



The BARK



May 2024

Number 5

Redwoods Residents Assoc. (RRA) – April Meeting

Highlights from RRA Board Secretary Notes:

- ❖ Board Secretary George Carter announced the revival of a program started at the Redwood several years ago called Four X Fours. A fresh start is in the wings, with four residents participating in conversations with four Board members, to exchange ideas and concerns on topics that inform the work of each. Residents are encouraged to suggest topics for these conversations. If you are interested in participating, contact George Carter (gandilcarter@comcast.net).
- ❖ Heavy use of washers and dryers in the Headlands leads to challenges when they require repairs. Service contractors are doing their best to keep these machines working while contending with delays in getting replacement parts.
- ❖ The Residents Association donated \$4,800 this year towards live performances and transportation outings. When these outings are planned by Redwoods employees, residents should be consulted and informed if tickets need to be ordered in advance.
- ❖ The Scholarship Committee reported that they are aiming to make this year's awards \$4,000 each – the largest ever. The award ceremony will be held on May 23 on the main patio. Mark your calendars!

Introducing: Liz Dietrich, Garden Coordinator

Kathleen Moran



My first encounter with Liz (Elizabeth)

Dietrich was observing her skillfully maneuver a wheelbarrow full of rich, black soil into The Redwoods Scott Garden—my back ached just watching her. But I was pleased to see that our new Garden Coordinator was not flummoxed by a pile of dirt the first day on the job!

Having waited several months for a new coordinator, the garden volunteers—particularly Sandra Massen, our “super substitute” during that time—were all pleased to learn that The Redwoods had offered Liz the position!

Born and raised in Greenbrae, CA, Liz Dietrich attended Redwood High School and graduated from a small liberal arts college in Los Angeles, then worked in sports marketing for 10 years. She and her husband Shane, have a daughter, Maggie (10), and they live in San Anselmo, where she has transformed their front yard into a productive vegetable garden.

How and why did Liz make such a dramatic career switch from sports marketing to garden design, development and maintenance? Liz said that she has “always had an interest in things associated with health and wellness.” Whether it was teaching yoga to young moms (she ran a yoga studio in Napa for a while), or helping her neighbors develop their own garden plots, she knew in her heart that this was her passion.

(Continued on Page 2)



May Birthdays

(Continued from Page 1)

Liz, primarily a self-taught gardener and landscape developer, initially attracted clients by word-of-mouth, and she still maintains a few local clients' gardens. This free-lance work eventually connected her with Christian Douglas, owner of *The Backyard Farm Company*—a small landscape design and maintenance firm that caters to high-end homeowners in Marin and adjacent counties. Working there for 3 years allowed her to further develop her innate landscaping design and gardening skills, and as she proudly said, “I became their tomato specialist.”

When she heard that The Redwoods was looking for a garden coordinator, Liz thought this opportunity might be an interesting change for her—to work with a population she hadn't before and to use her gardening knowledge in a completely different environment.

When not coordinating volunteers' activities in the garden, Liz also maintains the numerous flowerpots scattered around the campus, as well as works with residents in the Health Care Center – bringing the garden indoors to those who cannot participate outside. In fact, she had just returned from facilitating a “Garden Hat Design” class for them. As I left the garden, Liz was already heading back to the dirt pile to load up another wheel barrow full of dirt.

Name	Birthdate
Shiffman, Alice	1
Goldstein, Rachael	1
Ferroggiaro, Margori	2
Yahnian, Louise	2
Rohrs, Ann	3
Karp, Adrienne	3
Haemmig, Verena	6
Heagerty, Patrick	7
Dorosin, Deborah	7
Pierce, Carolyn	7
Schwartz, Sylvia	9
Saunders, Carla	10
Schwartz, Donald	12
Robertson, Dolores	16
Halpern, Jack	18
Olian, Marita	19
Hudson, Jack	20
McDonald, Barbara	20
Smith, Stanley	21
Gordon, Joyce Ann	21
McDermott, Dorothy	28
Gable, Barbara	29
Lino, George	29
Linton, Marybrooks	29
Davis, Morton	31
Kilty, Sean	31

Scholarship Fund: Last Chance to Make a Difference

This is the 33rd year that the Redwoods Residents Association has awarded scholarships to Marin high school students. According to one committee member, this has been a particularly challenging year, because all 31 applicants are remarkable scholars. As a result, honing down the number to eight finalists has been an excruciating process for them.

