

The BARK



April 2024

Number 4

Residents Assoc. President Meets with Redwoods Board

- ❖ Sandy Smith read from the Redwoods Residents Assoc. (RRA) Bylaws that by attending their meeting, residents were represented in discussions about their activities, allowing the Board to consider residents when making decisions.
- ❖ Described suggesting that Denise Acain, Community Programs Director, accompany our bus driver on rounds to show how real-time observation in finding parking was important for planning efficient bus runs.
- ❖ Reviewed the 4-year history of residents not receiving responses from maintenance requests, noting that finding a solution to this problem is vital to the residents' well-being.
- ❖ Read a long list of examples of how resident volunteers provide stimulating classes and activities to enhance life for residents.

Scholarship Committee Still Needs Your Support!

As of this week, scholarship donations have reached nearly \$12,000. We're about 1/3 of the way to reaching our goal — \$32,000. It is immensely gratifying to receive the kind of donations we have in recent weeks as we reach out again to fund 8 scholarships to deserving Marin high school graduates. We hope you will come through like you did for Cephas Louis, now a student at SF State Univ. who is on the Dean's List with a 3.54 GPA in Business Admin. He writes:



"Thanks to the Redwoods scholarship, I was able to focus and complete

everything without stressing over money for my academic needs. I'm very happy for the opportunity."

A Closer Look at: Donnell Reese, EVS Manager

John Young



The third of four brothers, Donnell Reese grew up in Washington, D.C. His mother made sure that all her sons attended good public schools there. He graduated from George Washington High School, where he was an all-around athlete—a wide receiver in football, a guard in basketball and he ran the hundred-yard dash and the relays in track! His family spent summers in the southern Virginia town of Danville, where his maternal grandmother and other family lived.

Making His Own Way

After graduation, Donnell studied data processing for two years at a business school, but he wanted to be on his own, so he moved to Atlanta, Georgia. After two years of hotel management training, he found positions at the Ritz Carlton Hotel and then the Westin Hotel in Atlanta. Then, in 1991, while on vacation in California with a friend, he found that he liked California so well that he moved to San Francisco. He found a position at the Westin St. Francis in San Francisco as Housekeeping Manager and would have artists stay there when they were in town performing.

Reminiscing about his mother, who died in 2016, Donnell recalled that she had toy models on her

(Continued from Page 1)

dresser that represented her boys: a policeman like one of his brothers, two soldiers like his other two brothers, and one dressed in a suit and attaché case — for Donnell. She loved visiting him: He would put her up in a hotel, provide a driver and car and other special treats.

Maurice, Donnell’s ten-year old son, in fourth grade, lives in Irvine, CA, with his mother and grandmother. Donnell loves to travel. Having seen much of the U.S., he now enjoys exploring foreign destinations. He will be leaving soon for an extended visit to Italy. Donnell keeps fit by doing yoga, working out at a gym and riding his bike around Lake Merritt, close to his home.

Before coming to The Redwoods, Donnell was Environmental Services (EVS) manager at the Santa Clara Medical Center in San Jose, CA. He joined The Redwoods staff as its EVS manager in 2020, and supervises an 18-person housekeeping staff which includes long-time employees Basile, Kevin, Eva, Tanya and Lisa, who help to keep the facilities in tip-top shape. With his warm, welcoming greeting and personal curiosity, he has become an integral part of our lives here.

Happy journeys, Donnell!



April Birthdays

Name	Birthdate
Shirley Trimble	01
Judith Vaughan	03
Barbara Leeds	04
Diana Hollis	05
Pauline Sloan	05
Gladys Sarti	07
Myrna Stager	07
Gordon Hargreaves	07
Friedel Okada	09
Thomas Whiteman	09
Robert Schafer	11
Roger Torkelson	14
Dawn Murayama	15
Wendy Oser	15
Barbara Rothkrug	17
Verena Christen	18
Batya Kaniel	18
James Tupper	19
Marlene Caldwell	23
Erdmuth (Erdie) Folker	24
Kathleen Desmond	24
Grace Dammann	24
Ramune Rimas	27
Elizabeth Merriman	30
Jane Brooks	30

Annual Bazaar

Eleanor Hein, Chair
Annual Bazaar Planning Committee



Got any plans for October? Make room on your calendar for our Annual Bazaar on Friday, October 18 and Saturday, October 19 from 10am to 3pm on both days. It’s a time for all of us to join in camaraderie for a bazaar that directly benefits all of us. For newer residents, the bazaar offers you a chance to donate items that you find you have no room for. Between now and October all of us have time to consider the items we feel might need a new home. Information about the bazaar will be in future issues of the BARK and shared at the monthly Residents Association meetings. So mark your calendars and stay tuned!

