



The BARK *Happy New Year*

January 2023

Number 1



Happy Hannukah
to one and all



the beginning

begin the day
with the first joy

breathe
life

a new day
a new beginning

be here
be now

nothing else matters
only this moment

rejoice

Barbara McDonald



The Enso is a sacred Buddhist symbol meaning circle of togetherness.

2022 Holiday Fund

Christine Brooks

A **BIG** thank you to all the residents who contributed to the 2022 Holiday Fund. As of Dec 5, we took in \$51,305 and distribution was made to the staff at their party on Dec .20. It wasn't as much as last year, but really appreciated. We continue to receive monies that will be kept for the 2023 fund. As I mentioned in the last RRA meeting we must meet the deadline stated on the donation envelope so the bank can request the funds we need, and accounting can provide me the amount for each employee. It's been my pleasure performing this service for the benefit of our staff.

The Redwoods Residents Association Some 2022 Accomplishments

Scholarship Committee:

\$21,000 awarded to 7 local scholars.

Bylaws Committee

Updated Bylaws approved by members

Communications Committee

- *Ad Hoc Comm. established an Art Room
- *Minutes placed on bulletin boards

Succulent Garden

\$1,477 donated to the RRA from sales of succulents

Scam Awareness

For 4 years Bob Crockett has informed residents of the latest scams. Volunteer(s) needed to pick up this important task!

A Closer Look at:

Denise Acain: On the Move

John Young



An international traveler from the get-go, Denise Acain was born in Tripoli, Libya, during Kaddafi's dictatorship. Her Filipino parents, both registered nurses, were employed in hospitals there as overseas foreign workers. In 1999,

the family moved to the United Kingdom when Denise was an infant, living first in Newcastle then London. They came to the US when her parents accepted nursing positions in Sacramento, California, then two years later settled in Mill Valley.

This is where Denise finally planted deep roots. She completed her primary education here, graduated from Tamalpais High School, and still lives in Mill Valley—just a half hour's walk from The Redwoods.

Intending to follow in her parent's vocational footsteps, Denise was drawn instead to *kinesiology (the study of the use of body mechanics and anatomy in relation to human movement)* at San Francisco State University (SFSU), influenced by her job at a local YMCA as a physical therapy aide and wellness coach. There she learned a range of exercise, movement, and wellness skills she could apply in her profession. She made friends there and could work out for free! It was here that she also connected with the large San Francisco Filipino community, awakening in her a desire to learn more about her heritage and family that remained in the Philippines.

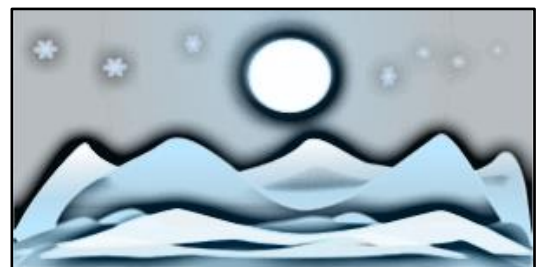
As a non-profit with a spiritual foundation, the YMCA predisposed Denise to find work with a similar community. Soon after she graduated

from SFSU in 2018, a position opened at The Redwoods which seemed an ideal fit for her first professional job. Residents got to know Denise first as a fitness assistant in the gym, and in exercise classes that she led. But she also provided a much-needed skill-tech support, which endeared her to many residents, particularly during the Covid pandemic.

After she was promoted to Health Care and Creekside Program Coordinator, her role was to focus on building programs for the Health Care Center and Creekside buildings. Soon after, another opportunity came up when she was offered the Director of Community Programs position. "While it's a tough job with numerous priorities," Denise noted, "I'm happy with the opportunities it provides and am delighted that I have such a diverse and talented staff to support me."

And in her spare time, Denise passionately pursues her video editing hobby which she picked up on her own. This hobby has come in handy on the job, but she particularly applies it to explore her heritage. She has made several visits to her parents' birthplaces in the Philippines to take videos to share with Americans that captured Filipino life and culture. While there she also taught English and wellness classes to residents.

If you see Denise—video camera in hand, you can be sure there's a smile on her face, whether she's on her way to a work assignment or heading off to an exotic spot to hone her video skills.



