



# • SPRING 2023 Review

AFFORDABLE . . . INNOVATIVE . . . INSPIRING



*Left: Volunteers from The National Charity League, a mother-daughter philanthropy group, team up with residents to make floral crowns for our Annual Tea event.*

*Right: Resident Janet Seastrom fashions a floral crown.*

## INSPIRATION ACROSS GENERATIONS

**H**OW OFTEN DO YOU spend quality time with somebody of a different age? It's something a lot of residents express interest in—and a main reason why many community members choose to volunteer here.

Volunteers of all ages regularly attend our events and excursions around the Bay Area, forming relationships with our residents and sharing life lessons together. Intergenerational activities range from our popular Senior Prom, to visits from Girl Scouts and Boy Scouts, and the annual *Mill Valley Sings!* performances when Mill Valley Middle School students and our own Rock the Ages chorus team up for a delightful concert.

**“The stories I hear at The Redwoods inspire me because so many of the residents have had to fight battles that I will never have to.**

**They have taught me to be more considerate of others, but also to assert myself, take initiative, and fight for what I believe in.”**

**—Fiona Bailey, 16**

But it's not just about having fun. Research shows that older adults who actively engage with children have been found to have better physical health, are less likely to suffer from depression, and have a higher degree of satisfaction in life. And young people benefit from hearing seniors' stories, ideas and wisdom about the world.

Just ask **Fiona Bailey**, 16, a high school student who comes to The Redwoods on a weekly basis to provide technology tutoring, such as help with their cell phones or downloading programs onto their laptop. But Fiona doesn't stop there; she even started a club at school dedicated to volunteering with older adults.

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## Letter from the Board President & CEO

WE HAVE DEEPLY APPRECIATED your support through the unprecedented challenges of the last three years, and enjoyed the opportunity to celebrate with you at The Redwoods' 50th Anniversary Gala and several other successful events over the last year.

**We also learned from the experience and are now a better, stronger and healthier community.**

Every one of us faced challenges due to the COVID pandemic and many of us lost friends and loved ones. Surprisingly, a few good things did come out of the last few years. For one, COVID forced all of us to get more comfortable with video calls, helping us “see” and connect with distant friends. Masking and social distancing brought our rates of influenza down dramatically, and because we had a higher vacancy rate in our Health Care Center due to the pandemic, we had the opportunity to revitalize the Meadows wing for short-term and long-term skilled nursing care and rehabilitation.

There is no denying the terrific losses resulting from the pandemic, and we must acknowledge that this period was physically and emotionally exhausting for everyone. Despite that, The Redwoods had—and continues to have—an outstanding record in keeping residents and team members safe from the virus. We were heartened by how many people expressed support for the difficult, sometimes heroic, work done by nurses and aides during this time.

We also learned from the experience and are now a better, stronger and healthier community.

As we move into this next phase of our collective history, we remain committed to continuing to foster the programs, traditions and systems that make The Redwoods such a unique and wonderful community of seniors. At the same time, we fundamentally understand we could not do this work without you. Your contributions, of every kind and magnitude, help create, nurture and sustain us.

Thank you so much.



*Jim Lynch*  
JIM LYNCH  
President, Board of Directors



*J. Hunter Moore*  
J. HUNTER MOORE  
Chief Executive Officer

P.S. We would like to point out that we mark the start of the next 50 years with a refreshed logo. Our sincere hope is that it honors our past while also bringing a new view and colorful vitality to our future. We believe it is a symbol of promise and hope for even better times ahead.



*Park Elementary School students deliver handmade valentines to Health Care Center residents.*

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The tutoring and sharing go both ways. Whereas you usually hear about young people teaching older adults how to use social media, resident **Bob Schafer** is known for sharing his skills in that area with the younger generation. *“It’s always nice for younger people to learn from older generations and we can also get a youthful perspective from them. We have a lot of experience and they are hip to a lot of new things.”*

In addition to one-on-one interactions, activities are often multi-generational. Recently, a group of girls from the Marin Chapter of The National Charity League, a mother-daughter philanthropy group, teamed up to make floral crowns with the residents for our Annual Tea.

The Life Enrichment Department strives to continue bridging the generation gap by providing these important programs and more.

Interesting in learning more? Volunteering? Have a great idea? Contact our Volunteer Coordinator, **Sara Collins-Bride** at (415) 383-2741 or [SCollins-Bride@theredwoods.org](mailto:SCollins-Bride@theredwoods.org).