A Weighty Request

If you have borrowed any weights from the Studio,
PLEASE RETURN THEM.

We have run out of 2# and 1# weights during exercise class.

Hunter's Update

Dear Residents and Friends,

I'm sorry to begin this message with a notice that water will be shut-off from Monday April 1 at Noon through the end of the week.

March might be known for its rain and "madness," but it also included a lot of fun at The Redwoods. We appreciated the expanded bus schedules, many great Life Enrichment programs (despite the nearly constant rain) and a Saint Patrick's Day with a lot of green, and dancers and bagpipes. We had a smooth booster clinic followed quickly by a very good Friday and an Easter celebration. For more, we encourage you to check out our YouTube channel, as well as our Facebook and Instagram pages.

April is now upon us. This is typically a month of rebirth, renewal and recommitment, a time of flowers and hopefully fewer showers. The gardens are coming back into bloom, and we

will welcome a new Garden Coordinator. This April also marks the 6th anniversary of the Salon team. Amy has again enhanced her offerings and, for only the second time, raised her prices. Check out her services and see for yourself how reasonable they remain.

April is also the time we start working on the budget for the new fiscal year – which starts in October. As in past years, we welcome your suggestions, for this community is about what you want and need. You have a real say in what we do, so thank you in advance for sharing your thoughts and helping to keep this a special community of seniors.

P.S. There is no water shut-off planned for April 1 — Happy April Fools!

Sincerely,

*J. Hunter Moore,
Chief Executive Officer*

Life Enrichment

Girija Balasubramani, Program Coordinator

Spring has arrived! The Redwoods will be hosting another Spring Resource Fair, and vendors will be on-site to speak with you about the services they offer! Join us on **Friday, April 12, at 1 pm** in the Auditorium.

April Special Events, and Performing Arts:

- Parkinson's Care Partner Support Group – 4/3, Wednesday, 3pm, 5/7L
- Performing Arts – LIVE TBD – 4/4, Thursday 7 pm, Auditorium
- Being Mortal – Speaking from the heart – 4/9, Tuesday, 2 pm, Auditorium
- Hearing Aid Clinic – 4/10, Wednesday, 11 am, Clinic Room
- Afternoon Opera – 4/11, Thursday, 3 pm, Auditorium
- Performing Arts – Berlin Philharmonic Concert – Video – 4/11, Thursday, 7pm, Auditorium
- **Redwoods Spring Resource Fair – 4/12, Friday, 1 pm –4 pm Auditorium**
- Roundtable – Understanding Depression - 4/16, Tuesday, 2 pm, Auditorium

- Live Concert, B & R Presents – Pat & Joe - 4/18, 7 pm, Thursday, Auditorium
- Being Mortal – Speaking from the heart – 4/23, Tuesday, 2 pm, Auditorium
- Roundtable – FAST (Financial Abuse Specialist Team) – 4/25, Thursday, 2 pm, Auditorium
- Performing Arts – Berlin Philharmonic Concert - Video – 4/25, Thursday, 7pm, Auditorium
- Happy Hour – Poetry Month – 4/26, 3 pm, Auditorium

Excursions and Restaurant Drives:

Please sign up to reserve your seats

- Restaurant – Salt & Pepper – 4/5, Friday, 10:30 am, SF, Bus
- San Francisco Cable Car Museum – 4/19, Friday, 10 am, Front Lobby/Bus

Program Highlights & News:

- Transportation: Medical runs are on Tuesdays and Wednesdays. For any transportation questions, reach out to Victoria at 415-798-7684.
- For any general programs/room reservation questions, please reach out to Girija at gbalasubramani@theredwoods.org or at 415-383-1600 ext. 275.
- Have a new program idea that you'd like to facilitate? Contact Denise at 415-383-1600 ext. 259 or dacain@theredwoods.org.
- New photography class with Fred, starting April 2 at 2/4L from 10 – 11 am
- We bid farewell to Bobby, our Garden Coordinator, on his new endeavor. Stay tuned for an update about a new Garden Coordinator.
- April is Parkinson's Awareness Month – A Pathway Program is starting April 9, every Tuesday at 2 pm in the Studio.

