

Employee Holiday Fund

October 1 — December 4

Recently I had the experience of receiving a quick response for assistance from maintenance that “made my day.” The job was done so well and efficiently that I wished I could have expressed my thanks with a tip, but that is not allowed. The Redwoods' "no tips" rule is one we've come to accept and appreciate. But it's sometimes frustrating when one of the staff goes out of his/her way to help you, and you can only reply with effusive “thank yous” to express your appreciation. Your contribution to the annual **Employee Holiday Fund** is a personal opportunity to give back to the front line **staff only**—cooks, kitchen and wait staff, nurses, caretakers, maintenance and housekeeping. Management is not included in this distribution.

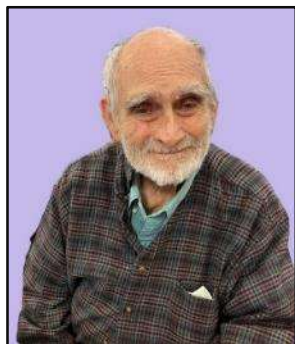
The Fund comes at a particularly expensive time of year for families, and we can brighten their holidays with our thanks. Express your year-long thanks with a check or cash to the Employee Holiday Fund—The Redwoods to say thank you.

Watch your cubby for details and a donation envelope.

Helen Hempel

Eldon Beck A Man of Ideas & Ideals

Eldon Beck is a recent addition to The Redwoods notables and has lived in Mill Valley for many years with his wife, Helen. Married for 65 years, they joined our community, but Helen died shortly after their move. They have 2 children, Fred who lives in Berkeley, and Jenn who lives in Montana.



A graduate of UC Berkeley, he taught for many years in the Graduate School of Design and won international acclaim for his master plan of a car-free mountain and resort village, Whistler, British Columbia, that set a new standard for mountain village design. He

continued to create similar master plans all over the world, from Colorado to New Zealand until his retirement at the age of 84.

He has written about his work, combining the love of nature—rivers and streams, trees and meadows—with the love of architecture and the “edges” where they meet in a book entitled *A Guide to Village Form*.

Along with all his worldwide travel, Eldon also has written a book of poems that is available in the poetry library at The Redwoods, entitled *Wind Glows White*. Eldon credits his father with his love of poetry. As you might expect, the subject of many of his poems is his love of nature. One of his poems is featured in our newest column featuring our own Redwoods poets.

Redwoods Residents Assoc. President's Report

John Young

To New Redwoods Residents:

Welcome to The Redwoods! Your Corridor Representative has or soon will welcome you to the corridor/hall where your apartment is located. Please do not hesitate to knock on your neighbors' doors and introduce yourself. If you live in an Assisted Living building, you eat your meals in the dining room, so another good way to get to know more of your fellow Assisted Living residents is to intentionally sit at different tables at mealtime.

Twice every month on the 2nd and 4th Thursdays, meetings are held to help orient new residents. They run from 4-5 pm in the 2/4 Lounge (the meeting room between buildings 2 and 4).

Another good way to meet even more residents is to attend the monthly **all-residents meetings** held each 3rd Thursday from 2-3pm in the Auditorium. (Walk through the library, then turn left in front of the large bulletin board.)

To All Other Residents:

Please reach out to newer residents, particularly those who live on your corridor. Share with them what attracted you to The Redwoods. Invite them to join classes, or take them to programs you particularly enjoy.

Help set up a social gathering for your corridor. If you live in Assisted Living, you now can arrange to hold a gathering in the dining room. You should try to attend the Friday socials that are scheduled several times a month starting at 3pm in the courtyard or the auditorium, where you can count on free finger food, beverages and often live entertainment.

The point is, if you're feeling lonely or isolated, there's no better way to eliminate the blues than by mingling with others.

