



# West Marin Senior Services NEWSLETTER

415-663-8148

www.wmss.org

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

OUR SERVICES: Care management, screening & placing home-care workers, preparing and delivering Meals from Friends, assisting with transportation, information & referrals, and much more.

## Holstein 100 Bicycle Ride Saturday, August 15th 2009

### *Rock'n and Roll'n*

You can still see the kid in Charlie Monte, as he grips his road bike, even though he's semi-retired from Monte's Chapel of the Hills, a business he owned for fifty-three years. "I sold it to my manager, but I still work with him," Charlie admits. That is - when he isn't cycling or off on a ski trip to Aspen.

One event he wouldn't miss is West Marin Senior Services' Holstein 100. He's been cycling for a good fifteen years and doing long distance rides for the last ten.

"I'm a big supporter of WMSS. I'm a senior, and a third generation San Anselmo resident. My wife Dee Dee and I raised our four kids here and my daughter teaches 3rd grade in the same school where my mom graduated, St. Anselm. We have a history in this county. I'm happy to support WMSS through an event like this."

Charlie likes the challenge, too. He does about four long distance rides each year. The Holstein 100 is the most challenging one because of the hills. Charlie adds, "It keeps you rock'n and roll'n. It isn't for wimps, but I don't want to scare anyone



Charlie Monte

off. You don't have to ride the full 100 miles and there is still plenty of time before August 15th to build up to a good ride. I just like to have fun and I invite others to give it a try. The event is a good place to meet great people. You'll love how well organized they are and the food is good. I enjoy kidding with the other people there. I always have a great time."

### Holstein 100's Linda Caramagno



Linda Caramagno

*Thank You Linda!*

Volunteers are a rare and precious breed. Most of us say that we will get to it - someday - but life is busy and time slips by. So volunteering is forgotten until we place it nearer the top of our list of resolutions for the following year.

Linda Caramagno simply steps in where she is needed. As busy as she is with

her family, she finds the time to volunteer in our community and West Marin Senior Services is lucky to have her volunteering with us. Over the years, wherever Linda lends a hand, baking her cookies and breads, setting-up the day before the Holstein 100 or arriving on the day at 6 AM to assist with the registration table, her energy is amazing.

After things are running smoothly, she skips up to a rest stop to join her husband and son, serving the bikers on the route. This year, she stepped into an even bigger volunteer role - one of organizing the registration for the Holstein 100. She leads by example, rallying our other volunteers and significantly easing the crunch for staff at WMSS.

**Holstein 100 Bike Ride**  
Register at [www.wmss.org/holstein](http://www.wmss.org/holstein)  
or call 415-663-8148.  
New 15 mile ride or 35, 65 or 100 miles.

## We are a Community Hub - Delivering Services & People

**W**e worked with one youngish senior couple. They've been quite self-sufficient until now, and they're very much in love. But, their lives are changing. She recently underwent hip replacement surgery. We made sure she had a cane, a walker, and a shower chair.

**W**e visited the house to do a home safety evaluation. Clearly, new grab bars were needed in their shower. Ideally, the shower could be re-constructed and made safer in a bigger way. So, we connected them to a non-profit that funds home safety renovations for low income families. We are a "hub" - connecting seniors to needed resources. We learn about the seniors and get a sense of what they need--- from special equipment to in-home care.

Our Mission is to help seniors live safely and with dignity in our community.

2007-2008

Individuals Served	750
Case Management Clients	350
Transportation Rides Provided	411
Congregate Meals Prepared	2,006
In-Home Meals Delivered	2,858
In-Home Caregivers Placed	114
In-Home Equipment Loans	140
Square miles covered	327
Total Volunteer Hours Donated	2,909

When we first go into a senior's home, we conduct a detailed assessment. What are the needs or problems? Equipment? Social or medical services? Help with activities of daily living? Access to senior activities and exercise? We then determine exactly how, and when, we can meet these needs, through leveraged resources.

**I**am driving one of our clients from Point Reyes Station to Kaiser Hospital in Petaluma... A bucolic drive. She sits next to me in the passenger seat, reminiscing about her parents. "My dad flew a plane in World War I," she tells me. He said that the wings were covered with fabric."

When you're a caregiver or driver helping with a senior, you have an opportunity to learn about history... Seniors are like talking libraries, rich with the living history of other times.