Events are subject to change. Please refer to the calendars on bulletin boards around the campus or the CLC app for the latest information

Mill Valley Seniors for Peace

Nancy Miller

Learn More About Environmental Best Practices

Hurry, hurry! April 1st and 2nd are the only days for the *Seniors for Peace 2024 Demonstration* of recommended practices we need to develop to save our precious Earth's environment for our collective grandchildren and great-grandchildren. We're talking about learning and practicing **the 3Rs (Reduce, Reuse & Recycle)**.

For years, the SFP has been focused on helping to improve recycling and waste disposal. Now we want to address other related aspects, such as reducing our consumption, not only of electricity, water and gasoline, but also cutting



way back on the use of plastic and other items polluting the planet. Along with providing suggestions on how to cut back, the *Demonstration* will also offer advice on constructive ways to reuse what we already have.

Those who attend the *Demonstration* will be offered refreshments and a laminated copy of Recycling Guidelines for your apartment.

Introducing the Marin Environmental Housing Cooperative

We invite you to join us on Monday, April 15 for a presentation by Jenny Silva, a leader of the Marin Environmental Housing Cooperative (MEHC). MEHC is an advocate for affordable housing through an environmental and social justice lens. She will present the details of an important bond measure that will provide financing for desperately-needed affordable housing, not only in Marin, but throughout the Bay Area.

Celebrate Earth Day

And finally, we also recommended participation in the local Earth Day Celebration at the Mill Valley Community Center on April 21. SFP will be hosting an exhibit as we have since 2021.

All About Books

Joyce Crews



As you may or may not know, parts of our library's non-fiction collection are in separate rooms at The Redwoods. This allows more space in our central library for the most frequently-used books, namely fiction (including mysteries), biography, history and literature. Handout sheets with this information are available near the fiction shelves.

This month I am featuring the collection of books in the 5-7 Lounge, those in the classification numbers 000, 100 and 200, covering philosophy, psychology and religion. One of the books in this collection is *The Book of Joy: Lasting Happiness in a Changing World*. A collection of conversations between the Dalai Lama, exiled from Tibet, and Archbishop Desmond Tutu, exiled from South Africa, these talks focus on how to find joy in the face of life's inevitable suffering. Another book found here is *The Five Invitations*, by Buddhist teacher, Frank Ostaseski. These are: "Don't wait; Welcome everything; Push away nothing; Bring your whole to the experience; Find a place of rest in the middle of things; and Cultivate 'Don't know' mind." One final book from this section is *How to Flourish: An Ancient Guide to Living Well* by Aristotle, which is in a highly readable, modern version.

Miscellaneous Reminders:

Please return any library books you have finished or are no longer interested in. We are missing a substantial number of our large print (LP) books. Books with handwritten labels on their spines belong to The Redwoods library; those with typewritten labels are from the public library system and can be returned to the Bookmobile or to the reception desk. Although we do not have a checkout system for our books, we do ask that residents sign out items from our DVD collection.

April Art Offerings

Helene Gibbs



Beginning Monday, April 1 at 11am, our own Zoe will be teaching a class on LINES. Who knows where a line will lead you—come and find out! Art supplies provided.

On Tuesdays we will be having Open Studio with Elizabeth and Helene. Bring whatever project you are working on or 'let the spirit move you' when you enter our 8/10 Studio. Art supplies provided.

Fridays at 11am, Heidi's Exploration in Art is so popular that you'd best be there early to get a seat! Art materials provided.

Annelies' Sunday class was quite special — printmaking! Annelies brought in a plethora of materials. We used all kinds of things—even our fingers, and dived right in. Annelies teaches the first and third Sundays of the month at 2:30 pm.

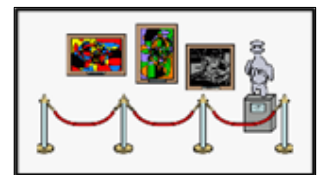
The Intergenerational Workshop will take a break in April, resuming in May, and then the two wonderful teens are off for the summer and perhaps some college preparation.

