



**WEST MARIN
SENIOR
SERVICES**

OUR MISSION:
to help seniors live safely
and with dignity in our
community

OUR SERVICES:
Care management,
screening & placing
homecare workers,
preparing & delivering
Meals from Friends,
assisting with
transportation,
information, referrals,
assisted living in West
Marin and much more.

Creamery Annex
PO Box 791
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wmss.org

Stockstill House
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West Marin Senior Services NEWSLETTER

A special tribute to Stockstill House

Fall 2009

wmss.org

STOCKSTILL HOUSE CELEBRATES 10 YEARS by Pam Osborn

It is hard to believe Stockstill House opened its doors ten years ago; it seems like only yesterday I was asked to manage the small, rented home on Mesa Road which had barely been open a year & was home to five residents. Today, ten years later, in a spacious dome house which is home to eight residents, it looks & feels more like a family B & B than an assisted living facility.

Stockstill House sits on a beautiful piece of property with lovely views from all the rooms. Our walking paths help the residents enjoy the beauty of West Marin. I'm very proud of the family-like atmosphere with our caring & skilled caregivers, many of whom have worked with me

from the beginning. They take personal pride in helping our residents live out their lives in comfort among nearby family and friends.

Natalia Meyerson, on-site administrator, along with the entire Stockstill staff, has tailored activities to individual interests. Home cooked meals help make this "home away from home" special to our seniors who live there.

West Marin is a special community where friends, neighbors, volunteers & donors have helped make Stockstill House successful.

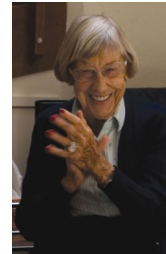
Thank you for letting us serve your loved ones. My resolution is to be creative & resourceful in making the next ten years even better for older adults in our community.



Natalia Meyerson & Pam Osborn



Bob & Jerry, Stockstill House 2008



Phyllis, Stockstill House, 2009

A GENEROUS LEGACY from LILLIAN STOCKSTILL

(Reprinted from our August 1999 newsletter)

Lillian & Jack Stockstill's house sits on one of the most beautiful sites in Inverness. Past the graceful arcs of the Bishop Pine branches, lies Tomales Bay, while at the back of the house the trees give a

sense of shelter & serenity. Their home has been left by Lillian to WMSS. She has been generous to us through the years, but this is a stunning gift that will mean a great deal to our agency & its future. For a long time, Lillian dreamed of housing

people in need. She was always sensitive to the circumstances in which people found themselves. She was a strong woman, incredibly generous & sweet. (Her legacy is Stockstill House, made possible by the proceeds from the sale of her home.)

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Area Coordinators

Natalia Meyerson

*On-Site Administrator,
Stockstill House***“I'd like to move in here right now!”****Welcome to Mesa House!**

(Reprinted from our April 1999 newsletter)

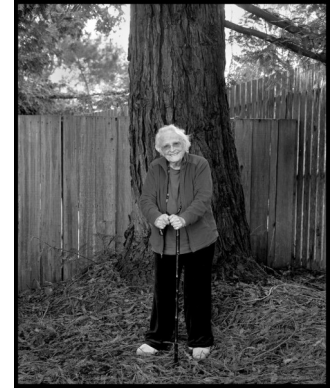
“I'd like to move in here right now,” said a perfectly healthy visitor to our new assisted living facility. Mesa House celebrated its opening on March 27, 1999 & the general reaction was one of unalloyed enthusiasm.

A pretty little blue house on the mesa in Pt. Reyes Station, this dream-come true (rental home) will provide quality, personal care for

residents on West Marin.

WMSS pursued this dream in order to offer people quality care, 24 hours a day, in a safe, peaceful, residential environment. We will welcome four people over the age of 60 who need continuous supervision and care but not the services of a skilled nursing facility.

We welcome volunteers to make Mesa House even more like home by volunteering to garden, do art projects, cook or even drop in for a game of chess.



