



A Dream Deferred But Not Forgotten

Laura Bock



In the fall of 1970, a 24-year-old San Franciscan drove to Amherst to begin her graduate studies in the history department at the University of Massachusetts. She ended up loving living in New England including all the snow and even the ice storms, although the

summer humidity she could do without! She enjoyed her classes, both fall and spring semesters and did well.

Then suddenly at the beginning of June 1971 she went blind. Her parents flew out from San Francisco to retrieve her and brought her home to Mount Zion Hospital. For one month she was given hideous tests and many diagnoses were eliminated. Ultimately, she was diagnosed with optic neuritis and her parents were told she would not see again. To the surprise of all, at the end of that month a smidge of vision returned in one eye. She spent the following six months recuperating and learning how to be blind out in the world. She was extremely upset that her path toward her Master's degree had been interrupted, and was eager to return to Amherst, which she did in January of 1972.

With her white "blind cane" she was given mobility training and orientation by the Commission for the Blind, learning to navigate her studio apartment in the attic of the carriage house in which she lived, and around campus. She hired several students to be readers and to take her on errands in her darling 1966 white Mustang that she could no longer drive. She soon discovered, as blind, she had neither the tools nor the experience

to do the research, note-taking, and paper-writing required, which hitherto had been easy. Computers with special software for blind students were non-existent in 1972. The frustration turned to depression; she was stymied. Ultimately, she completed all her requirements for her Master's except for three incompletes in her last semester, and she came back to San Francisco defeated and ashamed. Her dream of achieving her Masters, teaching history in a junior college, and perhaps even living in an 18th century New England stone farmhouse was gone forever.

In the fall of 2022, motivated by reading the stories of women historians who took unconventional paths to obtain advanced degrees, she got in touch with the Univ. of Massachusetts and asked for her transcript. With great trepidation she got in touch with the History Department. She wrote an eight-page proposal requesting that she be awarded her Master's on the basis of the classwork and orals she had completed 50 years before, along with five decades of work taking classes/trainings/doing presentations/processing and preserving archival collections and keeping her "hands in history".

On March 3, 2023, during Women's History Month, she was notified by the graduate committee of the History Department that they had approved her proposal for a hybrid Master's. Finally, at the age of 77½, she can proudly call herself a historian and continue doing the work she loves, consulting and archiving, working with individuals and organizations.

Laura Bock adds, "When I get my diploma, I will don my mortarboard and we'll have a party. Graduation cards appreciated. No fountain pens, please!"

If you are a resident who has had a similar "dream deferred" and would like to talk about it, please contact Laura.

Letter from the Editor

Dear Readers,

I am fully enjoying this responsibility of gathering and preparing the BARK for you, my fellow residents. While I came prepared with a background that included newsletter writing, the BARK presented a new challenge—it was mine to prepare from scratch.

I have now published nine issues, each resulting in helpful “lessons learned.” Most were behind-the-scenes lessons, but a few you will notice in future issues. Principally, as a newer resident, I found that I lacked important connections and knowledge that comes with a longer residency here and from a solid background in “information gathering.” To compensate, I have gathered a team of residents who bring these skills to the table as advisors: Bob Crockett, Steven Olian, Jerry Ludeke and Keven Bellows. You may notice changes in the nature of articles featured in forthcoming issues providing information that you can apply to your daily lives here at The Redwoods.

A second change was driven by feedback from the team. Helen Bruner has with her sharp wit and pen, consistently prepared pieces for the **BARK Back** column on page 8 that have astonished me in their polished presentation. Thank you, Helen! I am now inviting **YOU** to submit pieces to appear there as well. It’s your turn to share memorable experiences you’ve had while attending or participating in programs here, chance encounters or conversations you’ve had that led you to think about the aging process, moments of joy or sadness you felt while reading a book or watching a movie, now share them in the BARK with your fellow residents. Contact me by email if you have questions. Please send your submissions (about 300 words) to me at kanwis43@gmail.com, or put them in the BARK cubby. All submissions will be considered but not necessarily printed.