OCTOBER BIRTHDAYS

Resident's Name	Date
Laura Bock	4
Audrey Hazen	6
Tord Carmel	7
Jock Millenson	7
Eleanor Obenaus	8
Christine Brooks	8
Lisa Jaros	10
Sarelyn Wager	12
Margaret Morley	12
Barbara St.John	15
Louise Carter	17
Arthur Sweeny	18
Mariella Pedraza	18
Elena Penna	22
Sondra Barrett	23
Patricia McCormick	24
Marie Laville	24
John Pierson	25
Marilyn Kieman	28
Margot Ellison	29
Sheridan Brown	29
Sandra Johnson	30

“Politics ain't worrying this
country one-tenth as much as
where to find a parking space.”

Will Rogers

An Elder Wisdom Bench is Donated to The Redwoods

Kathleen Moran



The Redwoods has received an “Elder Wisdom Bench” from the Mill Valley Chamber of Commerce’s “Enjoy Mill Valley Fund,” which sponsors local

civic projects. These benches are placed in strategic locations where intergenerational conversations are likely to arise—in this case—between Mt. Tamalpais High School students and the residents of The Redwoods. It is aimed at countering ageism by creating opportunities for people of all ages to connect, listen, and learn from the accumulated “wisdom” of seniors. Our bench sits near the corner of Miller Avenue and Camino Alto and has been landscaped with low-growing native plants—a most inviting setting in which to have a meaningful conversation between 2 generations.

Thank you Mill Valley Chamber of Commerce!

Looking Back. . . .

10 years ago at The Redwoods

From the 2015 Bark Archives:

- Redwoods Republicans Unite! You are not an endangered species! The next lively meeting and discussion of the 14 (so far) Republican candidates for President is Monday, July 6, at 1:30pm in the 2-4 Lounge.
- Yes, Virginia, there still is Bingo at the Redwoods. Every Thursday at 7pm and Monday from 4-5pm in the Library. Five cents a card – winnings can reach \$3! Bring change and a loud “Bingo!”

Kyle's Korner

Dear Residents, Friends, and Family Members,

In follow up to my report at the Resident Association meeting, I'd like to share that our rollout of **LifeLoop** is continuing to go well and is on schedule for implementation in October. As a brief reminder, *LifeLoop* is an online resident engagement platform that will replace the *Connected Living* app that we've been using. A key feature of *LifeLoop* that we're excited about is the ability to send emails and text messages without any need to download an application to a phone or computer. That said, *LifeLoop* has many other features, such as displaying activity calendars, menus, educational content, and more!



A key part of the implementation is facilitating learning sessions for residents who are interested in using *LifeLoop*. These sessions are underway and will continue through the implementation period. Additionally, we're planning to include a *LifeLoop* learning series in our Life Enrichment calendar for 2026. Our goal is to have succinct learning opportunities that are repeated throughout the year to assist anyone who is interested in learning to use *LifeLoop*.

As always, please feel free to contact me directly with any questions that you may have regarding what I've shared in this article.

Kyle Ruth-Islas
Chief Executive Officer

Happy Autumn!



Mill Valley Seniors for Peace

Nancy Miller for MVSFP

Standing Up for Democracy It's Time to Vote 'Yes' on Prop 50!

This is an opportunity for Californians to protect our state and country from the Trump administration's undemocratic attacks on our community, the social safety net and our economy. By voting YES, we can ensure our voices are heard and our democratic values are upheld. By voting YES, we can take a stand for a fair and just future for everyone.

Here are some important dates and logistical information:

Vote-by-Mail Ballots arrive October 7–10. If not received, and for any voting questions, call Marin County Elections at 415-473-6456.