Life Enrichment

Denise Acain, Director, Community Programs

Happy New Year! We hope you had a magical time celebrating the holidays! January Calendar:

- **Special Performances/Events & Performing Arts Schedule**
 - *Broadway—The American Musical Part 1* (Video): Thursday, Jan 5, 7:00pm—Auditorium
 - *TBD*: Thursday, Jan 12, 7:00pm Auditorium
 - *Bread and Roses*: Thursday, Jan 19, 7pm—Auditorium
 - *Broadway The American Musical Part 2* (Video): Thursday Jan 26, 7:00pm—Auditorium
 - *Remembrance and Celebration Event*: Friday, Jan 27, 3pm—Auditorium
- **Program Spotlights**
 - *Thrive Alive Class*: Sundays at 11am in 5/7G—Relax with **drumming**, singing, Qigong, and self-Reiki.
 - *Corte Madera Tiburon Scenic Drive and Via Picolla Trattoria Restaurant*: Thursday, Jan 19, 11am—1pm. Sign up on interest sheet.
- **Special Notes:**
 - Girija will be in India on vacation in January. Please contact Denise at **dacain@theredwoods.org** for any changes to class schedules.
 - On the first week of every month, we're adding a third page to the weekly calendar so you'll have the major events for the **entire** month. Stick it on your fridge!

Please refer to the calendars on the bulletin board or CLC app for any updates.

Hunter's Update

Welcome to 2023!

Congratulations, we made it through another year of Covid restrictions without anyone getting critically ill. Cheers for the resumption of events like wine socials, holiday gatherings, and other special occasions on the patio, as well as birthday celebrations in the dining room.

In 2022, we completed Headlands apartment upgrades, and continued Creekside upgrades and remodeling of the Health Care Center. After the final approval of the emergency generator, we at last had it installed!

Again last year we had some staffing difficulties, and there were times we couldn't provide the level and speed of service we all expect. We regret that, but fortunately have hired several new team members who have demonstrated a great spirit of service.

Despite these challenges, we remained a resilient, supportive, and understanding community. All your personal contributions are greatly appreciated. And on behalf of the entire team, a special thank you for the very generous funds the Resident Association once again provided to team members this holiday season.

We remain inspired by your support and are confident that, no matter what our future has in store, we can make The Redwoods an even better community of seniors in 2023.

Here is wishing you happiness, good health, and cheer in the New Year.

Gratefully Yours,

J. Hunter Moore, CEO

WHAT'S HAPPENING ?

Library Notes

Barbara McDonald, Redwoods Librarian

Welcome to 2023! Here is a brief account of activities in the Redwoods library during the past three years. In 2020–2021, thanks to generous benefactors, the library bought several hundred books for the regular, Large Print, and DVD collections, and established the BLM, LBGTQIA, and Classics collections. Our last purchase was the book cart. During this time, we expanded the library to 5/7L and the Studio and established The Redwoods Authors and the California/Bay Area book sections. Besides our purchasing books, *thousands* more were donated.

In 2022 we processed approximately ten new books a week—that's 500 for the year, both resident and staff donated! That does not include the eleven Large Print books given by the Residents Council. My guess is that in total, residents read at least several thousand books a year!

Additional funds will soon be available, so watch for new books. We work with Luisa Smith of Book Passage on book selections where we receive a twenty percent discount. Finally, let's remember our dear friend **Joyce Raiche** who guided the library through the revitalization.

Enjoy the library—it's a Redwoods' treasure!

January Picks

Ginny Lee: Historian Walter Issacson's *The Code Breaker*. A compelling story of the history of gene breaking.

Mary Siehm: Barbara Shapiro's *The Muralist*. A young French American artist involved in American Abstract Expressionism.

Yoshiko Morita: Zadie Smith's *On Beauty*. A novel following the lives of an interracial family living in the US.

Hunter Moore: Hilary Rodham Clinton with Louise Penny's *State of Terror*. An intriguing thriller.

Happy Reading!

Mill Valley Seniors for Peace

Nancy Miller, Co-chair SFSFP

Happy 20th Anniversary Seniors for Peace!

Twenty years ago, the world was absorbed with growing tensions in Iraq. Our president was telling us we were threatened by Iraq's weapons of mass destruction. As time went by, we all learned that was a lie. But in January 2003, war was imminent.