Kathleen Moran

MAY Birthdays



Name	Birthdate	Age
Rachael Goldstein	5/1/1929	94
Margorie (Marge) Ferroggiaro	5/2/1931	92
Louise Yahnian	5/2	
Adrienne Karp	5/3/1944	79
Ann Rohrs	5/3/1935	88
Verena Haemmig	5/6/1941	82
Deborah Dorosin	5/7/1936	87
Patrick Heagerty	5/7/1952	71
Sheret Goddard	5/9/1925	98
Sylvia Schwartz	5/9/1929	94
Carla Saunders	5/10/1939	84
Cora Lohse	5/11/1927	96
Donald Schwartz	5/12/1948	75
Dorothy (Dot) Potter	5/15/1927	96
Dolores Robertson	5/16/1932	91
Jack Halpern	5/18/1920	**103
Marita Olian	5/19/1938	85
Barbara McDonald	5/20/1938	85
Stanley Smith	5/21/1930	93
Dorothy (Duffy) McDermott	5/28/1927	96
John (Jack) Dineen	5/29/1925	98
Barbara Gable	5/29/1935	88
Marybrooks Linton	5/29/1924	99
Gloria Davis	5/31/1930	93
Morton Davis	5/31/1930	93
Audrey Stolz	5/31/1930	93

PLEASE NOTE

If you prefer to NOT have your AGE listed, please contact me (**Kathleen Moran 415-640-7463 or kanwis43@gmail.com**). I will either list just your name and birthday (not year), or not include your name on this list.

A Note from Hunter

Residents, Families and Friends,
April is over but we had some good times, including Passover, Ramadan, Good Friday and Easter (complete with a feast, a children's egg hunt and a visit by the Easter Bunny). Residents celebrated Earth Day with demonstrations on the corner and a booth at the Mill Valley environmental awareness event. And, several items around The Redwoods were addressed, including getting the lobby fireplace working, adjusting the temperature in the library and painting the pathways' edges. The rains finally stopped and flowers came into full bloom. Perhaps best though, was the lifting of the mask requirement. All-in-all, it was a very good month!

There are a lot of celebrations in May, including Cinco de Mayo, Mother's Day and the Mill Valley Music Festival. On Sunday the 21st we will host both a re-opening event for the Health Care Center and a concert by Rock-the-Ages and the Mill Valley Middle School sixth grade chorus. May concludes with the Mill Valley Parade which we will participate in. We hope you decide to join in the fun as we all mark the informal start of summer!

May also formally marks the end of the public health emergency and underscores the fact that no matter what happens, we are resilient, inspiring, innovative and supportive. Thank you for all you are doing to make this a truly outstanding community of seniors.

With deep appreciation for each of you,

J. Hunter Moore, CEO

Life Enrichment

Sarah Collins-Bride, Volunteer Coordinator

This month, among other celebrations, is **Asian American and Pacific Islander Heritage Month**, which celebrates Asians and Pacific Islanders in the United States and pays tribute to the generations before. May is also **Jewish American Heritage Month**, which pays tribute to the generations of Jewish Americans who helped form the fabric of American history, culture, and society.

Check the weekly calendars and Connected Living Community app for details and updates.

• Special Events, Drives, and Performances

- Mill Valley Middle School's May Day Flower Distribution - May 1, 11 am to 3:45 pm, Campus-wide event
- Excursion—Jack Halpern Mineral Collection, May 2, 10 am to 12 pm

- Ian Scarfe—Duo: May 4, 7:15 to 8:15 pm, Auditorium
- Stand-up Comedy by Bobby Tessel - May 9, 1 to 2 pm, Auditorium
- ELM Concert - May 11, 5 to 5:30 pm, Auditorium
- Scenic Drive & Lunch, Tiburon Drive and Sam's Tiburon - May 18, 11 am to 1:30 pm
- Live Concert Bread and Roses - May 18, 7 to 8 pm, Auditorium
- Mill Valley Sings! (MVMS and Rock the Ages) - May 21, 3 to 4 pm, Main Patio
- Video Concert—Mamma Mia! May 25, 7:00 to 8:15 pm, Auditorium
- Scholarship Award Ceremony - May 25, 4 to 6 pm, Main Patio
- Happy Hour—Asian American and Pacific Islander Month, Filipino Performance: May 26, 3 to 4 pm, Main Patio