Ways to vote:

- **Mail your ballot.** No stamp .. VERY EASY! Ballots must be postmarked no later than November 4th .
- **Use a Drop Box.** Mill Valley Community Center, 180 Camino Alto (in the parking lot).
- **Visit a Voting Center.** Sausalito City Hall at 420 Litho St. Open October 25 through November 3rd, 9am to 5pm; on November 4, from 7am to 8pm.
The Voting Center is where to go for personal help with voting issues, such as replacing a lost or damaged ballot, early in-person voting, or registering and voting on the same day.
- To have a personal representative vote for you, call 415-473-6456 and ask for information on how to do this.
- For information on Proposition 50, visit the MV Seniors for Peace Information Center near the dining room.
- You can track your Mail-In Ballot by going to; Where'sMyBallot.sos.ca.gov.

And finally, mark your calendar for October 17 & 18 for the next NO KINGS IN AMERICA rallies.

Poetry for October

Joyce Rose

Ode to a Rosebud

by Eldon Wren Beck



My hidden loves are many
Misty mornings softening awake
Belonging to a world when the sun plays
Tag with shy shadows I've come to love
The rosebuds innocent perfection,
like childhood bliss,
But how do I give a valentine to a rosebud?

Helene, my love of half a century
Cried pearly tears when I asked 'Will you?'
Years shared, pains exchanged, compassion
held
While she cared for my stumbling maleness
Enveloping hugs still unite our passions.

My radiant bed of unfolding mysteries,
Your richness is as vibrant-bright as the breeze
that caresses a blanket of starlight
Oh, brilliant soul, who heals my timid heart..
How do I give valentines to a rosebud?

SCAM of the Month

Kathleen Moran

I received the very same message as an email and a text, allegedly from FedEx Ground. Both gave a link to a website that I was instructed to click on and follow the instructions to "reschedule a delivery."

NEVER NEVER CLICK ON A LINK IF YOU ARE NOT EXPECTING A PACKAGE.

I checked on the internet about FedEx scams and this is one that has recently popped up.

Life Enrichment & Transportation

Denise Acain, Director of Life Enrichment and Transportation

Outings & Excursions – (Sign up Required)

- Restaurant - Sailing Goat – Friday, Oct 3rd, 10 AM, Front Entrance
- Cathedral of Saint Mary of the Assumption – Friday, Oct 10th, TBD, Front Entrance
- Off Site Performance: Lark Opera – *La Sonnambula* – Saturday, Oct 18th, 9:10 AM, Front Entrance

Clinics & Discussions

- Parkinson's Support Group – Thursday, Oct 2nd, 11:00 AM, 2/4L
- Parkinson's Care Partner Support – Thursday, Oct 2nd, 11:00 AM, 2/3L
- Hearing Aid Clinic – Wednesday, Oct 8th at 11:00 AM, Clinic Room
- New Resident Support Group – Thursdays, Oct 9th & 23rd at 4:00 PM, 2/4L
- Cross Cultural Healing Group – Tuesday, Oct 14th at 10:00 AM, AUD
- Resident Association Meeting – Thursday, Oct 16th at 2:00 PM, Auditorium
- Roundtable: TBD

Performances

- Performing Arts – Marin Music Chest – Thursday, Oct 2nd, 7:15PM, Auditorium
- Performing Arts – Ian Scarfe – Thursday, Oct 9th at 7:15PM, Auditorium
- Ballet Series – Coppelia – Monday, Oct 13th at 7:15PM, Auditorium
- Performing Arts - (B&R) – Thursday, Oct 16th at 7:15PM, Auditorium
- Performing Arts – Monica Chew, Thursday, Oct 23rd at 7:15PM, Auditorium
- Performing Arts – Marin Girls Chorus, Thursday, Oct 30th at TBD, Auditorium

Social Events & Talks

- Garden Event – Fall Harvest Bingo, Thursday, Oct 9th at 11 AM, Scott Garden
 - Wine & Coffee Social – Friday, Oct 10th at 3pm, Patio
 - Happy Hour: Halloween – Friday, Oct 31st at 3PM, Wellness Center/Studio/Patio
-
- Do you have a new program idea? Please contact Denise at dacain@theredwoods.org or 415-383-1600 ext. 259
 - For general programs/room reservation questions, contact Girija at gbalasubramani@theredwoods.org or 415-383-1600 ext. 275.
 - For transportation questions, contact 415-798-7684.

