

The BARK



June 2024

Number 6

Redwoods Residents Association Update

- ❖ The Resident Services Manager, Barbara Williams, is requesting that all Headlands residents complete an annual Resident Satisfaction Survey. A “Survey Coffee” event will be held Monday, June 10, at 2pm. Watch for a reminder flyer in your cubby and mark it on your calendar.
 - ❖ Creekside residents look forward to being better informed about Redwoods events with the installation of additional bulletin boards in recent weeks. Zoe Borkowski, who personally distributes some 50 weekly calendars to Creekside residents, should be particularly pleased that the presence of bulletin boards will lighten her load.
 - ❖ The resumption of periodic 4 X 4 meetings between residents and The Redwoods Board of Directors offers a unique communication channel that provides opportunities to share observations and concerns about issues that affect the long-term satisfaction of its residents. All residents are invited to contact George Carter about participating in a 4 X 4.
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A Closer Look at: Janet Daijogo

John Young



Janet Daijogo’s earliest years were spent on a farm in Pescadero, California, where her parents and other Japanese Americans had farms. Janet was 5 when Pearl Harbor was bombed, dramatically changing her family’s life. They and other Japanese Americans lost their properties through expropriation, and for the next three years Janet’s family lived in a desert internment camp near Topaz, Utah. Fortunately, she found a mentor there, a Quaker volunteer teacher, whose friendship Janet treasured and maintained for years.

The U.S. government then assigned her father to teach Japanese to American soldiers at a college in Stillwater, Oklahoma. Within a year, her father was moved to Tokyo, Japan, to work as a translator for U.S. troops. Living on a military base, the family only occasionally interacted with the local Japanese population. From the age of 8 through high school, Janet did well in school, was a high school cheerleader and she dated boys from U.S. military families.

Following in her parent’s footsteps, Janet attended UC Berkeley to earn a degree in education. There, she met her future husband, Sam Daijogo, who was raised in Belvedere, California. After their marriage, they moved to the San Diego area, where Sam worked as a graphic designer and Janet taught school. Before settling down to jobs and starting a family, they

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spent a year in Japan. They moved to San Francisco for Sam's work, then to Mill Valley where they raised their two daughters, Maki and Tane, and Janet returned to teaching.

For 18 years, Janet taught young, emotionally disturbed children at the Marin Child Development Center. She credits her success with these challenging students to applying the martial art of *Aikido* in her approach to teaching. Her next teaching position was at Marin Country Day School, where she became one of their primary kindergarten teachers for 38 years. Again, she turned to Aikido, using its precepts as a foundation for her teaching. She also found time to teach Aikido to inmates at San Quentin.

Janet explained that Aikido is a responsive rather than aggressive school of martial arts. First, you find your *Center*—your natural confidence, then *Align* yourself with positive energies. *Focus* your intentions positively. In challenging situations, you *Bend* their negative energies to resolve them—like a tree bending in the wind or water surrounding a rock in a stream. Finally, *relax and respond positively* to the negativity of a situation to help everyone feel better.

Sam and Janet built a beautiful home on a hill in Mill Valley. Their daughter Tane and her husband Rob Lightner live in Mill Valley with their two children, Gracie and Ben. Maki, their other daughter, her husband David Spigelman and their two children, Sam and Josie, now live in Janet's former house. One of Janet's greatest joys is that she was close to all her grandchildren while they were young.

Janet moved to The Redwoods in 2023, several years after her husband's death. Her mother had lived at The Redwoods for 16 years, so Janet knew that it would serve her well, too. Janet feels grateful to be living at The Redwoods where she practices Tai Chi, attends Zen meditation and enjoys her Redwoods friends.

