



SPRING 2024

Review

AFFORDABLE . . . INNOVATIVE . . . INSPIRING

EXCITING NEWS! PLANNING UNDERWAY FOR MEMORY CARE CENTER



Mentally stimulating activities like gardening, Seniors for Peace, and social games all contribute to cognitive health.

MOST YEARS, we need to help between three and five Creekside (assisted living) residents with memory loss find alternative accommodations outside The Redwoods. This has been an unexpected concern for them, their families, staff and other residents, but a necessity due to regulations that require facilities to have a secure area for residents with a diagnosis of dementia.

Time to Act

In mid-2023, we came to a turning point when updated care plans for Creekside residents revealed an increase in the number of residents with a diagnosis. It was time to act, and we quickly began an intense process to identify an area that could be converted into a modern, secure environment that meets regulatory requirements and allows Creekside residents to stay in the community they love.

Currently, we are working closely with consultants, families, team members, architects, dining experts and construction managers to assess and create

“We have developed a creative plan for a Memory Care Center that will allow residents to stay—securely—in the community they love.”

plans for the conversion of the identified spaces (Building #7, the adjacent lounges, serving pantry and porches). We are also using the latest learning from operators of existing memory care centers and researchers, as well as relying on expertise from Leading-Age and the California Assisted Living Association.

How You Can Help

The plans entail a significant, unplanned capital expenditure of \$350,000-\$400,000 to achieve the best environment. We are reaching out to grant organizations, foundations and interested individuals for support in the creation of the Center. It will also be the focus of our May 16th fundraiser.

We hope these efforts will be successful and are targeting opening the Memory Care Center this summer. If you are interested in helping this Center become a reality, please contact **Christian Mills**, Director of Fund Development at (415) 383-1600 ext. 267 or cmills@theredwoods.org.

Letter from the Board President & CEO



I'M HONORED to have been chosen to be the President of The Redwoods Board of Directors.

I'm also honored to take over the role from Jim Lynch. Jim did a brilliant job guiding the organization through the pandemic and our 50th anniversary, including refinancing our debt and managing personnel turnover.

For those of you who don't know me, I'm a 25-year veteran of the San Francisco Department of Public Health, where I ran an agency at San Francisco General Hospital. I'm also a 60-year Mill Valley resident and a Tam High grad. That means I've been honking for the Seniors for Peace since its formation two decades ago.

I'm excited to bring my experience and my love of this place to bear as the new President. And I look forward to collaborating with CEO Hunter Moore, the other members of the Board, and this community. We have big plans for continuing to increase services to residents.

Thank you in advance for your support. I'm always open to hearing ideas on ways we can polish this Mill Valley gem.

JANET HINES, President, Board of Directors



FIRST AND foremost, thank you. Last year we put the pandemic in our collective rear-view mirrors and have since been able to turn our focus back to the future and ways we can make The Redwoods an even greater community of seniors.

To that end, I hope you have read the cover article and now know about our plans to create a Memory Care Center. This is a level of service that we have not been able to offer in the past and is truly the only reason that any resident has needed to leave their "home" in recent years. We could not be more excited to be addressing this issue. In fact, when I brought the idea up at a Resident Association meeting last fall, it was met with cheers!

Now that we have come up with a uniquely creative idea for a model Center, we will be reaching out to you for your ideas, support, and assistance. Together, we can make this happen and truly make The Redwoods an even stronger, more innovative, inspiring, and affordable community of seniors who will not have to leave the place they love.

J. HUNTER MOORE, Chief Executive Officer

EASY, NEW RESOURCE FOR WRITING YOUR WILL AND TRUST

WE ARE EXCITED to introduce a new resource—FreeWill—that aligns perfectly with our mission of fostering a caring and enriching environment for all seniors.

The Redwoods has partnered with FreeWill to offer everyone—residents, families, and anyone in the community at large—a straightforward way to ensure that your wishes are clearly documented, providing peace of mind for both you and your loved ones. The service is free, easy, and it allows you to effortlessly outline your estate plans, ensuring that your intentions are respected and secure. Check it out at www.theredwoods.org/legacy-giving.

