

# The BARK

*Happy  
New  
Year!*

January 2024

Number 1

## Holiday Fund “Breaks the Bank”

*Christine Brooks, Holiday Fund Chair*

The Redwoods staff received a nice surprise when they opened their envelopes to find “bonuses,” thanks to the increased donations from residents. The final total came to approximately \$64,000—a whopping \$12,700 more than last year to acknowledge all that employees did for residents in 2023.

All full- and part-time employees received a distribution ranging from a high of \$480 for full-time to \$60 for part-time workers, based on a formula that also considers how many years an employee has worked here.

I want to thank those who helped me with this big job including: Mair MacKenzie, Sylvia Alva, Barbara St. John and Helen Hempel who will be taking over my responsibilities in 2024.



### **GOOD NEWS**

The updated Residents Roster will be ready for distribution the first or second week in January!!

## Elizabeth Small Dec 26, 1940 to Dec. 1, 2023



Liz Small had a BIG heart and carried a HEAVY volunteer load over the four years she lived here. She was president of the Resident’s Association for the last two years and the board will certainly miss her. Liz also worked with the Scholarship Committee for at least three years as a reader, co-chair with Jean Spencer for one year and chair this last year. She was also an active member of Mill Valley Seniors for Peace.

Always eager to help when she was well, Liz’s door was open for a chat or a drink (particularly White Label Scotch according to neighbor, Bob Schafer). Neighbors Mair MacKenzie and Shira Levy agree that their ‘domino group’ won’t be the same as they gather for their weekly Saturday night games and to share a meal. Next-door neighbor, Christine Brooks, noted that Liz never complained as sick as she was, particularly this past six months.

Watch for flyers announcing a celebration of her life to be held at the Homestead Community Center in downtown Mill Valley on January 7 at 11 am. You may contact Mair MacKenzie at 415-888-3736 for further information and to RSVP by December 30.

## 2023 Highlights of Redwoods Residents Association Activities

It has been another eventful year for resident-driven activities. Here is a brief review of some of what our creative, dedicated volunteers provided for their fellow Redwoods residents.

The **Art Room** (Room 8/10) has grown into a colorful, busy space, with five days of creative activities. It is now a regular stop on tours conducted for prospective residents.

The **BARK newsletter** now features a growing number of resident-written articles that keeps readers apprised of upcoming activities. An Editorial Team now works with the editor, providing feedback, suggestions and articles.

Thanks to the tireless effort and super-organizational skills of Eleanor Hein, **The Redwoods Annual Bazaar** returned after a hiatus of four years. With dozens of volunteers supporting this activity, the Bazaar was a rousing success resulting in nearly \$10,000 being added to the Association's coffers.

Another huge success this year was the **Holiday Fund**. Chaired by Christine Brooks, residents donated over \$64,000 which was distributed as monetary thank-you gifts to full- and part-time staff.

The **Scholarship Committee** (chaired by Liz Small) awarded a record 10 Marin high school seniors \$3,500 scholarships toward their college education. Fran Goodman's very generous donation and a bequest from Dorothy Petitt of \$43,077 have added substantially to ensuring that future Marin youths will benefit from this fund.

The **Succulent Garden and Potting Shed** continue to provide natural beauty for all and a source of income for the Residents Association. This year's proceeds were \$915, without monies earned from Bazaar succulent sales.

## January Birthdays



Name	Birthdate
Dana Dakin	1
Armin Rosencranz	2
Carolyn C Anslow	5
Janet F Nelson	5
Sally Northcutt	7
Charles M Greene	9
Janet L Poser	10
Dovey Schneider	10
Jean Simmons	13
Mary Cochran	17
Charlotte G Feld	17
Diane Alper	18
Earl Burgess	19
Achilles Malet	20
Barbara Bruhn	21
Karen Clark	21
Qishu "Jenny" Huang	22
M Yvette Barriere	23
Peter H Merkl	29
Ana Maria Nicholson	29
Ruth Shelby	31

## iPhone Corner

*Dovey Schneider*



Here is this month's iPhone "tip" you may find very helpful on these short winter days:

I love using "HEY SIRI". All you need to do is put your iPhone up to your face and loudly pronounce "HEY SIRI"! You will notice a circular ball at the bottom of the phone's screen.

