out and about to access social engagements, medical appointments and nutritious food – and endeavor to create a feeling of safety, friendship, and community.

This is the focus at every step of providing a ride – from intake and eligibility, where our staff walk callers through the transportation options available to them based on their needs and preferences, to scheduling a ride, where our staff gather the important details about the trip. Our drivers, both staff and volunteers, spend time with riders multiple times per day or week, ensuring that they have access to critical services that contribute to and improve the quality of life for our riders.

For many, Whistlestop feels like home – a place where a rider can count on a ride from a friendly and caring driver who puts their safety first, a place where a family member knows that their parent, partner, or friend will be treated with dignity and respect, and a place where staff feel like they can truly make a difference.

Whistlestop Volunteer Fair

Join us from 3-4:30pm on Thursday, October 11 for our monthly Volunteer Fair. Volunteer opportunities include:

- Home Delivered Grocery Program (HDGP) shoppers. The HDGP is a partnership program of Covia and Whistlestop. Covia will be present at the October 11 Volunteer Fair at Whistlestop.

- Meals on Wheels drivers.

- Jackson Café Weekday Lunch Servers and Cashiers.

- Whistlestop CarePool Volunteer Drivers. Flexible hours. Call or email to reserve a spot in the next monthly CarePool Orientation.

- On call office tasks. Filing, sorting, mailings, making calls or taking messages.

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

Subaru’s Share the Love Supports Whistlestop

Whistlestop has been selected again by Ed Rossi of Marin Subaru to be their Hometown Charity during the 2019 Subaru Share the Love Event. From Nov. 16, 2018, through Jan. 2, 2019, anyone who buys or leases a new Subaru vehicle from Marin Subaru can select Whistlestop as the beneficiary of a $250 donation from Subaru of America. We are grateful to Ed Rossi and his team for their continued support of Whistlestop’s programs that provide transportation, meals, and social opportunities for older adults in our community.

To participate, visit Marin Subaru at 595 Francisco Blvd. E, San Rafael, 415-454-9240, and select Whistlestop when you complete your purchase or lease agreement. Your support by choosing Whistlestop increases the impact that Share the Love is making in local communities across the country.

Whistlestop says, Thank you, Marin Subaru!
Sudha’s Treasures Sale

By John Bowman

Sudha’s Treasures Sale has raised more than $350,000 for area non-profits over the past 14 years. Her popular annual sale will be held Oct. 26 to Nov 11, from 10am to 6pm daily and 10am to 5pm Sundays at the Town Center in Corte Madera, next to Crate & Barrel.

Sudha Pennathur of Tiburon has chosen Whistlestop and the Berkeley Repertory Theatre to be the major beneficiaries this year. “I will also be donating to two other Marin non-profits, who are doing good work in our area,” she said. “They are North Bay Children’s Center and Marin Villages. All of the proceeds from the sale will be donated.”

Sudha explained why she decided to support Whistlestop again. “As President of the Board at The Redwoods in 2014-2015, I became familiar with their mission and highly effective delivery of services. It was a natural choice. I am a great fan of Whistlestop. I have witnessed firsthand the impact they have had on older adults, by giving them security and independence and providing them the ability to be mobile. They also deliver food to the homebound and offer them dignity. They touch so many lives in Marin and allow relatives to lead a worry-free life.”

The sale is an extravaganza featuring several new designs created especially for this event, including one-of-a-kind jewelry pieces, hand-embroidered scarves, Christmas and Hanukkah items and several desk accessories and gift objects for men.

Sudha’s designs are featured and sold in such prestigious stores as Harrods of London and Geary’s of Beverly Hills, Neiman Marcus, Saks Fifth Avenue, as well as in the Sundance catalog, the Smithsonian, National Geographic Society and the Art Institute of Chicago.

Sudha explained that, “Education of the disadvantaged, supporting the elderly and the preservation of age-old crafts from India is my life’s mission. The donation of the annual Sudha Sale helps uphold this mission for Sudha Pennathur L.P.”
Find Out How the New Tax Law Affects Retirees

By Serena D’Arcy-Fisher, CFRE

In December of last year, Congress approved and the President signed into law the Tax Cuts and Jobs Act of 2017. The new law represents the most sweeping changes to the U.S. Tax Code in more than 30 years. It’s evident that the new law creates winners and losers, and according to CPA Jon Newton, one group that stands to gain appears to be America’s retirees and seniors.

Want to learn more? Please join Jon Newton at Whistlestop on Wednesday October 31 from 10-11:15am for a presentation on the 2017 tax law, which became effective this year. Jon will discuss the new rules, which may be particularly beneficial for many retired taxpayers, including higher standard deductions, lower tax rates and expanded deductions for medical expenses. His discussion will also include details of the new limits placed on mortgage interest and state and local tax deductions. Nearly everyone will be impacted by the changes, so please join us to prepare yourself for the new tax landscape.

Jon B. Newton, CPA, is a graduate of Indiana University’s Kelley School of Business. He worked for eight years with Ernst & Young LLP providing tax consulting and compliance services to individual and corporate clients. He currently maintains a tax and accounting practice in Novato, serving Bay Area businesses and individuals. Jon has extensive knowledge in the areas of retirement planning, trusts and estates.

This presentation is part of the monthly estate planning series generously sponsored by Valley Memorial Park Cemetery and Funeral Home in Novato. Attendees will receive an estate planning binder. Drop-ins welcome, but it helps us plan if you can register by calling 415-456-9062.

Need help with your estate documents? Older adults can schedule free half hour appointments at Whistlestop with Legal Aid of Marin. Call 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.