Della, Stockstill House, 2007

Robyn Torres, a Community Member who Makes a Difference

Robyn doesn't just chair the Stockstill House Assisted Living Facility (ALF) Committee. She has a full time job at Genworth Financial's long term care insurance division in San Rafael and also volunteers for Senior Access and Alzheimer's Association. As an active volunteer for WMSS she engages her friends and supporters to help with our events.

Genworth sponsors a rest stop at the Holstein 100 Bicycle Ride and she asked her co-workers to assist WMSS at the Marin Century. She even has friends making soups for our seniors. You might think that she has taken on more than she can handle, but she does her volunteer work with passion and attention to detail and does it well.

As an employee reviewing

long term care insurance, along with her previous experience as a field case manager for Clarke Home Nursing (where she became good friends with Pam Osborn), Robyn brings excellent expertise to the ALF committee. This committee makes recommendations to the Board on policies and procedures for Stockstill House. What should we be charging? What are other homes charging? How can we market our home most effectively and get word about this “crown jewel?” What is the best way to maintain the property? These are all salient questions that the Committee explores and then makes recommendations to the Board. Linda Linder, Felicity Kirsch, Martha Proctor, and WMSS staff members, Chloe Cook, Pam Osborn, and Joan Cor-

bett, all work closely with Robyn on the committee.

“My career at Genworth keeps me indoors, however, my involvement with WMSS puts me up close and personal with the elders and caregivers in my community. I am pleased that Stockstill House is about to celebrate ten wonderful years of heartfelt service to our at-risk community members and their families. I am glad to support the services especially knowing that when my own



Robyn Torres

parents are able to live closer to me there will be a place for them to be cared for in comfort and dignity.”

Dennis Balagtas, Certified Nursing Assistant (CNA) at Stockstill House

Dennis Balagtas isn't only an exemplary employee at the Stockstill House; he's a great volunteer at West Marin Senior Services. Dennis was one of the first employees to be hired at Stockstill House in 1999 and continues to work there three nights a week. As a CNA, Dennis has a very special way about him. He is kind, patient and professional. He makes the

residents feel well cared for and safe. As a professional photographer, Dennis has taken many lovely portraits of our residents and staff who have lived and worked there over the years. His computer skills have been a Godsend. By keeping our care plans and med sheets up to date for licensing regulations along with his handy man skills, he keeps our

lovely home safe. Dennis is also an avid cyclist and rides the Holstein 100 every year. Thank you Dennis for your dedication and many years of service!



Dennis Balagtas

- EVENTS for SENIORS**
Dance Palace/Pt. Reyes Senior Lunch: every Thurs. @ 12:30 (call the Dance Palace for reservations)
Bingo: 2nd Thurs., 1:15
Blood Pressure Clinic: 4th Thurs., noon-1
Exercise for Life: Mon. + Wed., 11:15-12:15
Senior Yoga: Fri., 10:45-noon
Ta'i Ch'i Gung for Seniors: Mon., 9:30-11

Stockstill House
Monthly Tea: 4th Wed., 3-4

Tomales Presbyterian Church

- Sit & Be Fit:** Thurs., 9:30-10:30
Coffee & Tea: 1st Thurs., 10:30-11:30

Stinson/Bolinas

White Caps Pot Luck Luncheon: 3rd Thurs., 11:30

Bolinas Comm. Center Senior Stretch: Thurs., 11-noon

Stinson Beach Community Center Senior Stretch: Tues., 11-noon

San Geronimo Community Center

Senior Luncheon: Thurs., noon-1

Bingo: Thurs., 1:15-2:30

Walnut Place

Sit and Be Fit: Thurs., 11:15-noon

Jane Vait, Activities Director at Stockstill House written by Jane Vait

As Activities Director and participant in the lives of Stockstill House residents. I spend several hours a day, three days a week, facilitating an exercise class, followed by an open discussion about current issues, cooking, memorable events in their lives, singing, dancing, writing poetry, and lots of laughing.

Yesterday we wrote a poem about flies, timely as we are in fly season. The camaraderie and well being we all feel toward one another is precious and unforgettable.