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- **Program Spotlights**

- Roundtable—Marin Access, May 4 & May 16 1 to 2 pm, Auditorium
- Artist Spotlight—Margot Hartford: May 10, 2:30 to 3:30 pm, Dining Room
- Roundtable—Alzheimer’s Association, May 25, 2 to 3 pm, Auditorium

Events are subject to change, please refer to the calendars on several bulletin boards around the campus or the CLC app for the latest information

Install and Connect to CLC

It’s easy to download and get connected with Connected Living’s newest mobile app designed specifically for seniors: Connected Living Community (CLC).

To Download:

1. Open your app store
2. Search for “Connected Living Community”
3. Touch/click “Get” to Download and Install
4. Once downloaded you will be prompted to “Sign Up” and register your account



Get Connected:

Once you have downloaded and installed the Connected Living Community app, you will create a “user account”.

During the onboarding process you will be asked to enter a unique code to connect you with your community. Simply enter the code below to unlock access to all community information (type in all capitals).

THEREDWOODS

As you connect with your family and friends, they can sign up using their own email address.

Safety at The Redwoods

Eleanor Hein

Safety doesn’t happen by accident. Safety happens when residents are alert and aware of their surroundings *and* use the measures that are in place for their well-being.

Here are some things that have improved residents’ safety in recent weeks:

A much-needed **Emergency Alert Button** has been installed in the Auditorium. The button is located on the back wall of the auditorium between the two exit doors. A sign has been posted to mark the location. Pressing the button in the event of an emergency will alert the front desk. The front desk will immediately alert the staff in Creekside. A staff member will come to the auditorium to assess the problem and determine what action is needed. A similar emergency alert button is planned for the 13/15 lounge.

White borders on each side of campus pathways have been repainted. The white borders will help residents who are visually impaired and/or who have mobility problems know where the boundaries are of these marked pathways.

There now are **fully functional automatic entry doors** leading to the 11/13/15 courtyard, the main patio courtyard and the door adjacent to the front parking lot near Building 11. **Keys for these doors are no longer needed** but be sure to **firmly press** the automatic door opener.

There is a newly installed **overhead mirror** at the junction of the 2/4 hallway. The mirror has been placed here to make it safer for all residents to navigate this busy junction. So look up at the mirror when you round the 2/4 corner, to see if it is clear.

“Motorized” residents: Slow down on any hallway and watch for residents leaving their apartments.

Remember: Don’t learn safety by accident.

WHAT'S HAPPENING

Library Notes

Barbara McDonald

May is Asian American Native Hawaiian Pacific Islander (AANHPI) Heritage Month which gives us the opportunity to recognize the unique experiences, traditions and cultures of people who live in these communities in America. In May 2021, President Joe Biden expanded the Asian American month designation to include Native Hawaiian and Pacific Islanders. It was also in 2021 that Kamala Harris became the first Asian American Vice President of the United States. Below is a sample of AAHPI books to be found on our shelves or at the Mill Valley Library.

The Joy Luck Club by Amy Tan

The Namesake by Jhumpa Lahiri

The Island of Sea Women by Lisa See

On Earth We're Briefly Gorgeous by Ocean Vuong

Pachinko by Min Jin Lee

Klara and the Sun by Kazuo Ishiguro

May Picks

Sylvia Alva: *My Travels with Mrs. Kennedy* by Clint Hill and Lisa McCubbin. Takes the reader on an experiential journey, what it was like for Clint Hill to travel with Jacqueline Kennedy.

Louetta Erlin: *The Thursday Murder Club Series* by Richard Osmond. A thoroughly entertaining series about 4 septuagenarians with a few tricks up their sleeves.