June Birthdays



Name	Birthdate
Mair MacKenzie	1
Maria Schujman	2
Lena Ruth Quinones	3
April Tanalski	3
Maxine Clamage	4
Hiroko Hanes	4
Michele Bailey	5
John Belz	6
Marcia Patt	6
Anjali Shah	9
Mary Harrison	10
Miriam Laughlin	10
Lauire Crowin	11
Dorothy Ann Wiley	11
Mary Beth Spiker	14
William Killingsworth	16
George Carter	16
Wilda Richardson	17
Alice McCarthy	18
Lea Gilg	18
Claudia Giuliani	20
Leonore Levit	20
Gloria Davis	20
Lina Bermudez	22
Lucianne McIntyre	22
James Rudolph	22
Nancy Hackett	23
Silke Balas	24
Zoe Borkowski	24
John Young	25
Sandra Massen	26
Helen Bruner	27
Gay Lynch	28
Sandra Malstrom	28
Paul Banner	30
Jeanne Richards	30
Kenneth Lucas	30

Hunter's Update

Dear Residents, Families & Friends,

May was full of good times. We enjoyed honoring older Americans and Mothers in particular. Many had fun at the Mill Valley Music Festival, and some joined us for a Celebration of Springtime on the patio as we raised funds for the Memory Care Center. There was also a meeting between residents and The Redwoods Board members, the wonderful Scholarship Awards celebration, and a chance to welcome the unofficial start of summer with the Memorial Day parade. All of this on top of the usual life enrichment programs made for a fun-packed month.

In June, we will celebrate Father's Day, appreciate 'Old Glory' on Flag Day and celebrate Pride Month in coordination with Mill

Valley's more comprehensive focus. We will enjoy and embrace the summer Solstice —the longest day of the year. We are resuming the Friday gardening program for anyone who would like some help from our Garden Coordinator, Liz Dietrich. Our water saving landscape project along Miller Avenue and Camino Alto will be completed, and we hope to finish the new Creekside social worker's office and open the new 2/3 Lounge. Work also continues on the Memory Care Center.

Thanks again for your patience and support as we continue our efforts to provide quality care, service and enrichment opportunities to and with you, and for all that you do to make our community strong and vibrant.

Yours Truly,

J. Hunter Moore, CEO

Secure, Free Wi-Fi Now Available at The Redwoods

To provide more protection for users of the free Wi-Fi provided at The Redwoods, we will phase out the no password option [*The_Redwoods*] this summer. The password-protected option [*TheRedwoods*] will be the only free Wi-Fi here. Please see the front desk for the password, and/or attend one of the free technology training sessions if you have trouble using this service. Many residents are already using this option so will not be affected by this change. Others already have their own internet connection through a private provider such as Comcast. It is your decision how you prefer to access the internet.

A Reminder: Main Dining Room Hours are 7:00am–7:00pm

Dining room employees would very much appreciate it if residents would keep in mind the hours of operation, particularly in the evening. It is difficult for dining room team members to finish their tasks if residents linger after 7pm over their evening meal. Before leaving, the team must prepare the dining room and kitchen for the breakfast team. Please help them by arriving between 5pm–6:30pm for dinner and observing the dining room hours. The evening team works hard to provide a pleasant dining experience for you, and we want to support them by keeping them satisfied with their work.

Life Enrichment

Girija Balasubramani, Program Coordinator

With the beginning of summer and the sun high in the sky, The Redwoods greets June with fun-filled events. We are celebrating several awareness events, including Juneteenth, Pride Month and Men's Health Month!

June Special Events and Performing Arts:

- Parkinson's Care Partner Support Group – 6/5, Wednesday, 3:00-4:00 pm, 5/7G
- Being Mortal–Speaking from the heart – 6/11, Tuesday, 2:00-3:00 pm, Auditorium
- Hearing Aid Clinic – 5/12, Wednesday, 11:00 am-12:00 pm, Clinic Room
- Afternoon Opera – The Pearl Fishers - 6/13, Thursday, 3:00-5:00 pm, Auditorium
- Performing Arts – Ian Scarfe – 6/13, Thursday, 7:00-8:00 pm, Auditorium
- Wine & Coffee Social – 6/14, Friday, 3:00-4:00 pm, Patio
- Garden Veggies Tasting - TBD Scott Garden
- Residents' Association Meeting – 6/20, Thursday, 2:00-3:00 pm, Auditorium
- Performing Arts – BR Live – West Coast Jazz Octet – 6/20, Thursday, 7:00-8:00 pm, Auditorium
- Roundtable – End of Life Options – 6/27, Thursday, 2:00-3:00 pm, Auditorium
- Performing Arts – Matt Jaffe - 6/27, 7:00-8:00 pm, Thursday, Auditorium
- Happy Hour – Pride Month Celebrations – 6/28, 3 pm, Patio

Excursions and Restaurant Drives:

Please sign up to reserve your seats.