- Say "Hey SIRI, turn on the flashlight."
- When you no longer need the light, say "Hey SIRI, turn off the flashlight."

# Hunter's Update

## Welcome to 2024!

Congratulations, 2023 is in the books. It was a big year that included the end of the pandemic and the resumption of “regular” activities. We were able to complete the remodel of the Health Care Center and put the final touches on the emergency generator. It really felt good to get them off our “To Do” list!

We had a good bit of fun throughout the year—celebrating lots of special days along with the major holidays. And we wrapped up 2023 with a terrific New Year’s Eve party.

Plus, for all you did, and on behalf of the whole team, we thank you for the very generous funds

provided by the Resident Association to team members this holiday season, and thanks again to all who made this last December one to remember.

We had a lot of movement during the year. We welcomed several new residents and team members as well as lost some, too. We miss dearly those who left us and will have a chance to recognize those who passed at the Celebration of Life ceremony later this month.

We remain inspired by your support and will be doing all we can to make The Redwoods an even better community of seniors in 2024. Here is wishing you happiness, good health, and cheer in the New Year.

*Gratefully Yours,  
J. Hunter Moore, CEO*

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## Life Enrichment

*Sara Collins-Bride, Volunteer Coordinator*

Happy New Year! We welcomed 2024 with a casino-themed New Years Eve party, wrapping up the busy holiday season of gathering and celebrating. A new year symbolizes a fresh start and renewed motivations! Whether you are looking to grow physically, mentally or spiritually, we have a variety of programs to meet you where you are on your journey of self-improvement.

- **January Special Events & Performing Arts!**

- Afternoon Opera, Madame Butterfly—1/4, Thursday, 3-5pm, Auditorium
- SFP—Postcard Project Orientation—1/8, Monday, 3-4 pm, Auditorium
- Live Concert: Fat Saturday Night—1/11, Thursday, 7-8pm, Auditorium
- Wine & Coffee Social—1/12, Friday, 3-4pm, Auditorium
- SFP MLK Program—1/15, Monday, 3-4pm, Auditorium

- Live Concert, Bread and Roses Presents—1/18, 7-8pm, Thursday, Auditorium
- Remembrance and Celebration—1/26, 3-4pm, Friday, Auditorium
- **Excursions and Restaurant Drives: Please sign up to reserve your seats.**
  - Restaurant, Sam’s Anchor Café, Tiburon—1/9, Tuesday, 11:30am-2:30pm, Front
  - Excursion, Legion of Honor—1/16, Tuesday, 9:30am-1:30am, Front
- **Program Highlights & News:**
  - **We wish you the best, Bilkis!** We said goodbye to our wonderful Garden Coordinator, Bilkis, as she begins her endeavor to be a teacher! We thank her for all her work and hope to see you around as a volunteer! Stay tuned for news about a new Garden Coordinator!
  - **\*New\* Being Immortal: Speaking From The Heart**—2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 2pm, Auditorium. Redwoods residents together with volunteer facilitators from

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the *Living/Dying Project* will address feelings of grief and loss, connection, aging, illness, and end-of-life issues.

- **\*New\* Learn Photography with Fred**—Monday’s 10am, 2/4 Lounge starting on Jan 8. Join this photography class led by award-winning San Francisco Chronical staff photographer Frederic Larson.

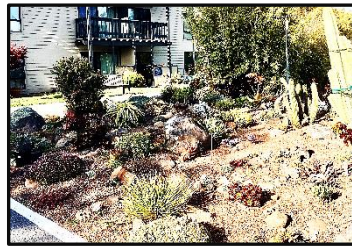
*\*Events are subject to change; please refer to the calendars on several bulletin boards around the campus or the CLC app for the latest information.\**

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## Claire’s Garden—In Transition—Needs You!!

*Audrey Hazen*

Our beautiful succulent garden—located between the back parking lot and Building 12—is a beloved Redwoods legacy from resident



Pat Kenny, who also left a financial bequest to maintain these rare succulent plants. Claire Russell was to manage these plants. Later, Audrey Hazen assumed this task.

Fifteen years ago, the garden team received a gift from The Redwoods of what is now called ‘The Potting Corner,’ located outdoors where Buildings 2 and 4 meet, adjacent to the Bothin Marsh. This space serves as a store where plants can be purchased and is also a nursery for propagating “pups” gathered from source succulents in Clair’s Garden.