To date, we have collected \$17,000 and are grateful for each and every one of you who have

participated in making these scholarships available. No matter the amount of your donation, every dollar makes a difference to students who might not otherwise consider attending college.

Please read the clarification beside the poster in the library noting that although the RRA Treasurer's report shows a current total of \$59,000 in the Scholarship Fund, \$44,000 of this total represents a bequest from Dorothy Pettit that can only be awarded over an extended period of time.

Hunter's Update

Dear Residents, Families & Friends,

April is over but we had some good times including, a great Resource Fair as well as celebrations of Earth Day holding a demonstration on the corner and sponsoring a booth at the Mill Valley event. Plus, we initiated our water-saving landscape project that is supported with funds from both Marin County and the Marin Municipal Water District. Even better, the rains stopped, and the flowers started to bloom just as our new Garden Coordinator, Liz Dietrich, arrived!

There are a lot of celebrations in May, including Cinco de Mayo, Mother's Day and the Mill Valley Music Festival. On Thursday the 16th, we will host a fundraising event for the Memory

Care Center, and on Wednesday the 29th, there will be a concert by Rock-the-Ages and the Mill Valley Middle School chorus. We will slip the Mill Valley Memorial Day Parade in between the two and hope you will be participating in some, if not all, of the above.

It seems like a long time ago, but last May formally marked the end of the public health emergency. It is so nice to have most of the COVID concerns behind us. It was a challenging few years, but a time I hope we can now recall as a period that demonstrated how resilient, supportive and innovative a community we were and are. It showed us that working together, we can get through just about anything. Thanks to you all!

Yours Truly,

J. Hunter Moore, CEO

Life Enrichment

Girija Balasubramani, Program Coordinator

Another new month, new day and date and new wishes. The Redwoods will be welcoming May with unique events like Asian American & Pacific Islander (AAPI) month celebrations, May Day celebrations, Memorial Day parade and more to enjoy. Welcome our new Garden Coordinator, Liz Dietrich! Read her profile on Page 1.

May Special Events, and Performing Arts:

- Mill Valley Middle School, May Day Flower Event – 5/1, Wednesday, 2:45 – 3:15 pm, Common Area
- Parkinson's Care Partner Support Group – 5/1, Wednesday, 3–4 pm, 5/7L
- Afternoon Opera – La Traviata - 5/2, Thursday, 3–5 pm, Auditorium
- Performing Arts – LIVE TBD – 5/2, Thursday, 7–8 pm, Auditorium
- Hearing Aid Clinic – 5/8, Wednesday, 11–12pm, Clinic Room
- Artist Spotlight – Dining Room – 5/9, Thursday, 2–3 pm
- Performing Arts – Hula Performance – 5/9, Thursday, 7–8 pm, Auditorium
- Being Mortal – Speaking from the Heart – 5/14, Tuesday, 2–3 pm, Auditorium
- Performing Arts – Bread & Roses Presents Christina Waldeck John Hoy, Ross Gualco- 5/16, Thursday, 7–8 pm, Auditorium
- Wine & Coffee Social-Mother's Day Special- 5/17, Friday, 3–4 pm, Patio
- Roundtable – Medi-Cal Changes & Eligibility – 5/23, Thursday, 2–3pm, Auditorium
- Performing Arts—TBD - 5/23, 7–8 pm, Thursday, Auditorium
- Happy Hour – AAPI Month featuring Filipino Cultural Dance – 5/24, 3 pm, Patio
- Memorial Day Parade – 5/27, Monday, Bus
- Being Mortal – Speaking from the Heart – 5/28, Tuesday, 2–3 pm, Auditorium
- Performing Arts – TBD-5/30, Thursday, 7–8 pm, Auditorium

Excursions and Restaurant Drives:

(Please sign up to reserve your seats.)

