



• SPRING 2025 *Review*

AFFORDABLE . . . INNOVATIVE . . . INSPIRING

Q&A WITH KYLE RUTH-ISLAS, OUR NEW CEO

Now that you've assumed the role of Chief Executive Officer, we thought you might tell us more about yourself and some of your thoughts on the future direction of The Redwoods.

Thanks for speaking with me today. First, I'm excited to step into the CEO role and want to express my gratitude to the Board of Directors, the residents, and the team, who have given me such thoughtful encouragement.

How did you become interested in senior issues?

My interest and passion for the work that we do in senior living is directly attributable to being a third-generation long-term care professional. Both my father and my grandfather dedicated their careers to the service of older adults and their support systems. It's a family legacy that I'm proud to continue.

I have many memories from childhood of going to see my father at work, and getting to spend time with the residents as well as the staff. I also recall times when my father and grandfather would be conversing about many things pertaining to the field, and it's wonderful that I now get to have that experience with my father. This family history is certainly what sparked my interest to explore working in senior living.

What are the primary goals that you would like to achieve?

Perhaps the number one challenge that we will continue to face for the foreseeable future is the recruitment and retention of caring, dedicated, and talented professionals. In these unprecedented



CEO Kyle Ruth-Islas with resident Louise Carter at the New Years Eve party.

"Both my father and my grandfather dedicated their careers to the service of older adults and their support systems. It's a family legacy that I'm proud to continue."

times, we will need to put forward an intentional effort to find ways to stand out from other providers.

This includes the experience that we create for our team members and the way we set them up for ongoing success. Feeling valued, seeing that their hard work is paying off, having friends at work, and being appropriately

recognized for their contributions are important elements in retaining qualified and caring staff. Recognition can mean something different depending on who you're speaking to, and this is especially the case with a multi-generational workforce.

What are some specific challenges that you are planning to address?

In both our assisted living and skilled nursing communities, residents are having more complex health

continued on page 3

Letter from the Board President

WE ARE DELIGHTED to introduce Kyle Ruth-Islas as the new CEO of The Redwoods. Kyle's extensive experience in senior living and dedication to improving residents' quality of life make him a valuable addition to our team.

Kyle's journey here began two years ago when he joined as COO; in this role, he enhanced systems and services across our community. Now, as our new CEO, Kyle is already exploring ways to improve services even further. His immediate focus is on the opening of the Memory Care Center and working with our Endowment team to ensure that this level of care is affordable for moderate and low-income residents.



Importantly, his commitment to inclusivity is evident in his practice of seeking feedback from residents and staff, who consistently report feeling supported and respected. We are confident that his collaborative approach will lead us to innovative opportunities and continued success.

The Board of Directors is eager to learn from Kyle and work together to achieve our shared goals. We look forward to a bright and exciting future with Kyle at the helm!



JANET CHINES, President, Board of Directors



Letter from the CEO

Great News! The Redwoods has received a gift of \$500,000 for the new Memory Care Center

I'M PLEASED TO ANNOUNCE that The Redwoods has received a \$500,000 grant from the Bettye Ferguson Estate toward the completion of the Center. In recognition of this generous gift, it will be named the Bettye Ferguson Memory Care Center. This project is a notable milestone for The Redwoods and is a proud continuation of our history of expanding our services to better meet the needs of older adults in our community.

In keeping with the spirit of our mission, a key question we are discussing is how we can make memory care more affordable, especially given the fact that

there are inadequate sources of financial assistance for those in need of that level of care.

This issue served as a primary catalyst in our decision to initiate a campaign to significantly grow our Endowment Fund, as it would give us the ability to provide meaningful financial support to residents in our forthcoming Memory Care Center. We are deeply grateful to the Bettye Ferguson Estate for this support, and we look forward to honoring her legacy. ■

Sincerely,



KYLE RUTH-ISLAS, Chief Executive Officer

Welcome to the Board!

CAROLINE JOACHIM is an attorney who has served on the Mill Valley City Council since 2023. There, she established the Beautification Brigade and the Live Well Mill Valley advisory group, which works to create an age- and disability-friendly community.