A stalwart group of seniors at the Redwoods, many who had already lived through the agony of prior wars and came away with the conviction that the proposed involvement in Iraq was wrong. Believing they had to take some action, on January 30, 2003, this group held their first demonstration at the corner of Camino Alto and Miller, protesting the U.S.'s pre-emptive war. While the Iraq conflict officially ended in 2011, the dedicated seniors have continued the Friday demonstrations, not only calling attention to the danger and immorality of pre-emptive wars but focusing our Mill Valley neighbors' attention on the wide variety of challenges we face. Beyond demonstrations, we now run a robust speakers program, show weekly films, and sponsor numerous activists projects, including extensive voter registration efforts with *Reclaim Our Vote*.

In coming months, we will recall and celebrate our history and our ongoing commitment to the search for world peace, social and racial justice, and the preservation of our environment. We invite you to join us. Watch the bulletin boards throughout the campus for notices.

To Each & Every PCR (Post Card 'Riters)!!!

Betty Obata

My very heartfelt thanks to each and every one of you for having put your hearts and souls into our 3,970 postcards written during our entire year of primaries and mid-term elections **AND runoff elections!!**

I have had several phone calls and emails with elated celebration of Raphael Warnock winning in the runoff. Just as importantly, it has been amazing to me that our post card team (33+ people) continually asked for more cards aiming to recruit more and more voters in GA, VA, TX, PA, etc., to achieve success.

I hope all of you feel proud of all that you have accomplished. Please brag to your friends and family to let them know how purposeful you have been!

Nancy Miller and I thank each of you!!

Where is it?



Send your answer to kanwis43@gmail.com.

Last month's mystery photo location was identified by **Louetta Erlin** as the little figure just outside the Miller parking lot door at the eastern corner of Building 10.

It's Movie Time



Eleanor Hein

Saturday, Auditorium--7:15pm/Sunday 3pm.

Tea with the Dames - Dames Judi Dench, Maggie Smith, Eileen Atkins, and Joan Plowright meet for tea to reminisce about their acting careers.

The Golden Years—A pension crisis in the UK forces a retired couple into a life of crime.

Frantz—After WWI, a young German woman grieving the death of her fiancé, meets a mysterious man who puts flowers on his grave.

Ticket to Paradise—George Clooney and Julia Roberts reunite as divorced parents in this romantic comedy

Note: Post-2005 film suggestions are always welcome. Call Eleanor at 415-380-8577.

Another Viewing Options

Tuesday nights at 7:15pm--auditorium

The Silver Foxes Film Society is a hosted theme-based film series. Each month's theme is drawn from literature, history, comedy, drama and the arts, and prefaced by a brief introduction. Both documentary and non-documentary films are employed to illustrate the theme presented during any one month. The Silver Foxes Film Society will feature the films of Helen Mirren in January.

Fire Department's Comprehensive Response Reassures Residents

Robert Crockett

At the November Redwoods Residents Association meeting, guest speaker Tom Welsh, Deputy Fire Chief of Southern Marin Fire District, reassured residents that The Redwoods staff and Mill Valley Fire Department work closely together to assure their safety. The Redwoods is a **high priority location** for the fire department, and they have in place specific plans that include several levels of response in case of an emergency. He supported The Redwoods **Shelter in Place** policy which follows "best practices advice".

Deputy Chief Welsh gave an overview of major disasters such as wildfires, floods, and earthquakes where The Redwoods is one of the locations designated to support evacuated survivors. While these disasters are not anticipated to require evacuation of The Redwoods, buses and ambulances are available if needed.

Concern about fires was addressed by noting that The Redwoods buildings are compartmentalized for fire safety, smoke alarms are responded to quickly in coordination with The Redwoods staff, our fire suppression sprinkler system and steel fire doors that segment every corridor on every floor meet the highest level of protection available.



This 'n That

[Items that readers have sent my way]

- ✓ If your nose isn't covered, you may as well not be wearing a mask. To keep your mask in the right position, twist the straps once before you put it on.
- ✓ Have you noticed that the two Creekside social workers are now in the spacious office just across from the dining room? There's a welcoming sign on the door – an open invitation for residents to seek them out. Good news all around!
- ✓ Some short take-aways from the last Food Forum:
 - While some might like to see a continuation of buffet-style meals as an option, it is not "health safe," would require a big staff increase, and would occupy too much space.
 - Our dining service is not set up as a fast-food restaurant. Eating there helps you meet new residents, keep in touch with friends—share what's going on at The Redwoods, plan to meet again. It's so much more than just a place to pick up food.
- ✓ If you are among the approximately 50% of residents who rely on a landline phone, it may be time to switch to a cell phone. Unfortunately, the type of service problems you have been experiencing can only be fixed by your provider (AT&T or Comcast). While it's a frustrating situation for you, The Redwoods staff frequently must spend time re-directing landline users to their providers. Cell phone users don't have this type of problem.