- Restaurant – Lotus Cuisine of India – 5/3, Friday, 10:30 am, San Rafael, Bus
- Excursion – The Marine Mammal Center, 5/10, Friday, 9:30 am-2:30 pm Front Lobby / Bus

Program Information & News:

- For transportation questions, contact Victoria at vdavis@theredwoods.org or 415-798-7684
- For general programs/room reservation questions, contact Girija at gbalasubramani@theredwoods.org or 415-383-1600 ext. 275
- Have a new program idea that you'd like to facilitate? Contact Denise at dacain@theredwoods.org or 415-383-1600 ext. 259

Please refer to calendars on bulletin boards or the CLC app for the latest information.

FasTrak Toll SCAM

Some FasTrak customers have reported receiving texts notifying them of tolls that were due and providing a link to one of several fraudulent websites where they can pay. The websites provided are scams and are not related to FasTrak. If you receive such a text, please do not click on the link. FasTrak does not ever request payment by text with a link to a website.

Please conduct your business at www.bayareafastrak.org or call the FasTrak Customer Service Center at 877-229-8655. If you have made a payment to one of the fraudulent websites, please contact your bank or credit card company immediately.



What Can We Do About Plastic Pollution?

Nancy Miller for the Mill Valley Seniors for Peace (MVSP)

Plastic pollution is found in every corner of the world, contaminating the environment, entangling countless marine and land animals, threatening communities, and contributing to the climate crisis. As plastic production continues to increase, existing plastic breaks up into very small pieces that permeate ecosystems, wildlife, and even our own bodies.

Last week there was a very good, well-researched article in the *Marin Independent Journal* on Earth Day entitled “Plastic Predicament.” The article describes the scope of plastics’ negative impact, including the fact that so very little can be recycled and that it can never be fully eliminated. Pick up a copy of this article from the Seniors for Peace Information Center near the dining room.

The Seniors for Peace 3R Group (Reduce, Reuse and Recycle) has decided that we must take some simple actions to begin to reduce the harm of plastic pollution on people and the planet.

Accordingly, we will focus each month on a new suggestion for reducing the use of plastic in our personal lives. We realize that many of you may already have adopted these suggestions, but we hope over time, all of us will find some new ideas to be part of denting the impact of plastic pollution. The focus in May is to:

Stop Buying Bottled Water — Reach for a Reusable Water Bottle



Art in May

Helene Gibbs

In case you haven't paused to look into our colorful and productive Art Room, you are missing an opportunity to experience the plethora of works by our residents, many of whom say they cannot do art. Heidi is taking off in May, but Sylvia and Helene will continue to facilitate as Heidi does with resources to inspire you. Fred will continue his photography classes in 2/4L. All materials supplied.

Please see the daily schedule posted on campus bulletin boards and on the CLC app. Questions or comments? Call Helene Gibbs or Sylvia Alva.



Out and About

Sculptures Grace Mill Valley Hills

Keven Bellows

A beautiful expansion has been added to the O'Hanlon Art Center tucked into the hills of Mill Valley on Throckmorton Ave. In addition to an Art Gallery, a few art studios and space for numerous writing, painting, and a host of other classes, a sculpture garden now graces those green hills, surrounding visitors with intriguing art wherever they look. Some of the pieces seem to be tethered to the ground, waiting to take flight. Others in beautiful stone variations proudly claim the spots they rest on.



The garden honors one of O'Hanlon's founders, Dick O'Hanlon, whose work is prominently displayed. He taught sculpture at UC Berkeley for many years. O'Hanlon and his wife, well known painter Ann O'Hanlon, lived here in the 40s and converted it into an artists' community that has thrived ever since. Guests are welcome to explore the new garden and visit the art gallery that features many shows throughout the year. Everyone is welcome to enjoy the new garden and to tour the gallery shows, artist studio spaces and classrooms. Memberships are also available for artists and anyone interested in the creative arts.

iPhone Tips

Apple Watch Saves Lives

Dovey Schneider

If you have an Apple Watch, did you know it can send help if you fall when you're alone? Your fall sets off a 30-second countdown sounding an alert that gets louder and louder. The phone is also equipped with a GPS that lets Emergency Services locate you. It even alerts your emergency contact.