The initial money left for upkeep and new plants, all tended by Redwood volunteers through the years, is now spent. And so are the valiant volunteers who have kept it thriving. It is important to note that over these many years the garden has been a money-maker. Proceeds have contributed more than \$25,000 to the Residents

Association, used to support the many resident-driven programs we all enjoy.

But the situation has changed for me in recent years. I cannot do the work required to keep up the garden. Effective immediately, I will no longer coordinate activities to maintain Claire’s Garden. However, with the support of Blanche Sprague, I will continue working with succulent propagation.

A group will be meeting to consider how best to support Claire’s Garden. My suggestion is to establish a committee at the January Association meeting, which will present a proposal for the residents to vote on at the February meeting.

Any long-term solution will certainly require volunteers, the backbone of The Redwoods ethos. Our lovely home has a long history of volunteers who have cared for our property and contributed to the list of recreational events, programs to improve our physical and emotional health and opportunities to strengthen community.

We need you!!!!

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## Getting Around

*Keven Bellows*

In addition to the excellent *Transportation Services Guide* that we all recently received, here are two other ride options to consider:

**Marin Access** is available to residents for any destination within a large service area. Fares vary according to distance traveled. You can call Marin Access at 415-454-0902 and talk to a Travel Navigator for assistance with arranging your trip. Appointments for rides must be made 1 to 7 days in advance. Their email is:

[travelnavigator@marinaccess.com](mailto:travelnavigator@marinaccess.com).

**Marin Access Paratransit** is a pre-scheduled ride service for persons with disabilities who can’t take public transportation. Riders are allowed one Personal Care Attendant. Starting at \$4, the cost of a trip is on a sliding scale based on distance traveled. Call 415-454-0902 for service or information.

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# WHAT'S HAPPENING

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## Library Notes

Barbara McDonald

Welcome to the new year! It's a time to start anew, make resolutions. It is also a time to thank you—our generous donors. It is your contributions that stock the library shelves. In addition, the Residents Council allocates \$300 annually for book purchases. Book Passage bookstore gives us a generous discount. They even deliver book orders! In 2023, funds from an anonymous donor allowed us to organize and purchase additional *CD books*. All CD books are found in the two drawers beneath the *Mysteries* shelf.

Due to limited shelf space, the library is able to accept *only books published since 2021*. Classics are the exception. Donate books only in good condition. Please do not use the donation drawer as a refuse dump.

The library operates on the honor system. However, ***DVD's do need to be signed out.*** Use the *white binder* below Biographies. If you are looking for information on where to find a book, *handouts are available in the library*. Remember to check your apartment for books tucked away in a corner, to be returned.

Due to health concerns, I will be stepping down as The Redwoods librarian, and am particularly pleased to announce that Joyce Crews will be replacing me. Joyce, who has an MA in library science, worked in many local libraries and is looking forward to applying her skills again at The Redwoods.

Thank you to the many residents who have helped in the library through my five years. Too many to list, they are invaluable. Linda, Sylvia, Jan, Eleanor, Joyce, and Blanche are the current ones. Many, many bows!

To a healthy and peaceful 2024!

Here are some of *Book Passage* and *NYT* 2023 “Best Books”:

Michael Connolly—*Resurrection Walk*

Jonathan Eig—*King A life*

John Grisham—*The Exchange*

Alice McDermott—*Absolution*

James McBride—*The Heaven and Earth Grocery Store*

Anne Patchett—*Tom Lake*

Zadie Smith—*The Fraud*

Amor Tolles—*Best Mystery Stories of the Year*

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## Art Room News

Helene Gibbs & Barbara Rothkrug

December continued our work with the Tamalpais High art students, who set out a variety of art supplies and suggest interesting projects. The next meeting is on Monday, January 15, at 4pm in the 8/10 art studio. We will be learning shading or whatever we choose to work on that day.



December has also been the month when bird drawing and painting decorated the art room and bulletin boards in Building Eight near the auditorium and the elevators. Tiny songbirds, lusty parrots and forbidding eagles have landed here, all created by Redwoods' artists. Imaginary creatures appear in this fun-filled space. Plan to join us in 2024 and discover skills you didn't know you had! There's always help in our classes if you feel the need for guidance. You may even see your work displayed in the “Redwoods Art Gallery.”

