



The Employee Holiday Fund



If you haven't yet expressed your gratitude to the staff for all they do for each one of us throughout the year, there is an envelope marked Employee Fund waiting for your contribution in the Mail Room.

To put the Fund in perspective, there are about 200 men and women who are eligible for this expression of our gratitude. And without counting noses, we can safely say that each staffer has at least 2 other people in the home whom they support.

Among them are the kitchen and dining room staffs – the men and women who keep

our rooms clean and our beds changed; the maintenance staff who supervise the upkeep of the entire indoors—vacuuming, repairing, and painting, and the outdoor staff who set up the patio for lunch and for parties, keep the grounds looking beautiful and the gardens growing.

They share our pride in this beautiful home and care for it like it's their own. Please do show your gratitude with your gift in this season of giving.

The envelope to receive your contribution is in the mailroom

Lou Doppelt

Keven Bellows



The Redwoods is the most recent stop for new resident Lou Doppelt, born in Poland, who moved with his family as an infant to South Africa, ahead of the start of World War II. They settled in Johannesburg, where he grew up and studied at the university there.

Lou married a woman he had met at college, and they moved to Pretoria, where they had two daughters. He developed big shopping malls, designing a variety of shops and restaurants with memorable names. His steakhouse was called *Sir Loin* and another for lighter fare was *Lord Sandwich*, in honor of the British nobleman who invented that delicacy. A favorite spot for the ladies who loved to gossip was The Grapevine.

In 1974, apartheid, the racist government policy, made living in the country increasingly uncomfortable. Lou and his family left for England, where he lived for the last 45 years,

continuing his entrepreneurial enterprises. Among those was the purchase of Bendicks, a beloved London chocolate shop, to which he added a coffee bar.

From his home in London Lou traveled widely by sea and air to the Far East, Russia, , Canada and Australia.

His first USA stop was Los Angeles, where he decided to stay with his daughter and their dogs for many years. When her job moved her to New York this year, he moved yet again to Marin County near his second daughter, who lives in Tiburon. Since settling in at The Redwoods, Lou has become a great grandfather to another girl, born this year.

Despite her very welcome presence, he missed having a dog. Enter: "Willie," a small tan mixed terrier who is about our age, whom he shares with another dog-loving resident, who cannot walk the dog. So he and Willie walk happily together.

Mill Valley Seniors for Peace

Standing Up For Democracy

Why Vote?

The current election cycle is about to close. While many of our residents have fulfilled their civic duty of voting and getting their mail-in ballot turned in, there are still some who basically shrug their shoulders and say, “Why vote? It’s not going to make any difference.”

I disagree. It does make a difference in many ways. Here are just a few examples:

1. There are still close elections. If a small number of people had voted differently in Georgia and Pennsylvania in 2020, the electoral votes from those two states would have given the election to Trump versus Biden.
2. Participation in voting (**your one vote**) reinforces the importance of the entire system. When few vote, those elected feel less pressure to respond to their constituents, essentially undermining the government’s moral authority.
3. Your Yes Vote on Proposition 50 is needed to be part of a resounding national call to end our country’s further descent into the current federal administration’s authoritarianism.

In an election like the current one, it is so incredibly easy to vote. We have only one issue to decide. Even at this late date, **YOU CAN STILL VOTE**. If you have your ballot, take it down to the local Community Center and drop it in the special container in the parking lot. If you face any special issues (not registered, or you did not receive a ballot in the mail, or your ballot is misplaced in your apartment,) or you have any other problems that keep you from voting, you can go to our **Voting Center** at the Sausalito City Hall, 420 Litho St. The Center is open through November 3, 9 am to 5 pm; on November 4, from 7 am to 8 pm.

For any questions, call [REDACTED].

Nancy Miller for MVSFP

November Birthdays

Resident’s Name	Date
Anne Kasanin	3
Berit Carlsen	5
Jennifer Quinlan	5
Terry Morawitz	7
William Canada	8
Carol Hsu	14
Barbara Randall	15
Anita Hoffman	19
Carol Saysette	20
Helen Giambruni	20
Emmy Mueller	22
Peter Elliott	23
Ellen Kohs	24
Carol Hanna	25
Evelyn Gallagher	25
Laura Elliott	26
Paula Parlato	26
Elsa Glines	27
Anne Damiens	30

A BIG Thank You

As this election cycle ends, a great BIG thank you to the **Yes on Proposition 50 Group** and members of the **Seniors for Peace** who registered new voters, helped fellow residents with various questions, reminded folks (day and night) to get their ballots in the mail, and prepared **3,000 postcards** directed to voters in Central California. All of you deserve credit for working to save our democracy!