Sneak Preview — a mixed media class in May will be taught by teacher/artist Paula Hammons.

Though we have a good amount of art materials, we always welcome more donations.

Art Salon

Heidi Linsmayer



The monthly Art Salon will be held on Tuesday, April 23, at 4 pm, in the **Auditorium**.

This month we are excited to feature our CEO, Hunter Moore and returning resident, Robert Gumpertz.

April Movies



Auditorium

Sat 7:15 pm /Sun 3pm

(4/6 & 7) **A Haunting in Venice** — In this 2023 release, Hercule Poirot, now retired in Venice, reluctantly attends a seance. When one of the guests is murdered he finds himself thrust into solving the mystery. Kenneth Branagh and Tina Fey star.

(4/13 & 14) **The Door** — Helen Mirren stars as an eccentric maid who forms a strange bond with an author that will have a lasting effect on both.

(4/20 & 21) **My Octopus Teacher** — This academy award winning documentary features an unusual friendship between a filmmaker and an octopus living in a South African kelp forest, who shares the mystery of her world.

(4/27 & 28) **The Boys in the Boat** — This 2024 film is about the University of Washington's rowing team and their win at the 1936 Berlin Olympics.

Classics

Auditorium

Friday 7:15 pm/Saturday 3 pm

(4/5 & 6) **How Green Was my Valley**

(4/12 & 13) **Till the Clouds Roll By**

(4/19 & 20) **To Catch a Thief**

(4/26 & 27) **The Left Hand of God.**

* * * *

Silver Foxes Film Society

The theme of this month's films is:

“Great Love Stories”

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

5/7G Lounge Movies

Fri 7 pm / Sat 3:15 pm

(4/5 & 6) — **Past Lives** (Romance)

(4/12 & 13) — **Jules** (Comedy)

(4/19 & 20) — **Cleo from 5 - 7** (Classic)

(4/26 & 27) — **Of Minds and Music** (Musical)

Sat Evening 7 pm / Sun Matinee 3:15 pm

(4/6 & 7) — **Damsel** (Fantasy)

(4/13 & 14) — **Irish Wish** (Comedy)

(4/20 & 21) — **Shirley** (Inspiring)

(4/27 & 28) — **The Best of Enemies** (Biographical)

Lark Opera Update



Eleanor Hein

The Metropolitan opera has announced their 2024-25 season. The operas that will be featured and shown at the Lark Theater during this season are:

- *Tales of Hoffman
- *Grounded (new)
- *Tosca
- *Aida
- *Fidelio
- *Marriage of Figaro
- *Salome
- *Barber of Seville

The operas will begin in October and end in May. Sometime this summer an opera planning group will be scheduled for those residents who wish to attend the operas at the Lark Theater.

An announcement will be posted in the BARK and in the mailroom with specific information.

Afternoon Opera—Otello

Placido Domingo and Kiri Te Kanawa star in the immortal tale of Otello, a noble Moor and his beautiful young wife. Otello's lieutenant, who is jealous and lusts for power, plots his revenge and commits the ultimate treason. The opera will be shown on Thursday, April 11 at 3 pm in the Auditorium. Check your weekly schedule and posted flyers.

The opera *May* will be shown on May 2.

iPhone Corner

Dovey Schneider

If you haven't heard of the **Venmo** app, here is a true story that demonstrates its value....



I headed for SuperCuts in Corte Madera for a haircut. I didn't have an appointment, so I knew I would have to wait awhile. A husband and wife had had their haircuts. When the wife went over to the counter to pay, I overheard the hair stylist tell her that the internet was down, and he could only accept cash. I could see she was facing a dilemma. Luckily, I happened to have cash for the amount she needed. I walked up to her and asked if she uses **Venmo**. She did! So, I gave her the cash she needed, and she immediately used **Venmo** to repay me. It is a very secure app which allows our/their banks to immediately transfer money. In this situation, the stylist was happy, the wife was happy, and I was happy for doing a good deed!!!

Go to the App Store on your iPhone, and search for **Venmo**. It is free. Download the app and follow the installation steps.

I've used it for sending cash gifts to my family and repaying my share at a restaurant.