A 20-year Mill Valley resident, Caroline is deeply involved in the community. She has served as president of both the Mill Valley Little League and the Old Mill School PTA, is a member of the Mill Valley Rotary Club,



Marin County Bar Association and Marin Women's PAC, and currently volunteers with Marin Villages and St. Vincent de Paul.

"I am honored to join the board of The Redwoods and support its vital mission of fostering an inclusive, vibrant community for older adults in Mill Valley. I'm especially excited to meet and engage with the residents, as my time spent at The Redwoods has always been enriching and inspiring," says Caroline. ■

A REMARKABLE RECOVERY: RESIDENT BETH WEIL

IN DECEMBER 2018, the Redwoods community welcomed Beth Weil, a new resident who had recently endured a life-changing stroke. The stroke left Beth permanently slouched, posing significant physical and emotional challenges. Determined to support her, our team committed to helping Beth achieve the best quality of life.

Over the next five years, including during the COVID pandemic, Beth made remarkable progress. Through dedicated care and her own steadfast determination, she became increasingly active and involved in community life, taking joy in group activities such as the Rock the Ages Chorus, art classes, and bridge games.

Then one morning she had a serious accident that resulted in a broken neck which required surgery, followed by an extensive period of rehabilitation and skilled nursing care in our Health Care Center.

"The first year after my stroke, I thought about ending my life. But things gradually got better and better,



Beth Weil singing with the Rock the Ages chorus.

Through dedicated care and her own steadfast determination, she became increasingly active and involved in community life.

and now I feel fine. Fortunately, I've maintained my mental clarity as well," says Beth.

During these challenging times, Beth demonstrated extraordinary resilience. Following her surgery, our dedicated team created a plan of care focused on strengthening her neck and improving her posture through a combination of physical, occupational, and speech therapy.

"Beth's transformation is incredibly inspiring," explains Clinical Director of Creekside Cheril Adlam, PhD, MTh, LVN. *"For the first time in many years, she's able to hold her head up high and turn to the right and left. This remarkable improvement has made a profound difference. Now, she can look forward and meet us eye-to-eye."*

Beth's story is a testament to her unwavering spirit and the power of teamwork, perseverance, and compassionate care from the entire Redwoods team. She is now happily in the process of transferring back to her Assisted Living apartment, a goal that once seemed out of reach. ■

Q&A WITH KYLE RUTH-ISLAS, OUR NEW CEO, *continued*

and psychosocial needs than in prior years. People are generally living longer than they have in the past. While that's a wonderful thing, it also creates a risk of developing certain conditions. For example, research shows that the risk of developing Alzheimer's Disease doubles every five years after the age of 65.

By expanding our clinical capabilities, we will be able to serve more people and better address their needs. A notable step we are taking is the forthcoming opening of our Memory Care Center.

"Feeling valued, seeing that their hard work is paying off, having friends at work, and being appropriately recognized for their contributions are important elements in retaining qualified and caring staff."

In addition, there continues to be little to no government subsidy for older adults who need assisted living, including memory care.

We will continue to find ways to maximize the affordability of our services at The Redwoods. As part of that effort, we recently launched an ambitious fundraising campaign to double the size of our Endowment Fund, which will further allow us to keep costs

down for our residents. This includes providing meaningful financial support to people who cannot afford memory care, and who would otherwise unnecessarily go to a skilled nursing facility. ■



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



NON PROFIT
U.S. POSTAGE
PAID
PERMIT NO. 120
SANTA ROSA, CA

Sunday, May 18th at 3:00 pm—Save The Date for our 2nd Annual **EAT, DRINK & PLAY—A SPRING GARDEN CELEBRATION**



JOIN US AT **THE OUTDOOR ART CLUB** for a fun-filled family celebration. The event is co-chaired by Caroline Joachim and Wendy Nichols.

Enjoy live music by **Rock the Ages & Susan Z and The Winding Road**, with delicious spring fare catered by **Stacey Scott** (with options for both adults and kids).

Fun for All Ages:

- Face Painting & Balloon Art
- Cornhole & Games
- Foosball
- Photo Booth

Admission:

- Kids 12 and under: Free
- Kids 13-17: \$15
- Adults: \$75

GET YOUR TICKETS: www.TheRedwoods.org/events

Come learn about The Redwoods! We can't wait to celebrate with you! 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!

*Face Painting with Buki the Clown at last year's
Eat, Drink, and Play!*