Nancy Miller, for MVSFP

Art Studio

Helene Gibbs



If you think you are just having fun in art classes—read this:

Creating art is as fascinating as appreciating it. When we engage in creative activities, our brains enter a unique state. The Default Mode network (DMN), associated with mind-wandering and daydreaming, becomes highly active. This network allows us to generate new ideas by connecting disparate concepts, a process central to creativity. It also triggers a response in our brain's reward system. The act of creating stimulates dopamine production providing us with a sense of pleasure and motivation to continue our artistic endeavors.

Therapeutic benefits include:

- *Stress Reduction:* Art can serve as a form of meditation and reduce stress levels.
- *Self-Awareness:* Through creating art, individuals can gain insight into thoughts and feelings.
- *Social Skills:* Group art can promote social interaction and cooperation.

Mental Health: research shows that engaging with art can have profound effects on mental health and reduce anxiety and contribute to overall well-being. By offering a means of expression and a source of pleasure, art can significantly enhance our mood and outlook on life.

Residents can find The Redwoods art offerings in the Art Studio, in room 8/10. The art materials are provided, and a community of residents awaits you. Art workshops for each week are posted on bulletin boards. Try it – you will like it.

Kyle's Korner

Dear Residents, Friends, and Family Members,

I've recently received some questions and comments regarding pets in the community. More specifically, asking if The Redwoods has any specific policy on residents having pets and associated rules. I would like to confirm that we do have a Pet Agreement (i.e. a policy), which is part of our Residency Agreement for the Headlands and for Creekside Assisted Living. It is fairly detailed and we're happy to answer any questions that you may have about the content.

One concern that has been raised is dog leash lengths in the community, as there is a risk for tripping/accidents. There is currently no specific language in the Pet Agreement regarding the length of leashes. With that said, I would respectfully ask that residents with dogs keep leashes to a reasonably short length that protects/preserves the safety of the pet owner and the dog. Overall, we want everyone to be safe, and excessively long leashes can present a tripping hazard for others. I thank all dog owners in the community for their support and understanding.

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

Life Enrichment & Transportation

Denise Acain, Dir. Of Life Enrichment & Transportation

Outings & Excursions – (Sign up Required)

- Restaurant – Sam's Anchor Cafe – Friday, Nov 7, 11:30am, Front Entrance
 - The Marine Mammal Center – Friday, Nov 14, 9am, Front Entrance
 - Off Site Performance: Marin Chamber Music: Telegraph Quartet – Sunday, Nov 16, 4:15pm, Front Entrance
 - Off Site Performance: Lark Opera: Arabella – Saturday, Nov 22, 9:10am, Front Entrance
-

Clinics & Discussions

- Parkinson's Support Group – Thursday, Nov 6, 11am, 2/4L
 - Parkinson's Care Partner Support – Thursday, Nov 6, 11am, 2/3L
 - Hearing Aid Clinic – Wednesday, Nov 12, 11am, Clinic Room
 - New Resident Support Group – Thursday, Nov 13, 4pm, 2/4L
 - Cross Cultural Healing Group – Tuesday, Nov 11, at 10am, Auditorium
 - Resident Association Meeting – Thursday, Nov 20, 2pm, Auditorium
 - Roundtable: Cancelled
-

Performances

- Performing Arts –Sonic Forest Quartet– Thursday, Nov 6, 7:15pm, Auditorium
- Performing Arts – Diana Mitch Duo – Thursday, Nov 13, 7:15pm, Auditorium
- Performing Arts - B&R: April Post, Dick Bay and Jeff Turner – Thursday, Nov 20, 7:15pm, Auditorium
- Performing Arts – Singers Marin, Thursday, Mon 24, 7:15pm, Auditorium

Social Events

- Garden Special Activity– Senior Prom Corsages, Thursday, Nov 20, 11am , Scott Garden
 - Wine & Coffee Social – Friday, Nov 7, 3pm, Auditorium
 - Happy Hour: Senior Prom– Friday, Nov 21, 7pm, Auditorium
-

Do you have a new program idea? Please contact Denise at dacain@theredwoods.org

For general programs/room reservation questions, contact Girija at gbalasubramani@theredwoods.org

For transportation questions, contact 415.798.7684 or transportation@theredwoods.org.

