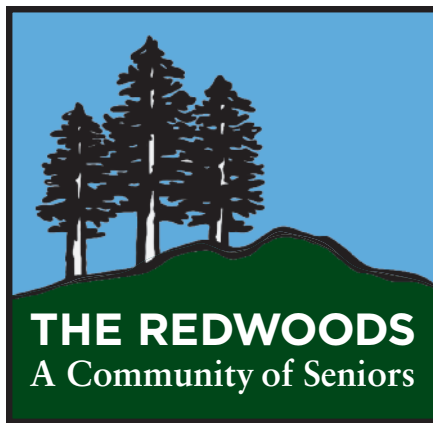




FALL 2026

Review

Taking Senior Care to the Next Level: BECOMING A DEMENTIA-FRIENDLY COMMUNITY

By Kyle Ruth-Islas, CEO



Dementia care education sessions are being held for team members across the campus—department heads, licensed nurses, CNAs, caregivers, Med Techs, food service workers, housekeepers, and the life enrichment team.

LAST YEAR, our community celebrated a special milestone, the opening of the Bettye Ferguson Center for Memory Care. Seeing the first residents move into this new level of care and welcoming the first team members who would be serving these residents was, indeed, a special moment in our history. We're happy to share that the center is now full.

We're off to a great start and we are now committed to creating something even more special that would exemplify the reputation of The Redwoods as a quality care provider.

Bringing a Research-Based Dementia Program Through a New Partnership

Through a new partnership with Hopeful Aging and the I'm Still Here Foundation, we are providing comprehensive education and implementation

"We are incredibly excited about what lies ahead as the Redwoods continues its journey toward becoming an accredited Community of Distinction, and we look forward to all that we will accomplish together."

—Sharon Johnson, Hopeful Aging

support to our team. So far, four education sessions for team members have been held, including staff from across the campus—department heads, licensed nurses, CNAs, caregivers, Med Techs, food service workers, housekeepers, and the life enrichment team.

One special aspect of this partnership is that experts from Hopeful Aging will help our staff apply

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Letter from the Board President



THE REDWOODS BOARD has three valuable members completing their six-year terms in January, marking a significant transition.

Rick Ronald has served on the Executive Committee as Treasurer and chaired the Finance Committee, providing valuable perspective and careful attention to our financial stewardship.

Peter Gordon has chaired the Investment Committee and worked closely with our investment advisors to oversee The Redwoods' portfolio. He also served on the Finance Committee. **Dan Bikle** has served on the Investment and Audit Committees, where he contributed his expertise and good judgment to The Redwoods' finances. I personally will miss their reliable, engaged presence. We are grateful for Peter, Rick, and Dan's dedication and the positive impact of their service to The Redwoods, which will shape our future direction.

Our endowment campaign continues in full force. We are raising funds for several important new projects designed to enhance the quality of life for Redwoods residents. Your generosity makes these improvements possible and helps ensure The Redwoods remains a vibrant, welcoming place for years to come, strengthening our community's pride and support.

Looking ahead, next year will mark The Redwoods' 55th anniversary—an exciting milestone and an opportunity to celebrate both our history and our future. We have much to be proud of and much to look forward to as we continue to build on our legacy together.

Thank you, as always, for your continued support of The Redwoods. ■

JANET HINES, President, Board of Directors

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what they learn in the classroom setting so that we can turn concept into action. We are learning ways to restructure daily routines in our memory care, adopt new communication techniques, and revise our life enrichment calendar to better accommodate those with memory issues.

Helping Residents Across the Campus Learn About Dementia

Upon hearing about this exciting program, residents across the campus expressed strong interest in participating in the education program so that they would be able to better support their neighbors at The Redwoods. So far, we have held a town hall-style session and an education session for residents to satisfy this need, and there will be more to come.

