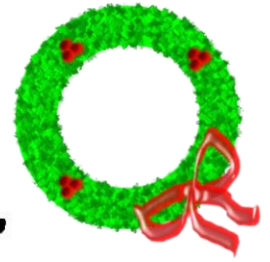




The BARK



December 2022

Volume XXIV

Number 12

Happy Holidays!

Christmas Card

Simply said
He, or They, are silent

Yet the seasonal ghost walks
Joy of man makes heaven quick
Pricks the static air with flutes
Sweeps the doubtful strings
aside

Faith comes
Roaring with wingbeats
And a preponderance of drums

Maggie Morley

**WATCH FOR THE
NEW YEAR'S EVE PARTY FLYER
WITH DETAILS ABOUT
RINGING IN 2023
WITH FELLOW RESIDENTS!**

Don't Miss the Deadline!! Donate to the Employee Holiday Fund

DEC 5 is just around the corner, which means it's time to pull out that checkbook and say "thank you" to Redwoods employees who made a difference in your life this past year. This is your **ONLY** opportunity to make a difference in theirs.

Make out your check to the *Redwoods Resident Association* or *RRA* and be sure to write "Holiday Fund" on the memo line. Drop your donation envelope into the mailbox slot marked **HOLIDAY FUND**. You'll find it on the right-hand wall inside the mail room.

Let's try once again to match last year's total of \$66,200!

Succulents—A Nice Holiday Gift

- ❖ They don't need much attention this time of year and they make great gifts.
- ❖ Lots are for sale (with price stickers).
- ❖ Cash or a check made out to the Redwoods Residents Council can be left at front desk with the sticker.

Thanks to all,
Succulent Garden Crew

A Closer Look at:

Eleanor Hein

by Kathleen Moran

The Movie Lady

That's what Eleanor is known as these days. Movies have always been a part of her life, so much so, that in her youth she would sit through a movie three times before she came home. Her parents were not pleased. Today, however, movies have become a regular part of her life. The Silver Foxes Film Society began as a onetime presentation and since then has become a regular Tuesday night event. Quite by chance, Eleanor took on the Saturday night movies when there was an unexpected vacancy. "I thoroughly enjoy researching and previewing films and it's especially heartening to find that residents enjoy the films as well."



Nursing has also been a major part of her life. She obtained her undergraduate and graduate degree in nursing and later in her nursing career, a doctorate in education from the University of San Francisco. In between these educational pursuits Eleanor worked in various hospitals in New York and San Francisco. Her first teaching job was at the University of Oregon, but San Francisco was where she wanted to be. It didn't snow there, and the city had a great opera house (opera—another of her passions). So, it's not surprising that after two years in Oregon, when a faculty position came open at the University of San Francisco (USF), she applied for it and was soon on her way to San Francisco as an assistant professor in the School of Nursing at USF. Twenty-eight years later she took early retirement and left

as a full professor. During those years she wrote several books on communication and leadership in nursing.

Between summers off and sabbaticals, Eleanor pursued another love—travel. In 1961, Eleanor and a friend decided to go to Europe; a trip that would last for six months. They had purchased a Volkswagen in the States to be picked it up in Rotterdam. There, Eleanor became the designated driver after a fifteen-minute lesson in how to use a stick shift. After that she was on her own. Fortunately, her friend was a good navigator. The adventure began.

Since then, she has traveled to many countries; but visiting the Soviet Union in 1973, was the most sobering. She recalls it was then that she became acutely aware of how much she had taken for granted the everyday freedom we enjoy here.

Eleanor has always been a history buff and found during her years of teaching that nurses knew very little of their own professional history. Blending her two loves, she developed and offered nursing study tours of London, Vienna and Budapest; three cities with rich backgrounds in medical and nursing history.

Eleanor came to The Redwoods in 2010. "I call myself one of the ancients." But she's not one to look back. "It's the best decision I ever made."



Life Enrichment

Denise Acain, Director, Community Programs

It's December and we are celebrating many holidays this month! Here are the special events and Life Enrichment updates!