Events are subject to change. *Please refer to the calendars on bulletin boards around campus or on the CLC app for the most up-to-date information.

Who's Reading What?

Joyce Crews



Ramune Rimas is reading *Women in Praise of the Sacred: 43 Centuries of Spiritual Poetry by Women*. This book, edited by Jane Hirschfield, is in our special poetry collection in building 11, floor 3. Rae says she likes to read about strong women.

Vava Bailey is reading *How to Know a Person* by David Brooks, who is one of our country's leading writers and commentators. He writes for the *New York Times* and *The Atlantic* and is often featured on the PBS NewsHour. This book is in our Redwoods library in the 300s section.

Jill Birch is reading Louise Penny's newest mystery, *The Grey Wolf*, part of her Armand Gamache series. Jill mentioned that there are place names in this story, like "The Three Pines" which match place names in her personal history. This book is in our Redwoods Library in the mystery section, which is identified by the red dots on the book spines.

Our collection of LARGE TYPE books is smaller than usual. If you have any in your apartment—or any other library books—that you are not reading, please return them to the library.

Book Donations: We appreciate the donation of recent (2022—the present) books that are in good condition. We also may add some older titles that are classics or prize winners. Please put any donations in the drawer under the fiction section which is labeled **Book Returns and Donations**. Please do not put them on the top shelf of our book truck which is labeled **New Books**. This shelf is for books which we have already processed and are ready to be checked out.

Spontaneous Quotes Emanating from the Art Studio

Helene Gibbs



To hear from our sponsors—oops—residents, I took an impromptu survey during a workshop in our 8/10 Art Studio.

Question:

“What draws you to the art program?”

Rosalind Patterson: *“It has helped me to look at things with new eyes.”*

Sylvia Alva: *“The art program at The Redwoods has given me a new interest and outlet. It brings me joy working with other wonderful people and creating friendships.”*

Patrick Heagerty: *“I come here to relax, chill out and socialize, to see what art I come up with!”*

Sondra Barrett: *“Being in the art room with other people and the quiet is soothing. It is also exciting to learn something new. It's different from doing it alone in your room.”*

Diane Hollis: *“The art room takes me out of my comfort zone and gives me an opportunity to socialize.”*

And finally from Joan Bertalone, who had never created any art: *“Hey neighbors, we have art groups 4 days every week (1st floor across from the elevator). We have lots of supplies and room available; so if you are curious, come on down! You can be an artist or not—just be curious about art. We're a friendly group having fun creating.”*

If everything seems to be going well, you have obviously overlooked something!

October Movies

Eleanor Hein

Saturday 7:15pm /Sunday 3pm
Auditorium



(10/4 & 5) The Etruscan Smile—A rugged Scotsman leaves his isolated island home to seek medical advice in San Francisco. Staying with his son, his life is unexpectedly transformed through his newly found love for his baby grandson. (Comedy/Drama)

(10/11 & 12) Our Little Sister—Three sisters who live together meet their half-sister at their father's funeral and invite her to live with them. (Drama)

(10/18 & 19) My Old Lady—An American inherits an apartment in Paris that comes with an unexpected guest. Maggie Smith and Kevin Kline star. (Comedy/Drama)

(10/25 & 26) Arthur's Whiskey—Three elderly ladies drink an elixir that makes them young again. Diane Keaton, Lulu and Patrica Hodge star. (Comedy)

Films are subject to change.