COMMUNITY UTILITY USE

Utility	April 2024	April 2023	Change This Yr.	Cost This Yr.
Electricity	149,294	176,922	-18.5%	\$20,009
Gas	4,615	5,622	-21.8%	\$8,225
Water	896	915	-2.1%	\$10,756
Total monthly cost				\$43,489
Expense over last year: -\$17,055				

Mill Valley Philharmonic – May Season Finale

FREE Open Dress Rehearsal

Wednesday, May 8 at 7:30 pm

**You need a ticket even though this event is free.*

Click here for [TICKETS*](#)

[<https://millvalleyphilharmonic.networkforgood.com/events/>].

Mt. Tamalpais UMC, 410 Sycamore Ave.

May Movies

Auditorium

Sat 7:15pm /Sun 3pm



(5/4 & 5) **The Zone of Interest** — An Academy Award winner, this is based on actual events, depicting the German commander of Auschwitz and his family who live in their dream house next to the camp.

(5/11 & 12) **The Miracle Club** — Set in Ireland and France, 3 women win a pilgrimage to Lourdes. Maggie Smith and Kathy Bates star in this newly released film.

(5/18 & 19) **Past Lives** — This Academy Award nominated film tells the story of two deeply connected childhood friends, who reconnect after 20 years for a fateful week.

(5/25 & 26) **American Fiction** — An Academy Award nominee for best picture and actor, this film is about a frustrated black novelist who uses a pen name to write an outlandish novel. Jeffrey Wright stars.

* * * *

Silver Foxes Film Society

The theme of this month's films is: "**Spy Craft**".

5/7G Lounge Movies

Fri 7 pm / Sat 3:15 pm - Classics

(5/3 & 4) — **Woman in the Dunes**

(5/10 & 11) — **Royal Wedding**

(5/17 & 18) — **Auntie Mame**

(5/24 & 25) — **Guarding Tess**

(5/31) — **Howard's End**

Sat 7 pm / Sun Matinee 3:15

(5/4 & 5) — **The Boys in the Boat**

(5/11 & 12) — **The Zone of Interest**

(5/18 & 19) — **The Miracle Club**

(5/25 & 26) — **Past Lives**

Calling all Movie Lovers!

Eleanor Hein



Would you like time to discuss the movies shown at The Redwoods? Then come to an exploratory meeting to discuss starting a movie discussion group. Requirements? Opinions of all sorts; willingness to disagree; and a sense of humor, among others. This exploratory meeting is scheduled for **Monday, May 13 from 2-3pm in the 2/4 Lounge.** Bring your own popcorn. See you there!

Annual Bazaar Update



Beginning this month at the Residents

Association meeting, background information will be given regarding the Annual Bazaar. Each month thereafter specific information will be shared with respect to any changes the Committee has planned. Hope to see you at the May 16th meeting.

Eleanor Hein, Chair

Annual Bazaar Planning Committee

Gratitude Box

It's easy to go through the day without thinking about the environment that surrounds us here at The Redwoods. Why not stop and take a moment to appreciate what makes it so special; then continue your daily routine with a smile. Perhaps you'd like to share your grateful thoughts here next month.

- ❖ Thanks to the 2 residents who play the piano in the library nearly every day: Come and enjoy Liana Posselt about 8 am and Ed Merrilees at about 10 am.
- ❖ Thanks to the landscaper who selected and groundskeepers who maintain the glorious Wisteria that puts on its stunning show and permeates the air with its heavenly scent every spring.

Botanical Notes

Eva Buxton

Sunflowers

If you walked along the marsh last summer, you likely noticed the 6-foot-tall sunflowers growing in a garden along the path. Plants in the Aster (Sunflower) family - Asteraceae – are the most highly evolved plants. With about 30,000 species worldwide, it competes with the Orchid family for first place. If you studied botany before the 21st century, you knew the family as Compositae, an apt name, since the “flower” in Asteraceae is composed of many, many small flowers assembled into a head - a compound flower head! The small flowers are attached to a flattish structure called a receptacle. Common sunflower (*Helianthus annuus*), with several flower heads per plant, is a warm-season, annual species, native to North America. It was used and domesticated by pre-Columbian Indians. Asteraceae is the most common plant family in the wild in California.



The horticultural sunflower that grew along the marsh had only one flower head per plant, consisting of two types of flowers – ray flowers and disc flowers. The outer, sterile (“petal-like”) ray flowers were distributed around the “head” to attract pollinators, the disc flowers in the middle, if pollinated, developed into seeds (see picture).