Fundamentally, our goals are to ensure that The Redwoods is a dementia-friendly community, that we do our part to break down lingering stigma associated with dementia, and that we continue being a quality care provider for our residents. ■

Enhancing the Dining Experience Meet Our New Chef, Jimi Slagle



"There's something special about being able to create an experience through food that brings people joy, comfort, and connection. That's what makes this work so rewarding to me."

further enhance the dining experience. We will also be looking into opportunities to expand what is offered through Dining Services that could include a separate café with more flexible dining hours. We look forward to sharing how we will move forward. ■

RECENTLY, WE WELCOMED a new Executive Chef, **James (Jimi) Slagle** to our community. Chef Jimi comes to us with a diverse background in the restaurant industry and a wonderful enthusiasm for elevating the dining experience for our residents.

We're Asking the Residents

We are in the early stages of an exciting project in partnership with our contracted dining services provider, Unidine. Later this year, we will be conducting interviews and focus group sessions to see how we can

MOVING FROM INDEPENDENT LIVING TO ASSISTED LIVING: Two Views, Each with Meaning and Appreciation

By Elizabeth Merriman



Elizabeth Merriman settling into her new home in Creekside Assisted Living.

MY experience at The Redwoods changed significantly when I moved from Independent Living to Assisted Living in October 2025.

For many years, I lived on the third floor of Building 8, where I had a wonderful western view of Mt. Tam and the Marin hills. I loved watching the activity below—the familiar faces of residents walking their dogs, meeting friends, and enjoying the outdoors. I could almost set my clock by some of them: “Oh, it’s 7:30; it must be Laura walking her dog!”

My life was active at The Redwoods and throughout the Bay Area. I enjoyed long daily walks, taking the stairs, driving my little Honda Fit, volunteering, serving on boards, teaching classes, and participating in the many activities offered on campus and throughout Marin. I also developed deep friendships with my neighbors, who looked out for one another while respecting each other’s privacy.

Then, following some health challenges and a stay in our Health Care Center, it was time for me to move to Assisted Living and benefit from additional support.

“My daughters and The Redwoods staff worked together as a team to make the transition seamless. I simply showed up at my new apartment and watched as everything was unpacked. It truly took a village, and I am deeply grateful.”

My daughters and The Redwoods staff worked together as a team to make the transition seamless. I simply showed up at my new apartment and watched as everything was unpacked. It truly took a village, and I am deeply grateful.

Now, from my ground-floor apartment in Building 5, I have a different view. Through my sliding glass doors, I see my patio, Japanese ornamental pear trees, the sky, and magnificent redwoods in the distance.

Most meaningful, however, is the path outside my patio, where staff pass throughout the day. After 15 years at The Redwoods, I know many of them by name. They represent care, expertise, friendship, and love.

Two very different views—both filled with beauty, meaning, and appreciation. Both remind me why I chose The Redwoods 15 years ago. ■



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 for a diverse group of seniors.

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



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ROOTED IN COMMUNITY, GROWING FOR THE FUTURE

WHAT A BEAUTIFUL evening of community, celebration, and generosity! On October 8, friends, residents, families, board members, and supporters gathered at The Redwoods for our annual Fall Celebration Dinner, co-chaired by **Chris Irvine, Caroline Joachim, and Jim Wickham**.

Thanks to the incredible generosity of our community, we raised more than \$400,000 for The Redwoods Endowment Campaign, helping strengthen the financial foundation of our mission and support generations of older adults to come.

The evening began with cocktails and music from the Dick Fregulia Trio before guests gathered for dinner and a special program celebrating the people and values that make The Redwoods such a special place.



*L to R: Dir. Of Development
Christian Mills, Co-chairs
Caroline Joachim, Jim Wickham
and Chris Irvine, and
Kyle Ruth-Islas, CEO.*



*Resident Ambassadors
Louise Carter, Janice Taravella
and Heide Linsmayer.*

We were also delighted to honor two extraordinary members of The Redwoods Board, **Bob Harmon** and **Bob Reynolds**. Their leadership, generosity, and many years of service have left a lasting mark on our community and are an inspiring example of what it means to be rooted in The Redwoods.

Thank you to everyone who made this special evening possible, and a heartfelt thank you to our Benefactor Sponsors: **Heffernan Insurance, Unidine, Vera and Ken Meislin, and Harbor Point Charitable Foundation**.

Most of all, the evening reminded us that The Redwoods is more than a place to live—it is a community built on friendship, compassion, dignity, and care.

We look forward to celebrating The Redwoods' 55th Anniversary in 2027! ■