- Restaurant – Left Bank Brasserie, French Restaurant – 6/7, Friday, 11:30 am – 2:30 pm, Larkspur
- Excursion-Crissy Field Center, 6/21, Friday, 10:30 am-2:30 pm Front / Bus

Program Highlights & News:

- Transportation Forum — 6/3, Monday, 10:00–11:00 am, at the Studio.
- Liz, the new Garden Coordinator, reinstates balcony and patio gardening service requests! You may submit your request on WorxHub.

For transportation questions, please contact Victoria at vdavis@theredwoods.org or 415.798.7684.

For general programs/room reservation questions, please reach out to Girija at gbalasubramani@theredwoods.org or 415.383.1600 ext. 275.

Have a new program idea and you'd like to facilitate, contact Denise at dacain@theredwoods.org or 415.383.1600 ext. 259.

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

Personal Garden Help Returns

Friday Gardening, a pre-Covid personal gardening service, is returning to help residents who feel they have “outgrown” the maintenance of their gardens or potted plants, but don't want to give them up. Our Garden Coordinator, Liz Dietrich, will be available to help every Friday in ½- or 1-hour segments. The service fee is \$35 for 1 hour and \$17.50 for 1/2 hour. Use WorkXhub to request this service. Watch for a flyer with more details.

Tailored Laundry Service Coming for Headlands Residents

Get in line to be among the first 25 Headlands residents to receive your first load of wash free from an off-site laundry service. Sign up on WorkXhub. You'll get a receipt that shows the cost of individual items to help you decide whether you want to use this weekly service. Pick-up is Monday–drop-off is Thursday. Billing is through your monthly rent statement. Watch for a flyer with more details.

All About Books

Joyce Crews



This month I want to call your attention to the portion of our library which is in the entryway to the Studio. Books here are in the library classification numbers 500, 600 and 700. The 500 section is for books on nature, including wildlife and plants. The 600s include books on health and exercise, and gardening and cooking. The 700s feature the subjects of art, architecture and entertainment.

A recent donation to our 500 section is *The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness*. This special creature has been getting a lot of attention recently. Did you see the wonderful documentary, *My Octopus Teacher*, that was shown in the Auditorium recently? It is about a man who develops a personal relationship with an octopus! And a recent novel in the library's collection, *Remarkably Bright Creatures* by Shelby Van Pelt, features a mischievous octopus living in an aquarium.

One of the books in the 600 section is *Relax into Yoga for Seniors: A Six-week Program for Strength, Balance, Flexibility and Pain Relief*, that includes clear illustrations of each pose.

Our 700 collection includes several oversize volumes with full-color illustrations by master artists. There are also some instructional books like *The Watercolor Handbook; Learning from the Masters*.

This section of our library's collection tends to get overlooked; I recommend you browse it sometime to get more familiar with its contents.

NOTE: A large percentage of our books are donated by residents and some non-residents. We welcome recent books (2021 to the present) and classic titles, both fiction and non-fiction, that are in good condition

Expressions of Your Life in Art

Helene Gibbs



Linda Spence is our latest Shining New Star to lead a workshop in our wonderful, cozy Art Studio. Linda has guided people in the telling of their life stories for years. One of her longest standing groups was at The Redwoods where it met for ten years. Linda will recreate her skills when she brings a new approach to telling our stories through art. Classes are on Tuesdays at 11am–12pm in the 8/10 Lounge. Art supplies are provided.

No other senior retirement community has the array of art programming that we offer. Here is our June schedule:

- Mondays at 11am–Line Drawing with Zoe
- Tuesdays at 11am–Expressions of Your Life in Art with Linda
- Thursdays at 11am–Mixed Media Imagery (will not meet the first Thursday in June)
- Fridays at 11am–Exploring Art with Sylvia and Helene
- Sundays at 2:30pm first and third Sundays–Crafts with Annelies

This 'n That

❖ Line Dancing Resumes!

