the Redwoods BARK

December 2021 Volume XXX1V Number 12

ADMINISTRATION UPDATE

Dear Residents, Families, and Friends,

Wow. Time might fly when you're having fun, but it also seemed to fly by this year. We are already through with Thanksgiving, and marching on to year's end with lots of celebrating in between. I think we can all agree with **Henry David Thoreau** who said, "I am grateful for what I am and have. My Thanksgiving is perpetual." Yes, it has not been an easy year, but we made it this far --- and with many blessings.

Again this November we were able to celebrate our veterans with a special meal in the main Dining Room, and everyone was able to share a salute. It was a very special time. Here's to hoping you were able to spend Thanksgiving with family or friends in a fun and safe manner.

Now, as we enter December, we will also be marking the start of The Redwoods' 50th year of operations. December 3rd is the actual date the first residents arrived. We will mark it with a small ceremony at the Community Church of Mill Valley, where this all began as a wish of a few members to create a special place for long-time residents to enjoy their senior years.

Naturally we will recognize and celebrate the major religious holidays this month, too. Please keep an eye out for fun events and programs to mark the season. Again this year, the festivities will be scaled back. That said, last year the team went over the top with holiday decorations and, as the days grow shorter and the nights longer, we will do it again. We hope you enjoy the show, and encourage you to light up your space as well.

It's hard to see a smile behind a mask, but we also hope you enjoy the new masks provided to each resident. We wish we didn't need them, but as the "winter surge" is upon us, it's nice to have a new, clean, and easy-to-use mask to help keep you safe.

We love visitors during the holidays, but for everyone's sake, please consider meeting them elsewhere, or if they do come here, please make sure they know to be screened and pre-tested before entering.

This year we have been able to return most programs and events. But there is plenty of uncertainty ahead, and that could change. Never-the-less, we will work hard to preserve our inclusive and active culture, maintain our quality, and fulfill our mission.

As we look ahead, here's hoping you stay healthy and engaged, find something to cheer you, and gratefully appreciate what you already have. Thanks and happy holidays!

Sincerely,

J. Hunter Moore
Chief Executive Officer

Merry Christmas

Quick Note: ***Another Oldie-but-Goodie from September 2019 --- before two-hour interviews needed masks and 6-ft. distances. Share Mary's amazing life before and after The Redwoods.***

BARK SPOTLIGHT: MARY NISHIFUE

She's 94. Her wonderful laugh lifts her through memories of bleak internment camps for Japanese families during World War II. No heat; a communal shower. Mary was just 16. Released in 1943, she went on to college, marriage, and three daughters, one lost tragically at 45. Her career as a hospital dietitian at St. Lukes in New York and Alta Bates in Oakland lasted 26 years. Along the way she bicycled from Amsterdam to Germany, took Yoga, and moved to The Redwoods where she teaches Yoga on Mondays and Thursdays.

Mary was born in Arthur, Utah in 1925, the first of four children. Her parents arrived in America in 1921. Her father, the oldest son, was expected to send money back to Japan. He tried the coal mines, the railroad --- even started a lettuce farm in Idaho. "He and mother carried a tremendous burden. No language, no steady work, six mouths to feed. But they were young, used to hard work, determined to make it in America."

Mary was three when they moved to Montebello, California, where several Japanese had flower farms. Her father made $1 a day, worked from sunrise to sunset, and soon had his own business.

December 7, 1941 changed everything. All Japanese on the west coast had two weeks to get rid of their possessions, businesses, and report to designated "assembly centers" (Santa Anita Race Track for Mary's family). One suitcase allowed per person. "I was 16, confused. Why were we rounded up by military police and treated like criminals?" They slept in horse stalls at Santa Anita for seven months. Then to an internment camp in Rohwer, Arkansas. Cold winters, door-less outhouses. The men played mah-jong, the women sewed camouflage netting for the Army. Visiting Neisei teachers taught History, Social Studies, and Spanish! Released in 1943, the War Relocation Authority urged families to relocate to states in the mid-west, but not TO California. An uncle in Utah had a dry-cleaning business. They lived in the basement of an old hotel lobby for two years. Mary attended Ogden High School and started Weaver College. Her dad worked in the cannery, and a brother served in the famous #442 Nisei Army unit in Italy. The war over, they moved back to Montebello, and Mary finished college at UCLA. Tuition was $29 --- less than the cost of books. Her major: Dietetics. She worked in the Coronary Care and Special Diets units of three famous hospitals. "You'll have to change the way you eat" was her mantra. She retired after 26 years.