# THE TIME IS RIGHT

## Grand Re-Opening of Health Care Center Slated for May 21

THE START OF the pandemic coincided with our planned March 2020 Grand Opening of the Grove—the hospice wing of the Health Care Center. Not only was the event scaled down twice before it was completely canceled, but also, during the worst of the pandemic we had to reduce the number of residents we could serve in the Health Care Center as a whole.

Rather than succumbing to this challenge, we saw an opportunity: to take advantage of the availability of patient suites to update the other wing of the Health Care Center—the Meadows. The result: a completely renovated Health Care Center.

Now, we are able to celebrate with a true Grand Re-Opening, and hope you can join us on **May 21st, 2023 at 2:00 pm.**

*“As you enter the Health Care Center, the first things you will see are expanded*



*Lilyvette Escobedo, Health Care Center Social Worker in the newly revitalized Meadows wing.*

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**“For the last six years my wife Marita has lived in the Health Care Center, which is now so much better and quieter. The new carpet, lighting and the art on the walls make it warmer too.”**

**—Stevan Olian**

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*patios, connected walkways and enhanced gardens,” reports COO Kyle Ruth-Islas. “Inside, you will find updated suites with great new colors, enhanced lighting and flooring, and completely renovated bathrooms. New and sound-dampening carpet, improved lighting, artwork, handrails, and base boards grace the revitalized hallways. The dining and activity areas have been redesigned and refurbished too.”*

For more information about the event, please contact **Christian Mills**, Director of Fund Development at (415) 383-1600 x267 or [cmills@theredwoods.org](mailto:cmills@theredwoods.org).



### *Welcome, New Board Members!*

We are very pleased to announce the addition of three new board members: **Andrea Flynn, Janet Hines and Laura Smith.**

**ANDREA FLYNN**, a 22-year resident of Mill Valley, Yoga Teacher and Life Coach is delighted to serve on the board. *“I’m passionate about the seniors who not only live, but thrive here. I saw my kids alight with history and the spark of friendship when they got to know them through programs at their schools. My hope is to support The Redwoods as it continues to flourish and to encourage fluid communication between the board and residents who are at its heart.”*

**JANET HINES** is a retired Registered Nurse who led programmatic and clinical services for the Child and Adolescent Support Advocacy and Resource Center at the San Francisco Dept. of Public Health. A 58-year resident of Mill Valley, she says, *“I am honored to serve on The Redwoods’ board with such a group of talented and committed fellow board members and pledge to continue The Redwoods’ legacy of providing supportive retirement living to our senior community.”*

**LAURA SMITH**, a 50-year Marin resident, is an attorney and partner at Nicolaidis Fink Thorpe Michaelides Sullivan LLP. She is excited to be serving on the board and contributing to such a dynamic community. *“I love that The Redwoods is such an integral part of the larger Mill Valley community. I’m excited to work on behalf of the residents and hope to absorb some of their wisdom about aging well!”*





40 Camino Alto  
Mill Valley, CA 94941

ABOUT THE REDWOODS:

A not-for-profit and non-denominational 501c(3) senior community, our mission is to maintain a creative, affordable community that promotes good health, well-being and security. Located in Mill Valley, CA, we offer a variety of care and living style options, and an array of innovative programs.

For more information:  
415-383-2741  
[www.theredwoods.org](http://www.theredwoods.org)



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SAVE THE DATE *Eat, Drink, and Play!*

SUNDAY, AUGUST 28TH AT 4:00 PM



Event Co-chairs *Kendra Pollack* (left) and *Shannon Coleman* (right) with *Christian Mills*, Director of Fund Development.

PLEASE JOIN EVENT CHAIRS **Kendra Pollack** and **Shannon Coleman** and the team at The Redwoods as we reunite at the Mill Valley Outdoor Art Club for a summer garden celebration for all ages! The “fun-raiser” event will include a cocktail and wine reception, international selections of delicious food from Marin’s own Stacy Scott Catering, live music, as well as activities for kids!

We’ll have some summer fun while supporting the final phase of renovating the campus for our residents to enjoy for years to come. Your participation will help ensure that The Redwoods, over 50 years strong, continues to provide affordable housing and excellent care for seniors and families throughout the Bay Area and beyond.

If you are interested in sponsorship opportunities or tickets, please contact **Christian Mills**, Director of Fund Development at (415) 383-1600 x267 or [cmills@theredwoods.org](mailto:cmills@theredwoods.org). Thank you for your support!