Sheridan Brown is delighted to announce that her foot injury has healed, and she is ready to welcome new and former participants to join her in the studio on **Friday, June 14 at 2pm.**

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❖ The Succulent Potting Corner needs supplies for the Annual Bazaar:

- Pots, any size
- Depleted soil (we'll amend)
- Styrofoam, any size or shape
- Old cosmetic brushes
- Mesh bags

Questions? Call Blanch at 415-444-6444 or Audrey at 415-342-6036

June Movies

Auditorium

Sat. 7:15pm & Sun. 3pm



(6/1 & 2) A Quiet Passion—The story of American poet Emily Dickinson from her early days to her later years as a reclusive, unrecognized artist. Cynthia Nixon stars.

(6/8 & 9) The Holdovers—A cranky teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student with no place to go. Academy Award nominee Paul Giamatti stars in this new release.

(6/15 & 16) Poor Things—Academy award winner Emma Stone stars as Bella Baxter, a young woman brought back to life by a brilliant but unorthodox scientist. She becomes sexually adventurous and curious about the world she experiences in this colorful, bizarre film. Note: This film has sexually explicit scenes.

(6/22 & 23) The Lake House—A doctor who once lived in an unusual lakeside house begins to exchange love letters with its former resident. Together they must unravel the mystery of their romance before it is too late. Keanu Reeves and Sandra Bullock star.

(6/29 & 30) The Taste of Things—The story of Eugenie, an esteemed cook and Dodin, the gourmet whom she has worked for the last 20 years. Together, they create incomparable meals. Juliette Binoche stars in this newly released film.

Fri. 7 pm—Classics

(5/31)—Walkabout
(6/7)—Singing in the Rain
(6/14)—The Full Monty
(6/21)—Roman Holiday

Silver Foxes Film Society

The theme for this month's films is:
"Art Thefts"

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

5/7G Movies

Fri. 7pm & Sat. 3:15pm

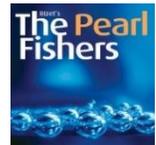
(6/1) — Till The Clouds Roll By
(6/7 & 8) — Howard's End
(6/14 & 15) — Walkabout
(6/21 & 22) — Singing in the Rain
(6/28 & 29) — The Full Monty

Sat. 7pm & Sun 3:15pm

(6/1 & 2) — American Fiction
(6/8 & 9) — A Quiet Passion
(6/15 & 16) — The Holdovers
(6/22 & 23) — Poor Things
(6/29 & 30) — The Lake House

Afternoon Opera—Bizet's *The Pearl Fishers*

Eleanor Hein



This Metropolitan Opera production is set in the exotic island of Ceylon. Two men vow eternal friendship; a friendship that is threatened by their love for the same woman. Diane Damrau, Matthew Polenzani and Maraud Kwiecien star. The opera will be shown on Thursday, June 13 at 3pm in the auditorium. Check your weekly schedule and posted flyer.

Just for Fun

I was going to buy a book on phobias, but I was afraid it wouldn't help me.

When a clock is hungry, it goes back four seconds.

What's New with Being Mortal?

Laura Bock

No, immortality has not arrived at The Redwoods, but the ongoing program *Being Mortal, Speaking from the Heart* has a new look. Since early January we have presented programs twice a month on ageing, loss/grief and end of life issues. For many of us, the round table discussions have been profound and at times transformative. This has been so for me.

Being Mortal will meet once a month on the second Tuesday through the summer when presenters will speak from their expertise. On June 11, Lorena Garbardino, from By the Bay Health (formerly Hospice By the Bay) will update us and answer our questions about hospice, palliative care and community support services. On July 9, we offer a panel of three end-of-life Doulas, explaining WHO they are, WHAT they do, WHEN they do it, WHERE they practice and WHY they are called to help in our last stage of life.

What will not change in our format is the small table conversations following each presentation, allowing us to absorb the information and share reactions with each other. Please join us.