Just for Fun

Laura Brock has a fun suggestion for a regular Bark feature. She proposes that residents submit pictures of themselves as young people to see if anyone can recognize who they are!

So, here is the first “mystery” youth for you to identify.



Send your guess to me, Kathleen Moran, at kanwis43@gmail.com. First correct guess gets an honorable mention in the Bark!

To participate, send me a digital print or place your photo in the Bark Box and I'll return it to you after scanning it into my PC.

Owed to a Spell Checker

I have a spelling checker,
It came with my PC.
It plane lee marks four my revue
Miss steaks aye can knot sea
There are know flaws within my site
Of nun aye am a wear
It's very polished in it's weigh
It freeze yew lodes of thyme
It helps me right all stiles of verse
And aides me when aye rime
So now eye sea why aye dew prays
Such soft wear for pea seas!

A Scam Roundtable at The Redwoods

Scams are a real, worldwide danger that come in various forms...all designed to separate your money from you. Be aware of any unsolicited phone calls asking for personal information or threatening you with legal action, emails from friends asking for gift cards, or letters congratulating you on winning a lottery—this was the primary message delivered by Sgt. Shaun McKracken, Mill Valley Police Dept., at a December Roundtable presentation.

Just hang up on most unsolicited phone calls that sound suspicious. If the phone call is just questionable, hang up and verify with a reliable source. If you receive an unusual email from someone you know, verify with the sender even if the message says their phone is not working. Letters informing you of money waiting for your reply are most often a scam to be ignored. Notices of unpaid bills with threats of arrest will never be delivered by phone from the IRS or other government agency nor from private companies such as PG&E. The full outline of Sgt. McKracken's informative talk, “Safety for Seniors,” is available in the Scam Binder on the table outside of the auditorium.

A recently created FBI unit, Digital Asset Technology Alliance —DATA for short, investigates cryptocurrency scams. This slide show presentation was covered by Special Agent Austin S. Miller. An information sheet outlining how to prevent being a victim, how to respond, and where to report cryptocurrency and digital investment scams is in the **Scam Binder**. Note that these scams often target victims who use social media or online dating platforms.

BARK Back

Helen Bruner

Ringling the Bells

As 2022 stumbles into 2023—more Covid, less Covid, more Covid—and we continue worrying about whatever we enjoy continuing to worry about, I decided to see if I could commemorate some small personal wonders of this past year.

Spraying ants with water and ground clove ended their terrorizing invasion of thirsty Hummingbirds and brought them back. *Yes.*

Overhearing a resident say she like to dance in her apartment, I turned on Channel 950 and have been having a great time moving whatever parts of my body are movable that day to elegant music—exercise, emotional and brain stimulation. *Wow.*

Treating my sometimes-itchy self like an irritable, two-month-old infant: no rubbing, scratching, scrubbing or even soap; instead soothing products like Aveeno Skin Calming Body Wash, cleansers and moisturizers labeled for eczema, skin relief, dry skin, anti-itch—you get the idea, often found in the baby section, of course. *Aah.*

Laughing and crying with Bonnie Garmus's *Lessons in Chemistry* (our book club here will be reading it soon) brought back buried memories as a woman in the '50s of my own treatment, especially by many men in authority. Excavating and exorcising those old bones, released my gratitude that women no longer must accept being demeaned as the norm. Like all ill-treated people, we are finally standing up for ourselves. *Hurrah!*

I wish you all the joy of finding small wonders to carry into the New Year.

Transitions

December 2022

New Move-Ins:

Charles Carey:	3103	415-381-7195
Liana Posselt:	4216	no number

Moved Out:

Louise Forbush	5205
David Blum	3309
Dean & Julia	8303
Mayberry	

Transfers:

Stan Kazul	7112 to HCC
Harry Smetsers	5107 to HCC

Deaths:

Dorothy Petit	5103
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The BARK

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and Tom Whiteman

The deadline for submissions to the January BARK is **Tuesday, January 24, 2023.**

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