## January Movies

Eleanor Hein

**Auditorium: Sat 7:15pm / Sun 3pm**

**(1/6 & 7)—*Maestro***

The love story of the relationship between conductor/composer Leonard Bernstein and his wife, actress Felicia Montealegro. Bradley Cooper and Carey Mulligan star in this **new release**.

**(1/13 & 14)—*Love Sarah***

A young woman wants to fulfill her mother's lifelong wish to open a bakery in London with the help of her grandmother and a friend. Celia Imbrie stars.

**(1/20 & 21)—*The Help***

A young writer attempts to write about the way black maids are treated in the South. Emma Stone and Viola Davis star.

**(1/27 & 28)—*The Quiet Girl***

An Irish film of a neglected young girl who blossoms with foster parents for a summer.

Films subject to change.

Please contact Eleanor Hein (415) 380-8577 with post-2005 film suggestions.

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**Silver Foxes Film Society:**

The theme of this month's films is:

*An Evening with Meryl Streep*

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## **5/7G Lounge Movies**

**Fri 7 pm / Sat 3:15 pm**

**(1/5 & 6)—Six Minutes to Midnight**

**(1/12 & 13)—Mona Lisa Smile**

**(1/19 & 20)—Cast a Dark Shadow**

**(1/26 & 27)—Scarlet**

## **Sat. Evening 7 pm / Sun Matinee 3:15 pm**

**(1/6 & 7)—The Secret Dare to Dream**

**(1/13 & 14)—Holiday in the Vineyard**

**(1/20 & 21)—Beverly Hills Cop**

**(1/27 & 28)—Walk in the Woods**

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## **Afternoon Opera**

Eleanor Hein

On Thursday, January 4, at 3pm, Afternoon Opera will present ***Madam Butterfly***, an enduring tale of unrequited



love: CioCio San, a young Japanese girl, falls in love with an American naval officer, with devastating consequences. This Metropolitan Opera production stars Patricia Racette and Marcello Giordani. Check your weekly schedule and posted flyers for further information.

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## **Tamalpais High Theater**

Keven Bellows

Having Tamalpais High School as our neighbor is one of the many compelling things about The Redwoods. Student volunteers provide technical assistance, service in the dining room and in the garden. But that's not all. This year, theatre students are providing more than 30 evenings of live theater across the street from the Redwoods, including works by Shakespeare, Chekhov, and Garcia Lorca.

The theater program is led by Ben Cleveland, Tam alumnus, who took over the 48-year-old program from his own Tam drama teacher. He attributes the success of the program to the fact that it is a sign-up system, not a star system and there is no parental involvement. Any student who wants to participate need only sign up for drama, like any other class, but learning will

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include every aspect of theatre, from ticket sales to writing and directing, along with acting.

Their next production is the *Winter One Act Festival* featuring student-written and directed plays. It will run on January 16–20, 22–24 & 26 at 7pm in the school theater. Tickets: \$12 at the door or call 415-380-3565.

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## Being Mortal: Speaking from the Heart

Laura Bock



Last July, Carolyn Corbelli, little Frankie and I were having one of our “bench visits” at the Marsh, when out of the blue Carolyn said, “I think we need to start discussions here at The Redwoods about living in our old bodies and facing death.” I looked at her in horror and bellowed, “NOOOOOOO.” She stared at me. I think we both were stunned by my vehemence. Finally, I said, “Well, I guess I do need such a group myself.”

As an adult, many times when facing scary issues and changes, I have looked for, and found, a group of folks facing similar situations and fears. These groups have been enlightening and extremely supportive. Why not now?

Working with Denise Acain, Director of Community Programs at The Redwoods, along with the Living/Dying Project of Marin, we have come up with an ongoing program to begin on January 9, at 2pm in the auditorium. *Being Mortal: Speaking from the Heart* will be small discussion groups, held twice a month to talk about age, illness, loss, grief and facing the end of life. Sessions will be facilitated by Doug Wallace and Katie Cooper of the Living/Dying Project.

Please sign the sheet on the activities table across from the dining room to express your interest, and we will be in touch.

Am I still resistant? You bet! Will I be there anyway? Yes.