The Silver Foxes Film Society focus for October is:

The Power of Art

Friday Classic Films

Friday, 7:15pm Auditorium

(10/3 & 4) The Sting—Paul Newman and Robert Redford star as two grifters trying to pull off a con. (Drama)

(10/10 & 11) Butch Cassidy and the Sundance Kid—Paul Newman and Robert Redford star as members of a gang of outlaws that tries to rob a train. (Drama)

(10/17 & 18) The Last of the Blonde Bombshells—A woman tries to reunite the swing band she played in during WWII. Judi Dench stars. (Comedy)

(10/24 & 25) Hello Dolly—Matchmaker Dolly Levi tries to find a partner for the local bachelor. (Musical)

(10/31 & 11/1) Being Julia—Set in 1930's London, a stage actress sets out to sabotage a competitor. (Comedy)

Film suggestions are always welcome.



Monday Night Ballet

Eleanor Hein

This month's presentation is *Coppelia*. The ballet tells the story of the toymaker Dr. Coppelius, who creates beautiful mechanical dolls. Friends of

Franz, a local boy, play a prank on him by taking one of the female dolls and placing it in the town square. Franz, unaware of the prank, becomes besotted with the doll, thinking she is real. He is finally brought to his senses by his fiancée. The program will be shown on Monday, October 13 at 7:15pm in the Auditorium. Check your weekly schedule and posted flyers.

This is the last ballet presentation for this year. The ballet season will resume in May 2026.

Community Utility Use July – August 2025

Utility	2025	2024	% Change This Yr.	% Cost This Year
Electricity	102,030	102,568	-0.5%	-2.5%
Gas	2383	2631	-10.4%	-2.1%
Water	1,110	1,141	-2.8%	-23.2%
Total monthly cost				\$42,308
Expense over last year:				-\$3,981

Random Thoughts on . . . The Aging Process

Joan Bergsund



The new buzzword is “*super ager*.” I see this term in multiple news media. It refers to the advances that modern medicine is achieving so that we may continue to live longer without serious health issues. It’s incredibly complex as we contemplate 38 billion cells in each body; consider this the tip of the iceberg. Are you intrigued, interested?

Eric Topol, renowned and distinguished scientist, writes in detail in his book *Super Agers* about the possibilities for advances in medicine, science and technology and the billions being spent “for our eventual benefit”. In the *New York Times* we learned how important the social aspects of aging are to our longevity. We in Assisted Living can speak to that as we dine together and exchange pleasantries. Tad Friend wrote in a recent copy of *The New Yorker* about the competition which pits one researcher against another for the privilege of advancing assorted theories. Jennifer Garrison at the Buck Institute for Aging is one of many who vie to win an XPrize grant. Her project described in the *Wall Street Journal* centers on the ovaries in her quest to improve women’s health. The XPrize is the brainchild of Peter Diamandis, Executive Director of the XPrize Foundation, with mind-blowing plans for the future.

Keep in mind that there are over 800 longevity clinics in the U.S. with roughly the same goals in mind. It may be years before we have tangible evidence that we can live expanded lives. We are assured advances are on the horizon.

To interject a lighter touch, you Trekkies will recall the expression, “Live long and prosper,” which might become our new mantra. Or at the very least, we might greet one another with “Have a good day” and mean it!

Transitions October 2025

New Move-Ins:

<u>Name</u>	<u>Apt.</u>	<u>Phone</u>
Cynthia & Roger Babat	10202	917-655-9946
Tom Dalhgren	5303	no number
Anne Kasanin	5102	no number
Mary Kae Krauss	11108	415-686-5295
Emmy Mueller	2109	415-888-8291
Joyce Nelson	6115	925-360-1365

Moved Out:

Joan & James Scatena 4214

Transfers:

Wendy Polivka 12215 from 12109
& Evan Painter

Deaths:

Kathleen Cummings 2109
Barbara McDonald 12202

Submission deadline for the November BARK

October 24, 2025

The BARK

Editor: Kathleen Moran
Associate Editor: Keven Bellows
Poetry Editor: Joyce Rose
Proofreader: Andrea English
Distribution: Tom Whiteman

“It always seems impossible until
it’s done.”

Nelson Mandela