- **Special Performances/Events & Performing Arts Schedule:**

- Ian Scarfe Trio: Dec 1st, Thursday at 7:15 pm—Auditorium
- Dick Fregulia Trio: Dec 6th, Tuesday at 7:15 pm—Auditorium
- Rock the Ages Concert: Dec 8th, Thursday at 7:15 pm—Auditorium
- Happy Hour: Girls Scouts Carol: Dec 9th, Friday at 3 pm—Main Patio
- Bread and Roses Feature: Dec 13, Tuesday at 7:15 pm—Auditorium
- Mill Valley Cub Scouts Carol: Dec 15th, Thursday at 7:15 pm—Auditorium
- Chamber Concert, Wendy Oser: Dec 19th, Monday at 7:15 pm — 5/7G
- John Young and Barbara Bruhn: Dec 20, Thursday at 7:15 pm—Auditorium
- Craig Jessup: Dec 29th, Thursday at 7:15 pm—Auditorium
- New Year's Eve Party: Dec 31st, Saturday at 7 pm—Auditorium

- **Please join us in welcoming two new team members!**

- Sara V—Volunteer Coordinator
- Nicole—Activity Assistant (HCC and Creekside)

Events are subject to change, please refer to the calendars on the bulletin board or the CLC app for updated information

Hunter's Update

Dear Residents & Friends,

This November we were able to celebrate our veterans and Thanksgiving with special meals. Here's hoping you were able to spend Thanksgiving with family or friends in a fun and safe manner and avoid the rapidly spreading viruses. **As a reminder, we will have a booster clinic on December 9th.**

December 3rd is the official 50th anniversary of The Redwoods. We hope to celebrate it, and all residents, at a December birthday gathering with some cake and perhaps a song or two.

To honor the many major religious holidays that occur in December, keep an eye out for fun events and programs to mark them—although with on-going pandemic concerns, these festivities may have to be scaled back a bit. We will just have to wait and see. This is not true of the holiday decorations, though. As the nights get longer, we are lighting them up. We hope you enjoy the show!

It's hard to see a smile behind a mask and we wish we didn't still need them, but as the "winter surge" is upon us, it's important to keep safe. We love visitors during the holidays, but for everyone's sake, please consider meeting them elsewhere; if they do come here, please make sure they know to be screened before entering.

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

Happy Holidays!

J. Hunter Moore
Chief Executive Officer

WHAT'S HAPPENING ?

Library Notes

Barbara McDonald, Redwoods Librarian

The Winter Solstice will soon be here! Shorter days mean more reading time, a good time to browse through the Wellness Center's science books. *Sibley's Guide to Bird Life & Behavior* or Keppleman's *Hummingbirds* are two choices. *Tales from the Ant World* by renowned scientist/author E.O. Wilson or *The Hidden Life of Trees* by Peter Wollheben offer different perspectives of nature. Another is the coffee table book of *Audubon's Birds*. Enjoy the wonders of science!

Resident Recommendations:

Elizabeth Merriman has high praise for Daniel James Brown's *Facing the Mountain*, which focuses on the heroic Nisei volunteers in WWII. **Myrl Despot's** pick is *The Fitzgeralds and the Kennedys* by Doris Kearns Goodwin renowned historian. You can't go wrong choosing any Goodwin book. **Sheridan Brown** suggests both Chris Bohjalian's *The Lioness* and *James Patterson*, a memoir by James Patterson. Patterson is one of Redwoods most read authors, as is *Kristen Hannah*, **Adrienne Carp's** choice. *Comfort and Joy* is her favorite. **Ellie Leva** is reading award winning Jane Smiley's *Perestroika*. **John Young and Kathleen Moran's** latest book read together was *The Origin of Others* by Nobel Prize winner Toni Morrison.

Happy Holidays from the Library!

Mill Valley Seniors for Peace

Nancy Miller, Co-chair SFSFP

2022 . . . It Was A Much Better Year

A decrease in COVID-related restrictions saw us return to most "normal" activities.

Our focus on **Social and Racial Justice** continued as seen in our 4th year of support for the residents of Golden Gate Village as well as backing Mill Valley's development of affordable housing. We also demonstrated to support Starbuck employees' efforts to unionize.

In terms of **Political Outreach**, our Postcard Writing Group signed up nearly 4,000 new voters, mostly in Georgia, and also assisted with Get Out the Vote. We conducted Candidate Forums in our local District Assembly, Marin Municipal Water District, and MV School Board races and invited the Marin League of Women Voters to guide us through the State Propositions.

With the looming **Climate Crisis**, in April, our members set up and ran three exhibits or projects in coordination with Green Change's Earth 2050 event.

Each week we continued Monday's **Speaker Program**, Wednesday's **SFP Films**, and Friday's landmark demonstrations.