"I made good use of FreeWill in working up a better living trust than I had before, and it was very easy to use"
John Boettiger, resident

"Providing you with the tools to secure your future aligns with our commitment to your well-being and independence. This new partnership is just one of the many ways we strive to make a difference for our community," reported **CEO Hunter Moore**.

We invite you to think about the role The Redwoods has played in your life or the lives of your loved ones. *"If our community holds a special place in your heart, you might consider including The Redwoods in your estate planning,"* explained **Christian Mills**, Director of Development. *"This kind of planned gift would be a profound way to extend your support and ensure the ongoing vibrancy and nurturing spirit of our community."*

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NANCY MILLER—

I have now lived at The Redwoods for seven years, and my participation in the Seniors for Peace has become the highlight of my experience here; it has given me the unexpected chance as I age to remain mentally stimulated and active.

I am convinced that the challenges and opportunities for leadership and continued participation in matters that have been key to my life are contributing to my good health.

While I am fine and in good health today, one never knows when that can drastically change. It is a comfort and provides a sense of security to know that should the need arise, memory care will be available, still in the same surroundings and still near family.



Performing in a group like Rock the Ages choir is mentally and socially stimulating and a lot of fun.

ANDREA ENGLISH—

When my partner Tom and I moved to The Redwoods, we came with a pretty clear idea that we would be living in an active community of people with wide-ranging interests. In other words, we expected—as health conditions permitted—to explore being alive!

The exercise opportunities offered at The Redwoods—from tai chi classes to line dancing to taking walks in the beautiful environment and digging in the garden, all help keep me ‘tuned up’ in various healthy ways—especially my cognitive health.

The addition of memory care to the range of services brings added security and continuity in knowing that we can age here at The Redwoods without leaving our homes.

RESIDENTS’ THOUGHTS ON THE PLANNED MEMORY CARE CENTER

“It is a comfort to know that should the need arise, memory care will be available, still in the same surroundings and still near family.”

—Nancy Miller

WELCOME, NEW BOARD MEMBERS!



BRITTANY IMWALLE is a strategic advisor to health care organizations and founder of The Roam Collaborative. *“I believe The Redwoods is unique in its commitment to its mission, and I am honored to join such a talented and devoted group of leaders, each working to ensure that The Redwoods remains a vibrant, thriving community for years to come.”*



DAVID S. RAND is a 34-year resident of Mill Valley, a retired attorney, and former member and chair of the Mill Valley Planning Commission. *“The Redwoods has tremendous social impact; it is so important to the lives of its residents, their families, and friends, and to the community as a whole. I am deeply committed to making a meaningful contribution to continuing the success of its mission.”*



BURTON MILLER is an architect and urban planner and former Mill Valley Planning Commissioner and has lived in Mill Valley for 31 years. *“I’ve long admired The Redwoods—its campus and expressions of community, engagement, and vitality. I’m now looking forward to combining my talents, perspectives, and experience with those of fellow board members, staff, and residents to best serve The Redwoods’ mission and community.”*



KENDRA POLLACK is a 20-year Mill Valley resident and a founding member of Heart of the Village.org. She has been a volunteer at her sons’ schools and has co-chaired several important fundraising events at The Redwoods. *“My mother is a resident at The Redwoods, and I am grateful for the excellent care she is receiving. Being on the board will be another step towards serving this wonderful community.”*



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



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SPRINGTIME AT THE REDWOODS A FUNDRAISING DINNER CELEBRATING MOTHERS

Save the Date ~ Thursday, May 16 at 5:30 pm



PLEASE JOIN EVENT CO-CHAIRS **Andrea Flynn** and **Kendra Pollack** at The Redwoods courtyard patio on May 16th for a special dinner honoring mothers. The event will include a cocktail and wine reception, buffet dinner, and music from the Tam High Jazz Band.

*Proceeds will benefit the establishment
of a new Memory Care Center*

Introducing memory care services will empower residents experiencing cognitive decline to remain within the community and access the full spectrum of programs and services, fostering their ability to age in place with dignity and support.

If you are interested in sponsorship opportunities or purchasing tickets, go to www.theredwoods.org/events. For more information, please contact **Christian Mills**, Director of Fund Development at (415) 383-1600 x267 or cmills@theredwoods.org. Thank you for your support!

Event Co-chairs Kendra Pollack (left) and Andrea Flynn (right)