Years before, at 27, Mary met Kozo Nishifue at a church dance. He was visiting from San Francisco. After several weekends driving from S. F. to Monte Bello, he said, "This is silly, let's get married and move to San Francisco." They did, and had three daughters. Mary's middle daughter, 45 and husband died tragically when their motorcycle suddenly hit a deer at midnight in Wisconsin. "It was the greatest tragedy of my life." Mary's marriage ended after 29 years. "He was restless. "We just grew apart."

At 65 Mary took 1,000 hours of Yoga instruction in San Clemente, got her license, and brought her skills to the Redwoods in 2009. She fell and broke her hip 1 ½ years ago (slipped in her slippers), and credits yoga for getting her back teaching in just three months. "Life is good here; there is nature outside every window." The young girl who slept in horse stalls and cold internment barracks is home at last.

Update: ***Mary is now 96, teaches Yoga class every Thursday morn from 9:45 to 10:45 in the Studio. Says, "It's the one thing that keeps me flexible and healthy."***

HOLIDAY FUND AT $51,200. FIVE DAYS TO REACH $65,000. WE CAN DO IT!

With just a little more TLG (Tender Loving Giving), the **Employees' Holiday Fund** will match last year's total, and provide a happy holiday for the 135 wonderful staff workers who keep us healthy, well-fed, entertained, greeted, transported, secure, plumbed, electrified, vacuumed, exercised, and trash-collected all year long --- including 12 months with cruel Coronavirus winds outside

The Redwoods' **No Tipping Policy** prevents us from tipping staff during the year. This is our only chance to say "Thanks" to the hourly workers for doing all the things we once did for ourselves, but are no longer able to. (Administration is rewarded separately by the Board of Directors).

We're so close to that $65,000 goal. Let's open hearts and checkbooks and insure a Merry Christmas for these amazing men, women, and their families. Many come long distances to get to us. Several have worked here for 30-to-35 years! Make checks to The **Redwoods Residents Council**, with **"Holiday Fund"** at the bottom, and put in the **Holiday Fund** slot in the Mailroom. Extra envelopes are available at the Front Desk. Thanks!
Hector Richards & Rosanne Strucincki, Co-chairs.

Programs at The Redwoods

Program Notes

Noreen McKeon, Director of Programs

'Tis again the season, and thanks to vaccines and masks, the Redwoods will again be making merry. By the time you read this the Hanukkah celebration will have taken place. Close behind will be the decorating of Christmas trees, Holiday concerts, and glasses lifted in celebration and gratitude at the annual Holiday and New Year's Eve parties.

Parties are open only to Residents who have been vaccinated. Reservations are not being taken (that past experiment proved to not be appreciated or helpful). One remaining residue from Covid restrictions is that the *Happy Hoffers* tap dancers will not be entertaining us at the Holiday party. They send their holiday wishes and hope to return next year.

However, our fully vaccinated DJ will be on the stage for New Year's Eve. So dust off your dancing shoes and get ready to say goodbye to a year that was filled with both caution and hope.

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness."

- Helen Keller

Gardener's Corner

Update by: Noreen McKeon

The Redwoods is celebrated for many things. Among them has been our active Residents and our beautiful Scott Garden. While we await to find a replacement for Kurt, the combination of these two pieces of our stellar reputation is once again unfolding in real time.

It is our Garden Volunteers who are keeping the garden healthy and vibrant for all visitors. The have been meeting, gathering, planting, weeding, composting, and more to keep garden in good form.

The Redwoods' Human Resources department is diligently working on finding a perfect candidate. Until then, we remain grateful to all Gardeners who *"inch by inch, row by row, gonna make the garden grow." - Pete Seeger*

Wellness Center

Sarah Quick, Fitness Coordinator

Exercise routines can easily get derailed during the holidays. However, physical activity might be more important now than ever to offset stress, winter blues, and dietary changes of the season.

With planning and creativity, you can come up with strategies to stay healthy during this time. Prioritize your exercise. Look at your activities and find a time to exercise. Try to schedule your workout in the morning before other commitments materialize. Do mini workouts. Try to do a shorter workout, if you can't accomplish your usual routine. Be creative. Find ways to add extra steps during the day. Take a longer route to where you are going. Find a workout buddy. Being accountable to a friend is a big motivator. Enjoying company while exercising is a gift to both of you.

Most importantly, have fun and enjoy the holidays. You aren't always in charge of your schedule this time of year so you can only do your best. Remember that you can get back to your routine with the New Year.

Holiday Update: An Open Pool Time is scheduled on Tuesdays, 8:30 - 11:30. Great time to avoid the private lesson wait list and get in the pool for your health and enjoyment.

Health Care Happenings

Update by: Noreen McKeon

Under the loving and watchful eyes of Betty and Laura, the Health Care Center programming has remained vibrant and healing, despite being short one staff member. The sounds of bingo, singing, balloon tosses, chair dancing, and more fill the halls.