Hope you'll find this useful.

COMMUNITY UTILITY USE

Utility	Jan 2024	Jan 2023	Change This Yr.	Cost This Yr.
Electricity	149,932	187,350	-25.0%	\$21,332
Gas	5,073	5,929	-16.9%	\$8,666
Water	865	859	+0.7%	\$10,223
Total monthly cost				\$40,221
Expense over last year: -\$30,161				

Birds of Note

John Young



We hang out a sugar-water feeder for the hummingbirds, but they generally prefer the flowers. The Anna's is the most frequent hummingbird visitor with its metallic green body, a red head and throat. We have also seen a Black-chinned with a purplish throat, black chin and green skull cap, sporting a long and slightly bent beak.

Then there's a hanging suet cage and a seed block on the railing that attracts three kinds of woodpeckers: The smallest—the Downy, has a red dot on the back of its head and a white tummy and back and horizontal stripes down its back. The Hairy is larger with similar markings but no stripes; and the Nuttall's woodpecker is mid-sized with horizontal black and white stripes all around.

And there's a hanging Nyjer seed feeder that is exclusively for the Goldfinches, which have narrow beaks to pull out the tiny seeds. It attracts both the American and the Lesser Goldfinch. In the spring the male is true to its name, donning a bright yellow coat to attract mates.

Clustered around a large floor feeder we see House and Purple Finches which are larger than the Goldfinches and have a thicker bill. The males turn markedly red or purple in the spring to lure mates. Other regular visitors are White-crowned Sparrows, Song Sparrows with beautifully striped breasts and Fox sparrows that are larger and darker with lots of breast spots. We have little Black-capped Chickadees, Tufted Titmice with their prominent topknots, and Red-breasted Nuthatches that flit in and out with great vigor. The California Towhee—a very plain brown bird—is a ground feeder that cleans up whatever has been scratched out of the feeder.

Oh yes, we have Mourning Doves and a pair of Black Pigeons that eat everything in sight if given free rein.

Bark Back

Transitions

April 2024

Thank You Note from a New Resident

Alston Paff

I am writing to celebrate the thoughtful planning and construction, workmanship and materials that went into building (and the staff maintaining) my new home.

I had been cleaning out the beneath-the-counter refrigerator/freezer unit in my kitchenette. Sitting facing it on my sturdy, folding stepstool, I pulled on a solid chunk of ice with too much force, and instantly realized my mistake as I fell backwards, landing squarely on my collapsed stool and carpet! Thud!

My best bet for help was using the Personal Help pendant I've worn on a cord since I arrived a year ago. The rest of the story progressed easily and happily. Nurse Kailiah Venif came in, offered her help, and at my request stood the stool upright, and watched – ready to help, while I positioned myself upright.

Throughout all of this I felt no pain. I am feeling blessed and so thankful for the resilient padding under the carpeting.

Kailiah advised that I should not be defrosting my freezer; that The Redwoods should take care of it, and she promptly called maintenance. She also advised that I should contact my primary care provider to tell them of this fall. She came back in the evening, and again the next morning. She made me feel very well taken care of — Thank you Kailiah!

Please Note

The Current Issues Discussion Group's next meeting:

Wed., April 24 at 3 pm in the 2/4 Lounge

Topic: Israel & Palestine—Wasn't the Promise to Have Two States Living in Peace?

New Move-Ins:

<u>Name</u>	<u>Apt.</u>	<u>Phone</u>
Eldon Beck	#3207	415-388-0975
Joan Bertolone	#10105	415-209-4831
Robert Gumpertz	#4211	209-278-5394
George Lino	#3203	831-277-0923
Judy & Phillip Richardson	#10307	508-564-2569
Wilda Richardson	#15102	859-230-3113
Martha Siegel	#5307	415-265-3034
Susan Sumwalt	#5309	602-478-9888

Moved Out:

Mary Stiehm #10101

Transfers:

Lolli Levit #7103 to 11103

Deaths:

Jimmie Brashear #7107

The submission deadline for the MAY Bark is **WEDNESDAY APRIL 24**

You may send submissions attached to an email in MS Word, Mac Pages or as a PDF to:

Kanwis43@gmail.com

Or place it in my cubby - # 11305

The BARK

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