Carolyn Corbelli: *Demon Copperhead* by Barbara Kingsolver. Based on *David Copperfield* (found in Classic collection),

Kingsolver makes it her own. Set in Appalachia, it deals with the current opiate crisis.

Sylvia Schwartz: *Trust* by Herman Diaz. A literary novel full of surprises, it speaks to class, capitalism, and greed.

Beverly Windle: *The Invention of Nature: Alexander Von Humboldt's New World* by Andrea Wulf. An intrepid explorer's amazing travels.

Happy May reading!

Book Club Vacation

The Redwoods Book Club will take a break from May on, returning in October 2023. Meetings will usually be held from 2:30 to 4 pm on the first Saturday of every month.

Zentangle—A New Art Class

In addition to Visual Journaling, Explorations in Art, Collage and Art in the



Garden, a new 6-session class is beginning on Thursday, May 4 at 11 am. Elizabeth Merriman will introduce us to **Zentangle**—a unique approach to drawing for relaxation, inspiration and fun. For more information contact Elizabeth or Helene Gibbs.

May Movies



Auditorium

Sat 7:15 pm / Sun 3 pm

(5/6-7) **The Page Turner** (French)—After a young girl fails an audition to a prestigious music school, some years later she plots her revenge on the person she holds responsible.

(5/13-14) **Young Goethe in Love** (German)—After failing his law exams, young Goethe is sent to a sleepy provincial court. There, he falls in love with a young woman already promised to another man.

(5/20-21) **The King's Speech**—The story of King George VI and the speech therapist who helped the unsure monarch overcome his stammer.

(5/27-28) **My Afternoons with Marguerite** (French)—A semi-literate and lonely odd-jobs man bonds with a much older and well-read woman.

Silver Foxes Film Society

The theme of this month's films is *Forgotten Queens*.

5/7 Lounge Movies

Friday 7 pm / Sat 3:15 pm

5/5 & 6—Bel Canto (Romance Drama)

5/12 & 13—Eagle vs Shark (Comedy)

5/19 & 20—The Rules of the Game (Art/Film Studies)

5/26 & 27—56 Up (Social Science /Psychology)

Saturday 7 pm / Sunday Matinee 3:15 pm

5/6 & 7—Diplomat (Thriller / Suspense)

5/13 & 14—I Wanna Dance with Somebody (Nostalgic)

5/20 & 21—Where Hands Touch (Emotional Drama)

5/27 & 28—Tower Heist (Action Comedy)

Afternoon Opera—UPDATE

Eleanor Hein



Thanks to the feedback I've received, the *Afternoon Operas* programs will begin in July.

Afternoon Operas will feature full-length staged operas from the Met, filmed adaptations of operas, opera-related documentaries and operettas. The operas will be shown on the second Thursday of each month. Those operas that have two DVD disks will be shown on Tuesday and Thursday afternoons of the same week. All operas presented will begin at 2 pm.

Feel free to contact me for any questions or suggestions you may have: 415-380-8577.

Seniors for Peace Report

Nancy Miller for the MVSEFP

The Seniors for Peace had a number of important events and speakers this past month.

Protest regarding proposed construction in Marin City: We joined a community protest on April 14 to let both our Supervisors and State representatives know that the proposed five-story, 74-unit apartment building should not be inflicted on a community that already supplies more affordable housing than any other place in the County.

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Presentation by our new Assembly member:

Damon Connolly reviewed new legislative bills he has introduced that deal with his constituents’ concerns. He also expressed sincere outrage regarding housing issues in Marin City.

Participation in Earth Day Marin: The SFP sponsored activities that helped event participants properly dispose of waste created by the celebration and gave children an opportunity to make signs regarding the environment.

Presentation by Felecia Gaston: While Felicia is best known for her 30 plus years leading Performing Stars of Marin, she is also an author. She introduced her latest book on the history and legacy of Marin City and brought copies of “Grandmothers Feed Us Love.” Purchase information for both books is on the main SFP bulletin board and table.