****Events are subject to change, please refer to the calendars on several bulletin boards around the campus or the LifeLoop app for the most up-to-date information.***

Book Review

Joyce Rose



All the Beauty In the World

by Patrick Bringley

In this book, you see the magnificent art found in the Metropolitan Museum of Art in New York City through the eyes of security guard Patrick Bringley.

He uses a map of all the galleries that represent art from around the world – from the prehistoric era to the present. Looking closely at selected art objects in each room, he describes them, and we come to know and love what he sees. “The first step in any encounter with art is to do nothing, to just watch, giving your eyes a chance to absorb all that’s there,” Bringley writes. Then he describes the selected picture or object and shares how he emotionally responds to it..

The Met opened in 1880 and has expanded to 2.5 million square feet that hold 2 million art objects. Bringley took on an ambitious task, to say the least.

What initially drew him to this work was his need for “stillness” as he grieved for his older brother who had died of cancer. He left a busy work world and found the solace he sought by looking at art. The power of looking closely at beautiful things helped him overcome his sorrow. His appreciation of art leaves him almost speechless and he concludes that “art remains true, majestic, sad or joyful.”

In this environment, Bringley slowly builds friendships and eventually finds love and marriage as he overcomes his grief. As we follow his journey we, too, can learn to appreciate the beauty that art brings to the world.

This book is available in our library.

Poetry by Residents

Empty Chairs

by Rosalie Blazej

Eleven chairs, empty now, pushed against a wall

Three matching sets and one lone entry

Oh, the things that they have seen and heard

Arrayed around a dining table

for festive Christmas dinners or birthday celebrations

Thanksgiving meals or graduations

Keening adolescent cries of injustice

Arguments over how to pay the rent

They’ve seen and heard it all.

But now there is no room or need for a dining table

or for chairs to circle ‘round it.

Empty, pushed against a wall, the chairs wait for someone to occupy them

Someone to remind them of a time they were something more than just extra.

8/31/25



November Movies

Eleanor Hein

Saturday 7:15pm /Sunday 3pm
Auditorium



(11/1 & 2) Book Club—Four lifelong friends' lives are forever changed after reading a book. Diane Keaton, Jane Fonda and Candice Bergen star.

(11/8 & 9) My Penguin Friend—The story of a lost penguin, rescued from an oil spill, and who transforms the life of a heartbroken fisherman.

(11/15 & 16) The Last Showgirl—In this newly released film, a 57-year-old Las Vegas dancer who has worked in a casino for 30 years is blind-sided by the news that the casino she works at is closing. She faces painful confrontations as she tries to land a new job.

(11/22 & 23) Pride and Prejudice—Miss Elizabeth Bennett meets Mr. Darcy, a man she believes is the last man she would ever consider marrying. Over time, however, she finds herself drawn to him.

(11/29 & 30) Perfumes—Anne Walberg, a diva and well-tempered perfume celebrity, hires a new driver, despite his refusal to be intimidated by her.

Films are subject to change.

The Silver Foxes Film Society's film focus for November is:

An Evening with Anthony Hopkins

Friday Classic Films

Friday, 7:15pm Auditorium

(11/7 & 8) The Annihilation of Fish—A love story between two people battling their unseen demons. James Earl Jones and Lynn Redgrave star. (Drama)

(11/14 & 15) Daddy Long Legs—A millionaire playboy arranges for a French orphan to attend college. Fred Astaire and Leslie Caron star. (Musical)

(11/22) Wild Strawberries—Ingmar Bergman's film about an elderly man who is forced to face his past and his inevitable death. (Drama)

(11/28 & 29) Ruthless People—Hoping to collect a huge ransom, a pair of inept kidnappers abduct the wife of a loathsome millionaire. They have a problem: the husband doesn't want her back. Bette Midler and Danny daVito star. (Comedy)

Films are subject to change

Film suggestions are always welcome.

Opera Lovers Alert

Eleanor Hein

The Lark Theater will be presenting the Metropolitan Opera's production of Richard Strauss's *ARABELLA* on Saturday, November 22 at 10am.



A signup sheet will be posted in early November. Come and join us for this lush lyrical opera.



!

This ‘N That

Kathleen Moran

➤ Missing Books:

There is an empty space on the Resident Authors bookcase (just outside the auditorium) where John Talbot's book about his beautiful woodworking should be. Our resident librarian, Joyce Crews, wishes to remind everyone that all books in The Redwoods' various bookcases are for borrowing—not for keeping!