Annual Bazaar Update

Eleanor Hein, Chair

Annual Bazaar Planning Committee

The Planning Committee will be meeting on Friday, June 21, at 3pm in the 2/4 Lounge. Interested residents are invited to sit in with us and learn how we go about planning for the Annual Bazaar.

At this month's Residents Association meeting, information will be given regarding the changes that will be made in the auditorium for the Annual Bazaar. In addition, a description of the new volunteer team structure will be presented. See you at the June 20 meeting.

Get in Shape!!

Keven Bellows



We have the Creekside social workers, the Resident services team in the Headlands, and a growing number of therapists to thank for the expansion of a vital new service for all Redwoods residents. The people in the Health Care Center have always had the option of physical and occupational therapy, but recently that team has added specialists to serve residents in Creekside and the Headlands, as well.

Jackie Hitchcock, who has been the Director of Rehabilitation for two years at the Health Center, is now The Redwoods Director of Rehab Therapies for all residents, in charge of hiring, scheduling and other rehab services. "I love patient care," she says, referring to her 14 patients now in the Center, "but I'm excited to take on this supervisory role and grow the department." Like many of us, Jackie says she fell in love with The Redwoods garden during her first visit in 2022. She is a Bay Area native, with a Master's Degree from San Jose State in occupational therapy.

The staff has now recruited **seven new professionals** to join in caring for 33 additional patients. They have signed on for one-on-one services to improve balance and posture, strengthen legs and backs, to improve stability, maintain the health they came in with and improve what they can. "We can be very grateful that this essential service is available to residents in all levels of care at The Redwoods. I'm glad that our team came together with our rehab partner to once again offer these very valuable services," said COO, Kyle Ruth-Islas.



L to R. Some of The Redwoods Physical Therapists:
Cassandra Alcantara, Jackie Hitchcock, Diana Mitchell, Brigitte Mc Fadden

Birds of Note

John Young



Female birds generally are not as colorful as their male counterparts; female birds usually have brown and cream hues. The most common duck in The Redwoods marsh and tidal stream is the Mallard. The male has a green head, yellow bill and white belly. There are three varieties of Teal ducks here: the Green-winged most often; the male has a cinnamon head, grey belly, with a green patch back of the eye. You'll occasionally see a Cinnamon Teal with its cinnamon head, or a Blue-Winged Teal with a white band behind the bill and a white rump patch. Buffleheads have prominently marked heads—the front half dark and the back half white, and a white belly. The Ruddy duck has a brown body, a blue bill; its head has a black top with white cheeks. The Common Goldeneye is a larger duck with a black head, white cheek spot and white belly. Once, as we walked along the marsh, we observed a Northern Pintail, a stately duck with a cinnamon head, white neck, and long pointed tail feathers, resting with a group of Mallards. I wondered whether mating was being considered since he was such a beautiful duck, but I haven't seen him since. I guess he was just stopping by.

Male and female Egrets cannot be easily differentiated by their markings. We routinely see both the Great Egret and the Snowy Egret. The Great Blue Heron is much larger and heavier than the Great Egret and the Snowy Egret is half the size of the Great Egret and weighs much less than the Great Blue Heron. The Great Egret has a tall white body with long black legs and a long yellow beak. The Snowy Egret also has a white body, but sports yellow feet and a black

beak. In the wind, the feathers on the back of its head are pushed up into what looks like a fan.

Occasionally, we'll spot a beautifully-marked Belted Kingfisher sitting on a dead branch overlooking the tidal stream, poised to dive for a passing fish. Its call is unforgettable, with a long, harsh clattering that's akin to a woodpecker's call, as it proudly marks its territory with its distinctive call.

Transitions

June 2024

New Move-Ins:

<u>Name</u>	<u>Apt.</u>	<u>Phone</u>
Kathleen Cummings	6111	415-301-0849
John Dakin	8208	415-515-9322
Roslyn Kirby	8304	415-235-2143

Moved Out:

Earl Burgess	2103
Alice Stephens	4109

Transfers:

Steve Karlin	4205 to 12108
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Deaths:

Dawn Murayama	3304
Darold Sims	6104

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The deadline for JULY submissions is:

MONDAY, JUNE 21