As will the sounds of holiday celebrations. Our HCC Residents will revel in Hanukah, Christmas, and New Year's celebrations, much like Headlands and Creekside Residents.

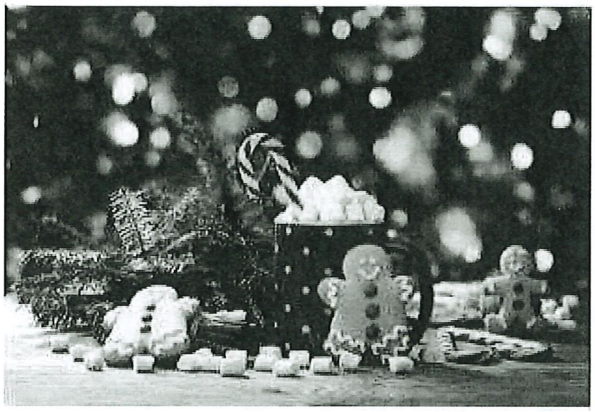
The Holidays are truly the holidays when we celebrate them by giving the light of love to those who need it the most. We are grateful to all the staff who will bring this light of love to our Healthcare Residents.

Return of the Holiday Parties!

Festival of Chanukah

Wednesday, December 1
7:00 pm
Auditorium

Holiday Party!



Friday, December 17
7:00 pm
Auditorium

New Year's Eve Celebration

Join your fellow residents for light dessert, drinks and fun as we say goodbye to 2021. Dance the night away to the music of DJ Mark Power!

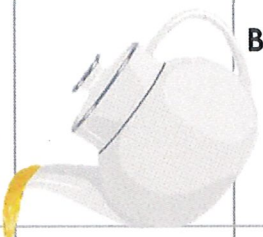
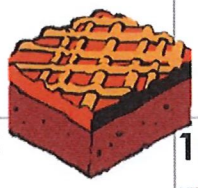
Friday, December 31
7:00 pm in the Auditorium

For all parties, fully vaccinated residents only, no family or guests please.

The Redwoods Dining Calendar

The Redwoods a Community of Seniors

December 2021

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	01	02 Lunch	03 Lunch	04
05	06 Dinner	07 	08 National Brownie Day All-day 	09 Lunch	10 Lunch	11
12	13 Dinner	14	15	16 Lunch	17 National Maple Syrup Day Lunch	18
19	20 Lunch	21	22	23	24 Lunch & Dinner X-mas Eve Dinner	25 Lunch
26	27	28	29	30	31 New Year's Eve Dinner	01 Day Lunch

Open 7 days a week

Breakfast	7 am – 9:15 am
Lunch	12:00 pm –1:15 pm
Dinner	5 pm – 7 pm

A better-for-you choice lower in calories and sodium, high in fiber and good fats.

Holidays and Grief

Reprint: Originally printed in Dec. 2018 and submitted by: Deborah Schwing MFT, LPCC

The holidays are often some of the most difficult times of the year for living with the loss of a loved one. Throughout the late fall and beginning of winter - weeks that comprise and lead up to the holidays - each day can be filled with a variety of memories and emotions.

It can be confusing when it seems like everyone is bustling about decking the halls with boughs of holly and you are so grief stricken you can barely get out of bed to face the day. The first and kindest thing we can do is to acknowledge what is real and true about how we're feeling. We really miss our loved one and it truly hurts to contemplate the holidays without them.

The next thing we can do is consider how we'd like to remember, honor and perhaps celebrate our loved one at these special times. What were the special holiday rituals that you shared and enjoyed together? As you anticipate the weeks ahead, reflect on ways you can replicate some of the good feelings associated with those memories Whatever traditions you choose, be sure they evoke more of the feelings you want to feel more of - feelings of peace, joy, gratitude, hope, generosity, love, warmth, connection and possibility.

Even in the midst of feeling joyful, you can expect those real and true feelings of grief to arise from time to time, often without notice. Be prepared. Carry tissues. There will be tears. Tears of sadness and tears of joy. Tears of remembering gifts your loved one gave you that you absolutely loved. Tears of disappointment in receiving a gift from your loved one that completely missed the mark. We can have angry feelings towards a deceased loved one who was completely devoted to us and we can have loving feelings towards someone who repeatedly hurt us. It's all normal. It's all part of the mosaic of feelings we tidily call grief.

In addition to giving yourself permission and space to feel the natural sadness and wistfulness associated with these memories, it is also important to have a plan.

Planning may include reflecting on how you'd *like* to feel during this time and on how you might structure some aspects of your days to increase the likelihood of those feelings. For example, if you'd like to feel more light hearted, you might start to build into each morning of the holidays a practice of writing down or saying aloud five things you appreciate and five things you are looking forward to feeling that day.