➤ Shopping Carts:

What could be more convenient when it's time to replenish your refrigerator and food shelves than to pick up one of The Redwoods shopping carts, located in the lobby? If you have moved in within the last 6 months or so, do read the Shopping Cart Rentals flyer that was distributed last February. It gives you all the details about how to ensure that when you go to the lobby to pick up one of the four carts, there is one waiting just for you. Ask one of your social workers for the flyer dated 02/26/2025.

➤ Potting Corner:

Blanch Sprague has requested a notice in the BARK asking for help in replenishing their supply of mesh (netting) — the kind you get when you buy pre-packaged fruits and/or vegetables. They are useful for all sorts of tasks related to preparing succulents and cacti to sell.

➤ Daylight Savings Time Ends

It's that time of year—the one that throws off your circadian clock. That's right—daylight savings time ends precisely at 2 am on Sunday, November 2. So, be sure to turn **back** any non-digital clocks you have **one hour**, so you don't go to breakfast an hour early, and no one else is there waiting to go into the dining room!

News from the New Residents Support Group

Dana Dakin

Effective immediately, we are happy to announce that Helen Hempel from Headlands and Mary Nichols from Creekside have agreed to become co-leaders of **the New Residents Support Group**.

Laura Bock announced her decision to step down at the end of October to celebrate turning 80. She founded the group 11 years ago to help new residents navigate their new beginnings at The Redwoods. She led it continuously except for one year off during Covid. The math says that's 240 meetings in her volunteer capacity. Congratulations, Laura, and thank you for your service to our community.

For questions contact Dana Dakin, who will continue in her support capacity to the group. Watch for announcements of exciting new services, all designed to smooth out each resident's landing at The Redwoods.

Help Needed at the Succulent Garden

Our lovely succulent garden located at the entrance to the Miller Avenue resident parking lot, needs a few more volunteers to work with Eva Buxton and Dody Domish.

It's not a big job — just a few hours a month whenever you have an hour or so to pick up debris (old leaves) and do some weeding with supervision. One important requirement is that you can kneel as you work. If you are interested, please call or text Eva at **415-215-**

1774



Dahlias or Zinnias??

Eva Buxton

As a botanist, admiring a beautiful plant in a garden setting sends me to a source, to learn where it is native. This time it



Dahlia

happened when my sister sent a picture of a Dahlia garden in Stockholm. Dahlias (Sunflower family) are native to Mexico and Central America and were brought to Spain in 1791 by Cabanillas (director of Royal Gardens of Madrid), who named it for Anders Dahl, a disciple of Carl Linneaus, the famous 18th century Swedish botanist.

The native *Dahlia* resembles a daisy with a disk in the middle and a ring of petal-like ray flowers. There are over 50,000 horticultural varieties created by hybridization, i.e., the crossing of varieties to obtain plants with desirable traits. The plants are classified and registered by American Dahlia Society and other groups, based on flower form, size, and color. Some forms are called collarettes (outer ring with inner ring of “frilly” ray flowers), pompons (spherical flowerhead with densely packed, incurved flower parts), and cactus dahlia (flowers rolled into long spikes). They range in size from a few inches to over a foot in diameter.

Dahlia is the “diva” of horticultural plants, requiring meticulous, time-consuming care from propagation to flowering plant. As clones of desirable varieties are preferred, propagation is done by planting tubers to produce the next generation. The tubers must be dug up after the first frost and stored in a cool place with 75-85% humidity in a medium that allows good air circulation. After planting, regular deep watering is necessary. Also, for the plant not to “waste



Zinnia

energy” on setting seed, spent flowers must be removed to produce more flowers.

I was convinced we had dahlias in Scott’s Garden until Liz (garden coordinator) told me they were easy-to-grow and care-for zinnias!

Transitions
November 2025

New Move-Ins:

<u>Name</u>	<u>Apt.</u>	<u>Phone</u>
Audrey Blaker	12207	
Charles Clauss	5305	
Margritha Fliegauf	2206	
Evelyn Gallagher	3209	
Linda Jaeger	4214	
Sara Monte	13105	
Gloria Popovich	5203	
Joyce Shumate	6108	

Moved Out:

Christine Brooks	11105
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Transfers:

Winnie de Loayza	10302 to 12202
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Deaths:

Janet Couvillon	12209
Gloria Hunter	13103

The BARK

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