## Mill Valley Seniors for Peace

Nancy Miller for the MVSFP

We can hardly believe it’s time again for **another Presidential Election Year**. Regardless of how quickly time passes, the Seniors for Peace are ready to go!

Our most important activity is the **Postcard Project**. In the 2020 election we sent out approximately 12,000 cards that encouraged folks to make sure they were registered, or as Election Day approached, to Get Out The Vote.

Most of our work has been with **Reclaim Our Vote**, a part of the Center for Common Ground. ROV focuses on communities that have been victims of voter suppression. In 2020, we were particularly proud of the work we did in Georgia.

We will begin 2024 with a **Special Orientation on Postcard Writing on Monday, January 8 at 3pm in the Auditorium**. This is particularly for those of you who are new to postcard writing, or who would like a refresher course in what it entails.

Participants will be writing cards to Arizona, which is considered a key swing state for 2024. Space will be limited so we are requesting that you sign up ahead of time at the SFP Communication Center in the main hallway near the dining area.

Throughout the year we will also be hosting other relevant events, particularly **candidate and issue forums** to help you prepare for both the March Primary and November General Elections. One example is the traditional presentations by the League of Women Voters.

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## *I Know These Guys*

**Subject:** UMARELLI (Italian)

**Defined:** A group of elderly, retired men who gather beside construction projects and offer unwanted advice.

*From the desk of Rodger Marsh*

## Botanical Browsing

Eva Buxton

[New resident and retired botanist, Eva Buxton, will prepare a bimonthly column about the world of plants. John Young, a resident “birder,” will write about local bird species on alternate months.]



Poinsettia, the plant that Americans associate with Christmas, symbolizes mirth and good will—for some perhaps the Star of Bethlehem and the blood of Christ.

Poinsettia (*Euphorbia pulcherrima*)—also called Christmas star, Christmas Eve flower, etc.—is native to Central America, where it grows as a shrub in deciduous forests. Many people know that the red parts are not petals but modified leaves called bracts, the knoblike structures in the middle being the flowers. The plant is named for Joel R. Poinsett (1779-1851), a physician, botanist, U.S. Minister to Mexico, and a U.S. Secretary of War. He found the plant in southern Mexico in the 1820s, sent cuttings to his home in South Carolina, and started growing them.

To the Aztecs, Cuetlaxochitl was a symbol of purity and cultivated long before the European colonization of the Americas. The red pigment was used as a dye and the milky sap to cure illness.

According to legend, Poinsettia as the Christmas flower started several centuries ago on Christmas Eve in a small Mexican village. Pepita had no gift to present to the Christ child but was assured that even the humblest gift, if given in love, would be acceptable in His eyes. She gathered some weeds and fashioned them into a small bouquet. As she knelt to lay the bouquet at the nativity scene, the weeds suddenly burst into brilliant red, and all who saw them thought they had witnessed a miracle. Franciscan friars named the plant ‘Flores de Noche Buena’ (Christmas Eve flower), because it bloomed each year during the Christmas season.

## Transitions December 2023

### New Move-Ins:

<u>Name</u>	<u>Apt.</u>	<u>Phone</u>
Ali Ardestani & Farahnaz Salmanzadeh	13110	916-821-4703
Earl Burgess	2103	415-225-0144
Connie Champagne	6109	408-828-6461
Harry Fussganger	3306	310-502-4514
Hiroko Hanes	12104	415-747-1755
Steve Karlin	4205	650-483-2972
Sean Kilty	3302	707-775-7080
Carolyn Pierce	5302	657-274-0599
Darold Sims	6104	415-509-3415
Dorothy Smith	2306	N/A

### Moved Out:

Miriam Lund	10105
Carol Rose	10201
Jane Allen	4211

### Transfers: None

### Deaths:

Danny Forer	4207
Elizabeth Small	11103
Karol Clark	5102

### **The BARK**

Editor: Kathleen Moran

Proofreader: Andrea English

Distribution: Andrea English & Tom Whiteman

Editorial Team:

Keven Bellows and Stevan Olian

Submission deadline for the February BARK:

**JANUARY 22, 2024**

Submit to [kanwis43@gmail.com](mailto:kanwis43@gmail.com) or place in the BARK cubby in the mailroom.