On the administrative side, we were able to take a good leap forward and successfully obtain an IRC 501(c)(3) classification! This means before year's end **you can make a 2022 tax deductible donation to MVSEFP.**

And, who's responsible for all this work? Take a look at the SFP bulletin board in the main hallway for an extensive **Thank You!**

It's Movie Time



Eleanor Hein

December movies: Auditorium
Saturday, 7:15pm / Sunday 3pm.

Where the Crawdads Sing—A young woman who raised herself in the marshes of the deep South becomes a murder suspect.

Doubt—A Catholic school principal questions a priest's relationship with a troubled young student.

Elvis—The life of music icon Elvis Presley.

We're No Angels—Three Devil's Island escapees hide out in a merchant's house and help him out of several crises.

NOTE: Post-2005 film suggestions are always welcome. Call 415-380-8577.

Other Viewing Options

Seniors for Peace Theatre Auditorium,
Wednesday, 7:15pm

12/7—The Darjeeling Limited
12/14—(Hold)
12/21—Black Swan
12/28—Coal Miners Daughter

Classics, Auditorium
Friday, 7:15pm/Saturday 3pm

12/02 & 03—African Queen
12/09 & 10—Charade
12/16 & 17—Driving Miss Daisy
12/23—Home Alone 2
12/24—Christmas Carols
12/30 & 31—Inn Of the Sixth Happiness

Room 5/7G

Movie Time: Tue & Wed, 7pm

12/07—Slumberland (treasure hunt)
12/14—Holiday in the Wild (family)
12/21—Worth (emotional tearjerker)
12/28—Big Daddy (comedy)

Movie Showing/Matinee: Fri 7pm/
Sat 3:15pm

12/02 & 03—About Endless (comedy)
12/09 & 10—A Shot in the Dark (comedy)
12/16 & 17—Delia's Gone (thriller)
12/23 & 24—Christmas Carol (SciFi)
12/30—Two of Us & 12/31 (no movie)

Movie Time/Matinee: Sat 7pm/Sun 3:15pm

12/03 & 04—Queen (emotional drama)
12/10 & 11—Molley's Game (real life)
12/17 & 18—Breaking the Bank (quirky comedy)
12/24 & 25—The Wonder (cerebral)
1/1/2023—1899 (thriller)

Note: Weekly movie listings are posted outside the auditorium and 5/7G

Where is it?



Send your answer to kanwis43@gmail.com.
Last month's mystery photo location was identified by **Robert Crockett** as the squirrel box mounted outside the gym.

Veteran's Recognition Luncheon

Robert Crockett

On November 11th, Veteran's Day, The Redwoods residents who served in the military were



recognized with a special luncheon. The dining room was festively decorated, and tables had white tablecloths. Entrees of either chili with cornbread or fried chicken were served as each veteran summarize her or his service.

Fifteen veterans attended the luncheon, representing three major conflicts—World War II, the Korean “Police Action,” and the Vietnam War. Seven had served during World War II, four during the Korean conflict, and four in the Vietnam War. Seven service personnel were in the Army, four in the Navy, two in the Air Force, and one each in the Marines and the Coast Guard. The large bulletin board outside the dining room displays photos of each veteran accompanied by a brief statement of their service.



Two Queens, Grace Dammann & Audrey Hazen, reign during the revived Redwoods Prom held the evening of Nov. 4, 2022.

Exercise Classes – Just Go!

Barbara Rothkrug

When I moved to The Redwoods a year and a half ago, I chose an independent living apartment with a beautiful garden. At the time, arthritis in my hands was so bad that I couldn't cut more than a stalk or two of celery. Moreover, bending down to work in the garden was out of the question.

Complicating matters was my balance problem caused by essential tremor. When I tried to walk, oftentimes one foot didn't know where to go and would swing perilously in the air for a few seconds.

So, I started going to exercise classes that focused on balance, attention, stretching, and strengthening. I also began to use the equipment in the gym. At first, I found that I could lift only zero pounds on one of the resistance machines!

Over time and ever so slowly my body began to benefit from these various forms of exercise. I could again chop celery and carrots and work in the garden without pain—I'm telling you the truth!

I can't say every time a class is scheduled that I'm eager to leave my cozy apartment and head over to the Wellness Center. Often the first moves are difficult for me and sometimes the class is boring. But I remind myself...perhaps I'll see someone I know there, or that the leader is fun and has a wicked grin, or maybe he/she is quietly encouraging, or simply that we're all in this together.

Finally, it's good to know that I and other class attendees are doing our best to maintain our ability to function well, and occasionally have some fun doing it.

This & That

Did you know that. . .