It's not too late in 2023 to become a member of MVSFP. Please keep in mind that our reasonable, basic dues are only \$40 a year and are tax deductible.

Community Utility Use

Utility	March 2023	March 2022	Change This Yr.	Cost This Yr.
Electricity	162,380	132,848	18.2%	23.0%
Gas	5622	4,785	14.9%	55.7%
Water	915	817	10.7%	7.9%

Total monthly cost \$58,777
Expense over last year \$15,723

This ‘n That

- ❖ Davi Green, Chair of the Welcome Committee, is seeking a replacement for this position. Please contact Davi (415-883-3933) if you are interested in this rewarding and important job.
- ❖ Knitters Group: You’ll find us in the library on Saturday mornings 9:30–10:30 am. Come and knit a scarf to give hope and cheer to abused women. Contact Sarah Turner for more information.
- ❖ Meal tickets are now available to any resident to purchase meals for themselves or guests. After nine meals have been purchased the 10th is free! Creekside and Health Care Center residents can buy meals for guests with this card. And Headlands residents can purchase meals for themselves and/or guests. This program applies only to full meals, and it is not for purchasing single items on the menu. The free 10th meal does not apply to Holiday Specials, but credit is given for purchasing those meals. For full details, please talk to Cindy or Cesar in the Dining room.
- ❖ Support The Redwoods while shopping locally at the downtown Mill Valley Market (12 Corte Madera Avenue). Before you pay for your purchases at the Mill Valley Market, give the checker the recipient number **7012** and The Redwoods will receive 3% of your total receipt to support our programs and activities.!

BARK Back

New Flights for Old Wings

Helen Bruner

One of our bilingual residents, Marti Sousanis, a Greek American, is now in Greece for the second time this year, on an island I had never heard of--Ikaria.

Yes, it's in the famous "Blue Zone," one of the dots on the map where people are much healthier and live longer than most of us. And, yes, it's named after the myth, in Marti's words, about that "bad boy who disobeyed his daddy and flew too close to the sun." (She was much too busy to be interviewed, so any mistakes are mine.)

Working on a project about Blue Zones, she came up with the exciting idea of placing a huge statue of Icarus in a prominent place which would not only welcome tourists but also provide solar energy to the whole Island; in other words, turn Ikaria from blue to green. AND it would try to provide a warning sign that we need to listen to our scientists if we are to survive the fate of Icarus who, as you remember, fell to his death.

Not one to lie around cogitating when she has a new idea, Marti immediately wrote up a comprehensive preliminary proposal and talked an artist/planner, an advisor/consultant and an engineering consultant into sharing her enthusiasm and coming up with ways to make it happen. She, not surprisingly, became the person chosen to persuade people to provide the financing. And so off she has flown again to Ikaria. Greek Foundations are already talking with her and offering to help. After all, charisma is a Greek word.

Transitions

April 2023

<u><i>New Move-Ins:</i></u>	<u><i>Apt. No.</i></u>	<u><i>Phone No.</i></u>
Deborah Dorosin	13210	415-388-7896
Madelon Halpern	8203	415-888-8567
Janet Nelson	3209	415-602-4803
Dorothy Wiley	7109	415-261-7848
Raymond Winskus	2109	510-227-1191

Moved Out:

Beverly Hutchinson	15105
Beverly Kane	10205
Michael Schwab	2302
Pat Miller	10301

Transfers:

Margorie Ferroggiaro	2303 to 3110
Rose Washburn	13208 to 8105

Deaths:

Charles Carey	3103
Lynn Payton	HCC

The BARK
 Editor: Kathleen Moran
 Proofreader: Andrea English
 Distribution: Ruth Shelby, Andrea English
 and Tom Whiteman

The deadline for submissions to the May BARK is **May 26, 2023.**

You may attach a document or compose a short announcement in the body of an email. Send it to: **kanwis43@gmail.com.** Or you can place your handwritten copy in the BARK cubby.