

Affordable . . . Innovative . . . Inspiring

The Organic Garden— A Community Within A Community



Left: Residents Tom Whiteman and Verena Haemmig flank new Coordinator Bilkis Bharucha in the organic garden.

Right: Resident Beverly Windle getting her hands dirty in the garden bed.



IT IS SAID THAT GARDENS reflect the kind of care they get. That certainly seems true for both the Scott Organic Garden and the residents who tend it. Nurtured and cared for by Redwoods residents over decades, the garden is a truly rejuvenating space.

The Garden Brings Everyone Together

Beloved by all, the gardens are cared for by a dedicated cadre of residents, team members, volunteers—and The Redwoods’ new Garden Coordinator, Bilkis Bharucha.

The garden is a thriving, engaging, and productive community space for residents from all parts of the campus.

Verena Haemmig started volunteering in the garden even before she moved to The Redwoods. She helped expand a “Native Circle” of wildflowers that resulted in providing habitat to many pollinators, including monarch butterflies.

Verena says, “The pleasure of growing new plants from seeds, and even the meditative task of weeding a

(continued on page 2)

THE REDWOODS

CELEBRATING

50

YEARS YOUNG

Save The Date!

Join us at our Anniversary Gala

WHEN: Saturday,
November 5th at 5pm

WHERE: Theological Seminary
campus in Strawberry

FOR TICKETS:
www.TheRedwoods.org/events

garden border, give me joy. With Bilkis' arrival, the garden is humming with new energy. She is much liked and is a great teacher. Our garden is now called a 'Magic Garden' by some, and with our new spacious greenhouse, the sky is the limit!"

Resident **Tom Whiteman** has perfected the art of backyard composting and possesses a wealth of knowledge and experience. Tom feels that *"it's great to work with a group of like-minded folk on a project that serves the community in so many ways."*

The efforts of Verena, Tom and countless others who care for the garden are paying off: it's a thriving, engaging, and productive community space for residents from all parts of the campus. It's a beautiful setting for all, including Health Care Center residents who can take a trip to their own "backyard" to relax. Activities abound—

Art in the Garden classes, music, trainings and weekly harvest days. The bounty of fresh fruits and vegetables is shared with residents, who can also select blossoms from the ever-changing clipping beds to enjoy a beautiful bouquet.

Revitalizing the Garden

Recently, the garden beds were refurbished to standing height and wheelchair accessible levels, new soils were added, and compressed granite pathways redone. CEO **Hunter Moore** notes that *"some are surprised by our significant investment in the gardens, but getting one's hands in the dirt can be so invigorating, we believe it is an important dedication of resources."* Clearly, the residents agree and, thanks to a special gift from residents **Kathleen Moran** and **John Young**, the garden has a new greenhouse.



Resident donors Kathleen Moran and John Young outside the new greenhouse.

Bilkis notes that *"the garden feeds us, both literally and metaphorically. In the garden we find ourselves participating in a complex and beautiful system. Tending it is meditative, and getting our hands dirty is just . . . fun."*

LETTER FROM THE BOARD PRESIDENT & CEO

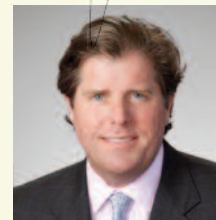
WE ARE SO PLEASED to be part of the great history of The Redwoods, A Community of Seniors, and look forward to celebrating with you at the 50th Anniversary Gala! Every single one of your contributions, of every kind and magnitude, has helped create and nurture this unique and wonderful community.

It is truly an honor to be in our positions at this momentous time. We stand on the shoulders of all the amazing and visionary people who preceded us and are privileged to work with so many smart and creative people. We are com-

mitted to doing our best to foster programs, traditions and systems to help future leaders perpetuate this community jewel.

Each chapter in The Redwoods' story has presented its own challenges and the last few years certainly were unprecedented. Together, as a community, we not only endured, but are now stronger and better than ever. We want to recognize the entire community— residents, families, friends, team members, volunteers and benefactors—for The Redwoods' recent accomplishments. None would be possible without your efforts.

Sincerely,



JIM LYNCH
President,
Board of
Directors



J. HUNTER MOORE
Chief
Executive
Officer

Life Enrichment Programs

Expanded



Residents celebrated completing their first kick-off exercise class, Moves with Jackie, in the Garden Room at Creekside.

THE LIFE ENRICHMENT DEPARTMENT continues to serve residents by providing engaging programs, activities, movies, and live entertainment on a regular basis. An expansion with a new slate of programs has been launched in the Creekside Garden Room and the Lounge to meet the specific needs of the Creekside (Assisted Living) community.

The Creekside specific offerings allow those in Assisted Living easier access to experience the benefits of group activity—and are open to residents in all areas of the campus, connecting our Headlands, Creekside, and Health Care Residents in a fun and inviting way.

Programs such as Thrive Alive, Creekside Resident Support Group,

Mandarin Language Class, and the Parkinson's Support Group are specifically designed to address the physical, social, cognitive, and spiritual needs of residents.

Our community also continues to thrive on the talent of our very own residents! Resident musicians who would like to perform a small group concert can reserve the Garden Room for intimate Chamber Concerts.

We look forward to continuing to provide high quality group programming for all our residents at The Redwoods!

Please contact **Denise Acain**, Creekside and HCC Life Enrichment Program Supervisor at 415-383-1600 (ext. 259) for more information.



Dr. Cheril Adlam (left); Aubrey Wade (right).

Welcome, New Leaders

CHERIL ADLAM, Ph.D. in Teaching /Theology, M.Th, LVN, joins us as the Clinical Director of Creekside (Assisted Living). An ordained minister and a nurse with over 11 years of experience, including work at The Redwoods, Dr. Adlam feels that *“too often we underestimate the therapeutic interventions of a touch, a smile, a kind word or a helping hand. This is what we provide at The Redwoods. We care.”*

AUBREY WADE, RN, MSN, joins us as the Director of Nursing in the Health Care Center. After 20 years as a Birthing Nurse and a professor of nursing, Aubrey completed a MSN at UCSF. She shared that she is *“delighted to work with this dedicated, skilled and kind-hearted team, in a vibrant and active place for residents.”*



40 Camino Alto
Mill Valley, CA 94941

NON PROFIT
U.S. POSTAGE
PAID
PERMIT NO. 120
SANTA ROSA, CA



The Senior Prom Returns! A Magical, Intergenerational Evening



AFTER A NEARLY ten-year hiatus, the Senior Prom will return to The Redwoods' auditorium on Friday, November 4th at 6:00 pm, the evening before the 50th Anniversary Gala. *"As we celebrate our 50th Anniversary, we thought it was the perfect time*

to bring back the Senior Prom and give our residents a unique celebration of their own," said **Hunter Moore, CEO.**

The Senior Prom was originally conceived as a way to improve community relations in Mill Valley during Mel Matsumoto's tenure

as CEO. Former board member Bob Canepa, who ran the event for 20 years, originally suggested that the Redwoods invite students from Tam High to get involved by helping to decorate, serve food and dance with the residents. Soon, Mill Valley Rotarians and local residents were also recruited.

Bob reports that *"to everyone's surprise, the students proved to be the magical ingredient to the whole evening. The residents loved having the kids there and the interaction was phenomenal. I'm delighted that the Senior Prom is returning."*

If you'd like to volunteer for the Senior Prom, please contact the Life Enrichment Department at (415) 383-2741.