- You can sign up to have someone from Facilities come to your apartment to install the **WorkX Hub app** onto your iPad, mobile phone, or computer? It's the quickest way to notify Maintenance that you need something repaired in your apartment. The sign-up clipboard is located just off the reception area on the table below the announcement bulletin board.
- If you don't have the **CLC (Connected Living) app** on your phone/laptop/iPad, you're missing out on the best way to keep on top of all that's going on around the Redwoods. Give Girija a call (415-383-1600 ext 275) to set up an appointment for anytime on Tuesdays to take your laptop/phone/iPad to the Wellness Center.
- What is Mill Valley?
A town of about 14,300 residents with a population density of 3000 per sq. mile (SF has 6300). Two thirds of its residents own their homes—the median value of which is about \$1,625,000. Median household income is \$171,000, and the median per capita income is \$113,000. Ninety-nine percent of its residents have a high school degree and 75% have a college degree. 63% of its residents are working, and 21% are over 65 years old. About 15% of its residents are foreign born, and 15% of its residents speak two or more languages at home. About 6% of its residents live in poverty. 88% of its residents are white, 5.5% are Asian, 4% are Hispanic, and 1.5% are African American. Most homeless people in Marin County live in their vehicles.

Just for Laughs

Redwoods Librarian, Barbara McDonald shared this hilarious list of euphemisms for others to enjoy as much as she did.

Book Blurbs – A Glossary of Terms

Enchanting	—	<i>There's a dog in it</i>
Heart-warming	—	<i>A dog and a child</i>
Moving	—	<i>Child dies</i>
Heart-rending	—	<i>Dog dies</i>
Thoughtful	—	<i>Mind-numbingly tedious</i>
Haunting	—	<i>Set in the past</i>
Exotic	—	<i>Set abroad</i>
Audacious	—	<i>Set in the future</i>
Award-winning	—	<i>Set in India</i>
Perceptive	—	<i>Set in North London</i>
Provocative	—	<i>Infuriating</i>
Epic	—	<i>Editor cowed by author's reputation</i>
From the pen of a master	—	<i>Same old same old</i>
In the tradition of	—	<i>Shamelessly derivative</i>
Spare and taut	—	<i>Under-researched</i>
Richly detailed	—	<i>Over-researched</i>
Disturbing	—	<i>Author is bonkers</i>
Stellar	—	<i>Author young and photogenic</i>
Classic	—	<i>Author hanging in there</i>
Vintage	—	<i>Author past it</i>



BARK Back

Helen Bruner

A Giantologist on Campus?

I laughed with my friend as I explained. I had signed up with Lynn Noyce, GNP, Primary Care Provider and Gerontologist who sees patients on our campus, in their homes or at her office across from our pool in the Wellness Center. She takes insurance only—no co-pays, is here weekly, and easy to reach through her company, Pine Park Health which serves senior campuses in the Greater Bay Area to fill a huge gap in health care.

Lynn is very experienced, although this is her second career. Looking at our Bay bridges during 9/11, she became acutely aware how disasters could happen here, and that first responders would be in high demand. Now she is just that, helping people stay in their homes by LISTENING to them, including people who might otherwise regularly be hospitalized with pneumonia or other problems. She also helps to refill meds, ameliorate anxiety, learn how to reduce falls, communicate with doctors, bring labs to us when we need them, and address a host of other medical issues that beset us.

She has learned that long-lived people know their bodies, and often asks, “What does your body tell you?” Mine tells me my friend had it right. Lynn and everyone I have talked with at Pine Park are Giantologists indeed!

Ask your social worker for more information and a contact number if you are intrigued. Lynn always talks with you in person before you both decide to work together.

Transitions

November

New Move-Ins:

David Blum: #3309 (no number)
Barbara Berkowitz: #8201 (610-212-6225)
Ellen Cornell: #3202 (916-337-1887)
Armin Rosencranz: #8208 (646-623-5108)

Moved Out:

Elizabeth Greaves: #5102

Transfers:

Patricia Miller: #15208 to #10301
Ruth Johnson: #3208 to HCC

Deaths:

Mercer Jackson: #13109
Al Stone: #3103
John Liebman: #6104
Muriel Beasley: #10205
Joe Braff: #12205

The BARK

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and Tom Whiteman

The deadline for submissions to the January BARK is **December 26**.

You may attach your document or compose short announcements in the body of the email. Send to: **kanwis43@gmail.com** or place a handwritten note in the BARK cubby.