Keep in mind coping with the holidays is a lateral, zig zag and/or wavy endeavor. You needn't be at the mercy of your grief. You can observe it, acknowledge it, feel it, express it and move it through you. You can write it out, dance it out, sing it out or shout it out. The loving heart is malleable. It hurts, it heals, it expands. The holidays can be an opportunity to remember that above all - in the darkness of the season, we can tend to and nurture the light of love in our hearts for the living as well as for those we've lost.

- **Eleanor Hein** has another quartet of great movies for your December viewing pleasure:
  "The Greatest Showman" – a musical biography depicting the life & times of P.T. Barnum & his circus.
  "Paddington" – The story of a Peruvian bear searching for a home in London.
  "Last Chance Harvey" --- In London for his daughter's wedding, a man finds romance.
  "The Holiday" --- A romantic comedy about two women finding love unexpectedly.

- Speaking of movies, thanks to **Will Orellana** for raising the temperature in the Auditorium on movie nights to a comfortable 70 degrees. A few of us went back for snow gear during a recent Sean Penn movie. Brrrrrr!

- **What a year 2021 has been!** Thanks to the generosity of donors, the Library was able to purchase 21 books for Gay Pride month, plus 25 new Novels, mysteries, and Biographies, 21 Large Print, and a bevy of memorable DVDs. The new cart (another gift) was covered with books before we could find a place for it (near the piano). Now, due to lack of space (a healthy sign) we can only accept books post 2019. Special thanks to **Andrea English** --- new librarian of the Poetry Center in Building 11, 2nd floor. Looks terrific! Happy Holidays!! ***Barbara McDonald,*** *Librarian.*

- Speaking of books, our **"Who's Reading What?"** Reporter, **Ellie Leva,** says **Don Bowden** is reading **"Old Bones" by Preston and Child.** A mystery, full of suspense, set around migrants who crossed Donner Pass in 1846. "A terrific read!" **Lynn Payton** read **Gentleman From Paris" by Erik Lawson.** "The best book I've ever read. The end will make you stand up and cheer." Finally, **Ellie** is reading **"Plain Song" by Kent Harub.** A romantic novel about family, and the human need for friendship and companionship.

Utilities Update: Compared to usage this time last year Electricity was down .2%, Gas was down 32.2%, and water was down 92,4%. Cost for all $35,968. ($3,860 less than last year)

- The Succulent Garden cart has new wheels! Their busy, wonderful cart (15 years old!) needs new wheels every five years. Longtime wheel magician, **Raul Hernandez**, one of our irreplaceable staff ---35-years at The Redwoods --- put on new wheels just in time for the Garden to give 18 small plants to the graduating Parkinsons Pathways Class. Succulents, like Parkinsons patients, have found ways to adapt and thrive in challenging conditions.

- **It's gift-time.** The Potting Corner has lots of newly potted and priced succulents for your gifting pleasure. Just take your favorites (price tags included), to the Front Desk, pay and walk away with a beautiful, healthy gift that will surprise the owner every day. **Audrey Hazen** or **Blanche Sprague** will be in the Potting Corner every Tuesday (weather permitting) from 11 to 11:45 am. You may be able to pot your own plant!

- **Flash**! The Garden composters beg you to remove all little ad stickers from fruits & vegetables. The worms don't like them!

- **The "Rock-the Ages" Chorus is Back!** Their joyful songs, from Rock to the Beatles are filling the Auditorium rafters again with happy pre-virus memories of past "Rock-the-Ages" concerts at the Throckmorton Theater and Sweetwater Music Hall. Join the happy rehearsal audience every Wednesday from 2:30 to 4:30. Chorus members wear masks, but not 6-feet apart. Same director, Barry Blum, plus two extra musicians. Same founder and manager, Anne Ure. Sit in the back of the Auditorium, or in the Hallway. Hector Richards' awesome tenor will reach you either place. Interested in joining? Talk to Barry or Anne.

* * * * * * * * * * * * * * * * * * * *

Sales Slogan on Electrician's Truck:

"Let Us Remove Your Shorts"

New Residents:

Jerry & Jane Fitzgerald	2205/07	415-279-1456
Bill Killingsworth	6111	619-762-8075
Carol Rose	10201	650-850-2428
Alan Samuel	4207	707-834-4017

Move-Out:

Al Braidwood	4209
John Wood	3202

Deaths

Jan Deem	15205

THE REDWOODS BARK

Editor: Kathy Magnuson
Calendar and Activities: Noreen McKeon
Computer: Francine Goodman
Distribution: Ruth Shelby, Rodger March

Deadline for January BARK is December 23rd.
Put BARK material in BARK cubby in Mail Room

The Redwoods
40 Camino Alto
Mill Valley, CA 94941