



Review

FALL 2023

AFFORDABLE . . . INNOVATIVE . . . INSPIRING



Our Eat, Drink and Play! summer garden celebration was fun for the whole family and raised funds for the SHARE program. Left: Tamara Ressler of Bank of Marin with her sons Blake and Bryce. Right: Carla Daro, Ray Kaliski, and Libby and Carroll Stevens.

FUN FOR ALL SEASONS

AT THE REDWOODS, we are entrusted with making the later years in residents' lives as enjoyable as possible. If there's one thing we know how to do, it's to have fun for all ages and in all seasons! Each offers its own unique feel and style, and this year we had some exciting events, including the "Eat, Drink, and Play!" summer garden celebration and the annual fall Bazaar.

Celebrating the Holidays

Coming up, we have a lot planned for the holidays. November kicks off with the Senior Prom. It's a fun chance for residents to get dressed up and enjoy a few dances with volunteers from the Rotary, area high schools and the community. Then, the Saturday before Thanksgiving we have a special meal that helps res-

"There is self-creativity and renewal in the wonderful variety of activities that the community participates in. It's not accidental that our community creates and maintains this quality of life."

—Tom Whiteman, resident

idents to host family and friends without having to plan, buy, cook or clean up! Of course, December will be filled with holiday cheer from community groups, events, programs, visitors, and special meals for Hannukah and Christmas. All of this leads to a New Year's Eve Ball at which residents and volunteers of all ages enjoy ringing in the new year at the same time the ball drops in New York City.

Eat, Drink, and Play!

The "Eat, Drink, and Play!" summer garden celebration was an opportunity for all ages to get together and enjoy foosball, corn-hole, paper airplanes, face painting and balloon art, lively music, as well as beverages and bites at the Mill Valley Outdoor Art Club.

Letter from the Board President & CEO



AS WE APPROACH the end of our 51st year, we also mark the end of **Jim Lynch's** time on the Board. Jim joined the Board in January of 2018, became Vice President in 2019, and took on the role of President the next year.

Jim's confident, collaborative, and decisive leadership helped guide us through the unprecedented challenges that followed. He stayed steady through the pandemic and helped us celebrate good times, like last year's 50th Anniversary Gala. On behalf of the team, residents, board members and all the lives he touched, we offer our sincere and enduring gratitude.

J. HUNTER MOORE, Chief Executive Officer



SERVING ON THE REDWOODS' Board has been a distinct and unexpected pleasure. I took on this role without a true sense of some of the challenges that lay ahead, such as the pandemic, but the quality, fun and flavor of this community quickly got into my blood.

Soon, I will turn over the presidency to **Janet Hines**, and I am confident she will do a terrific job of fostering the programs and traditions of The Redwoods. I will be stepping aside, but not away; The Redwoods will forever be part of me. This has been a tremendous experience for me, and I want to thank each of you for your consideration, advice, and support over the last six years.

JIM LYNCH, President, Board of Directors

CARING FOR THE ENVIRONMENT

THE REDWOODS has a history of being good stewards of the residents in our care. We also take our responsibility for caring for the environment very seriously. We continually find ways to reduce our use of all sources of energy and water consumption and in recent years we were certified by Marin County as a Marin Green Business. As part of our revitalization projects, we made significant efforts to retain and properly filter any runoff from our property.

Residents regularly monitor and publish our energy and water uses in our monthly resident newsletter, the BARK, and we have also held events to help reduce, reuse and recycle materials and worked closely with the City of Mill Valley



The Redwoods is not only providing a model for senior living and nursing care, but also for best practices in environmental stewardship.

on its environmental education programs.

Reducing Water Use

The Redwoods is now working closely with the Marin Municipal Water District and a water use consultant to continue to find ways to reduce our use of water by converting some of our existing lawns to drought-resistant landscaping. As part of this effort, we will be installing informational signage and associated literature that we hope will inspire area residents to adopt some of these practices on their own properties.

For more information, contact **Christian Mills**, Director of Fund Development at (415) 383-1600 x269 or cmills@theredwoods.org.



Co-Chairs Kendra Pollack and Shannon Coleman



The annual fall Bazaar attracted lots of shoppers and raised nearly \$10,000 for the Residents' Association.

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“Eat, Drink, and Play!” was a chance to raise money for the SHARE Fund that enables residents to age in place by supplementing rental fees or paying for one-time expenses like hearing aids and wheelchairs. The event also highlighted adult and student volunteer opportunities.

Co-Chairs **Kendra Pollack** and **Shannon Coleman** briefly welcomed all and shared their love of family and all things Redwoods. Members of our Rock the Ages chorus gave us a great show, and we danced to live music by The 85's.

A Bazaar Like No Other

That's right, the Bazaar came back in full force on October 6th and 7th. Literally hundreds of people joined us to check out the vast array of collectables, original works of art, vintage jewelry, fashion accessories, plants and much more on sale in a pop-up boutique and at a variety of market tables inside and out. The Bazaar, which is entirely run by residents (with help from the Tam High Baseball Team) raises funds for the Residents' Association.

As this year's Chair, **Eleanor Hein** noted, *“Alone we can do little, together we can do much. This year we raised nearly \$10,000 for the Residents' Association*

to go towards art programs, garden activities, movies, trips and speakers.”

The Life Enrichment team works in several ways to help bridge the generation gap. For more information about programs and events, please contact **Denise Acain**, Director of Community Programs at (415) 383-1600 x501 or dacain@theredwoods.org.

“We have a lot of fun at the Bazaar. It's run by the residents ourselves, which is very therapeutic.”

—Tom Whiteman, resident

A NEW WAY TO HELP THE REDWOODS & YOU—THE “LEGACY IRA”

UNDER A NEW LAW effective January 1, 2023, “The Legacy IRA” allows an IRA owner aged 70 or older to now make a one-time rollover of up to \$50,000 into a Charitable Gift Annuity. This option opens new avenues for philanthropy with a kicker to the donor: it allows individuals to make a lasting impact on the causes that they care about while at the same time securing their financial future and receiving annual payouts.

To learn more about more about how a “Legacy IRA” can support The Redwoods and enhance retirement income, please contact **Christian Mills**, Director of Fund Development at (415) 383-1600 x269 or cmills@theredwoods.org.



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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



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~ VOLUNTEERS & SENIORS MAKE A GOOD MATCH ~



Tam High School volunteers dance with Redwoods residents at the Senior Prom.

IF YOU, OR SOMEONE YOU KNOW, is looking to share a passion or get involved in community service, we have lots of options for you! There are volunteer opportunities for all ages, and some even let you explore potential career avenues and have led to part- and full-time jobs.

Many of The Redwoods' programs are run by a core of individual volunteers as well as groups from local schools and organizations, and their contributions range from being a part of our Halloween costume party to working alongside our frontline team. One very popular event is the Senior Prom, held in early November. The Prom is a magical evening where volunteers from the Mill Valley Rotary and area high schoolers come and help decorate, serve food, and dance with residents.

Interested in Volunteering? Contact Us!

No matter what your interests and availability, we have a volunteer opportunity to match you and your lifestyle. To find out about volunteer opportunities, please contact our Volunteer Coordinator, **Sara Collins-Bride** at (415) 383-2741 or scollins-bride@theredwoods.org.