We have many volunteers that share their talents with the residents. Veronica Buros Kleinberg, taught art classes for several years. She gently encouraged them to be confident and enjoy the process of painting. She made cards out of their original artwork, which we currently sell to benefit the Stockstill House activities. Lorraine Almeida now teaches the class and compassionately opens up

another way of expression. Other volunteers include Lotte Stein, psychologist, who engages the residents in Friday conversations at lunch. Peter Rowan shows up with his guitar and plays "sing-along" music. Erika Pelayo is studying cosmetology, and has given free hair cuts to male residents. Nancy Jo Heaton tends the garden on weekends and brings holiday decorations.

Our volunteers are valuable. They enrich the lives of our residents and in return our volunteers receive a great sense of belonging to our community.

Thank you all!



Jane Vait in her discussion group



Veronica Buros Kleinberg teaching her art class



Thank you to all our sponsors & volunteers for making the 16th Annual Holstein 100 bicycle ride a huge success!

FACTS:

- \$59K revenues
- 680 riders
- 765 lunches served
(includes volunteers)
- 150 lbs of potatoes baked
- 35 doz. eggs hard boiled
- 1056 cookies baked
- 99 volunteers
- 48 average age
- 86 maximum age
- 2 minimum age

HOLSTEIN SPONSORS:

Marin Community Foundation, Genworth Financial, Allstar Organics, Tony's Seafood, Black Mountain Ranch, Clif Bars, Whole Foods Market, Clover Stornetta Farms, Dancing Coyote Beach, Hog Island Oyster Co., Laurie Sawyer; Artist, Little Organic Farm, Wild Blue Farm, MALT, Noah's Bagels, Palace Market, United Markets, Peet's Coffee & Tea, PowerDown Lighting Systems, Pt. Reyes Farmstead Cheese Co., Sacred Heart Church, Star Route Farm, Alhambra Water, Bovine Bakery, Brickmaiden Breads, Kaiser Permanente, LaFranchi Ranch, Marin Amateur Radio Society, O'Donnell's Fairfax Nursery, The Olema Inn, Sports Basement, Wheel Peddler, Voler Custom Cycling Apparel

STOCKSTILL HOUSE

WISH LIST:

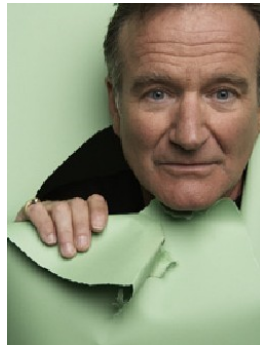
- Electric gate
- New flooring
- Raised garden beds
- Garden drip system
- China "tea" set
- Crock pot
- Set of Cutco knives
- More volunteers to do interesting activities



Creamery Annex
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Pt. Reyes Station, CA 94956

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POSTAL FRIEND



Robin Williams benefits WMSS

On August 17th Robin Williams performed at the Throckmorton Theatre in Mill Valley and dedicated the proceeds to West Marin Senior Services in memory of his big brother Todd aka Dr. Toad Williams, who passed away August 14, 2007. Robin dedicated the show to the charity of choice of Todd's wife, Frankie Williams of Toad Hollow Vineyards, and she chose WMSS to support the work of her sister, Pam Osborn. This is the second show Robin has donated to WMSS in the past year. Thank you Robin and Frankie for your continued support of our mission.



Todd & Robin Williams

Major Corporate and Foundation Funders 2008-2009

Allensby Charity Trust, Bank of Marin, Commonweal, Community Development Block Grant, County of Marin Division of Aging, Joel Faden & Co., Inc., Fireman's Fund Foundation, The Freitas Foundation, Genworth Financial, The Jenifer Altman Foundation, Kaiser Permanente, Marin Community Foundation, The Outrageous Foundation, Pasadena Community Foundation, Paul Davis Restoration-North Bay, Pt. Reyes Farmstead Cheese Co., Stinson/Bolinas Community Fund, Toad Hollow Vineyards, Volvo Marin, Wells Fargo Bank, West Marin Community Services



Stockstill House Residents & Staff