Aster family plants come in three variations: only ray flowers as in Dandelion, a weed in lawns at The Redwoods; ray flowers and disc flowers, as in the Sunflowers along the marsh; and, only disc flowers, as in Brass-buttons in Bothin Marsh. Many Asteraceae plants produce a tuft of hair (pappus) on each seed, a “parachute” that assists dispersal by the wind. Haven’t we all



blown on a pappus ball of a Dandelion, spreading the seeds of this invasive plant?!

You are likely familiar with many plants in Asteraceae such as Dahlia, coneflower, Cosmos, and Aster, as well as edible species, including lettuce, artichoke, safflower, and chamomile.

Reflecting on Rhythm and Balance with Torri

George Carter

Torri, *aka* Our Lady of Perpetual Smiles, brightens the room before she’s fully through the door. It continues as she introduces each activity. What we do seems to fit each of our physical possibilities and, even more, addresses our emotional selves. This dancer/teacher is tuned to meet us where we are. Able to do only a little? Fine, stay seated. Up for more energetic sets? None is so energy-demanding that I (a not very fit 89-year-old), can’t enter in with enthusiasm. Likely there’s something here for you, too. Even some of the up-start 75-year-olds and 90+ folks say the same. Each week it’s a good crawl or romp or time to sway with the music.

And that brings us to Gerry, *aka* Lord of the Keyboard. Whether a lively *Sweet Georgia Brown*, a familiar folk tune or a lullaby by a classical composer, his music seems just right every time. Strongly scripted ahead of time? Doesn’t seem so. Torri introduces what we are to do, he listens, then begins in a just-right mood, tempo and volume. I’ve noticed moments when some of us doze off a bit and other times when it seems we’re all energized.

These two lead what is one of the gems (Wednesdays at 11 am) among the multitude of classes and activities we find here at The Redwoods.

The BARK

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Keven Bellows

BARK Back

Redwoods Grandmothers Take a New Role

Keven Bellows

Several grandmothers at The Redwoods have discovered an important new role in their families, in a profound drama that has shaken society to its roots. They have found themselves assuming the time-honored role of older women as “wise elders” to grandsons and granddaughters who are experiencing profound and mystifying changes in their lives that will permanently affect the family.

These children have been struggling with an acute personal awareness that their gender identity does not match the sex they were assigned at birth. Such a predicament is both overwhelming and scary. Talking to their parents about such a surprising and disruptive topic can be extremely difficult.

Each of The Redwoods “trans grannies”, as they call themselves, has experienced a grandchild who “opened-up” to tell them first, then sought their help in talking with the family. It is a reflection, perhaps, of the common undemanding acceptance grandparents have for their grandchildren, who feel that generous love. They also see the respect their parents have for their own parents. Knowing how difficult the subject is going to be, they seek an ally.

This experience has encouraged the grandmothers to go beyond their own families and try to educate all of us about this stunning new development in our lives. *Trans Grannies* want to advocate for their grandchildren and spread valid information to help us understand and accept yet another major change in today’s world.

They were happily surprised by the large turnout for the recent two-part seminar at The Redwoods on the subject. We heard from a very happy woman, who lived as a man for many happy years; transgender experts; and a former

young woman, now a young man. They explained in some detail what it’s like to be imprisoned in the wrong body, knowing something was fundamentally wrong, and their relief at acknowledging it and taking the many steps to achieve the freedom to be who they truly are.

Transitions

May 2024

<i>New Move-Ins:</i>		
Name	Apt.	Phone
Mary Harrison	3105	919-396-8464
Gail Gordon	6108	415-595-0650
<i>Moved Out:</i>		
Fazio Rocco	4215	
Armin Rosencranz	8208	
James Tupper	2105	
<i>Transfers:</i>		
Jack Hudson	12108 to HCC	
Inge Hvidsteen	13208 to 10201	
William Killingsworth	6111 to HCC	
Yo Morita	10206 to 3204	
<i>Deaths:</i>		
Kyung Kwun	3210	
Darold Sims	6104	
Rosanne Strucinski	HCC	