### Door to Door Groceries for Rural Seniors...



Terri Sylvain with groceries

**T**wice a month we deliver grocery bags of food to low income West Marin seniors, to places like Marshall and Tomales. Canned goods contain tuna, soup, beans and other staples.

The bags also hold pasta and produce: potatoes, carrots, cabbages, oranges, bananas and always a loaf of fresh bread.

Some people live for these bags of groceries...

A lot of the seniors cannot drive anymore, or the gas is too expensive for them. We deliver their groceries, and take the time to check in on them to see how they're doing. Jon, however, is something of a hermit. He may not answer our knock, so we will leave the bag on his doorstep. We do check back later, to see that Jon has taken it inside.



Our clients live in all sorts of places... In an old trailer on a son's ranch, or an old modular on a sheep ranch; in a rambling Victorian, with a dilapidated porch - the only heat in the house, a wood stove. Take one couple -He's ninety-three...she's ninety one...he has trouble seeing...she has trouble hearing...but they want to stay together in their home...they share such great love for one another.

*Cook'n*

Cynthia Hammond, Jane Vait, &amp; Pam Osborn

## Hot Meals...

**G**arlic mashed potatoes, steaks with sautéed onions, frittatas, clam chowder, stews, buttermilk biscuits, big green salads with mandarin oranges... The hot meals are delivered all through West Marin. 2,858 during the past year, 170 per month.

In Point Reyes Station, we serve nine meals, three days a week - prepared in homes and in restaurants and delivered by volunteer drivers to seniors who need them.

These seniors are often times disabled, isolated, low-income, without family support or in-home care providers.

Pro-bono meals come from eleven leading restaurants including the Station House Cafe, Pine Cone Diner, Olema Inn, Whale of a Deli, the Olema Farm House, the Cowgirl Creamery, Lagunitas Deli, Rancho Nicasio, Nick's Cove, Spirit Rock, and Woodacre Market.

One woman rarely leaves her Woodacre house. She has disorders that keep her home. I knock on her door and walk in with the meal. I'm the first person that she has seen in days. The socialization, the human contact is vital. I also do a quick check. Are the windows open? Sometimes, we go into houses when it's pouring-down rain, and the windows are open. Is she coherent? I tempt her appetite with pork roast, fingerling potatoes, apple sauce, home baked bread, and blueberry cobbler.

The food feeds her body - the human contact lifts her spirit. When seniors become isolated, their interest in food declines because the social part of eating is so ingrained. Our Meals From Friends Program provides a line of contact with our seniors. Even seniors who might be resistant to care or services love the hot meals delivered with a smile!

*We had over 350 case management clients in 2007-2008. When adding caregivers, family members, and callers we helped who are out of the area, we served over 750 people.*

## Changing Lives...

**H**is arthritis is severe. A shower chair now makes his life better. We lend equipment to anyone who needs it, on a short or long term basis - more than one-hundred and forty pieces of equipment in 2008. Something as simple as a shower chair or a commode, to walkers, and motorized wheelchairs. We loaned a walker to an elderly woman, who had taken a fall. It has a basket and a seat. She's much more active, now.

The people we serve live on ranches, in homes large and small, in apartments... alone, or as members of extended families, well-to-do, and not so well off. Aging touches all of us.

At our swim program, a volunteer assists each senior to the edge of the water, and there's a volunteer to assist them if they wish to go in. Once a week, in the Fall, we go to Hearts Desire Beach, which is the most accessible. One woman couldn't make her way down to the beach. She didn't have the ability to walk across the sand anymore. When she got to the water, she looked at me. Her face radiated joy.

"I haven't been in the Bay in five years," she said. For her, the water gave her spirituality. For someone else, this joy might come from playing music, or doing art.

After surgery or a stroke--in exigent circumstances-- people become very truthful about themselves. If not now, when? So, we match caregivers to the real interests and needs of our clients. Their interests--music, the arts, literature, all provide clues that help us in selecting the right caregiver.





Dear Friends,

As a member of the Board for seven years and the Chair for more than four, I am very pleased to say that in fiscal year 2007-2008 we provided services to more than 750 people. WMSS' mission is to ensure the dignity and independence of West Marin's older citizens through case management, advocacy, and inter-agency cooperation. For 33 years, WMSS has helped elderly and disabled individuals in all of West Marin remain in their own homes for a fraction of the cost of institutional care.

Today, our services are more vital than ever, as people are living longer and facing the challenge of remaining safe and independent at home. Our focus has always been on our community. When seniors are unable to remain in their own homes, our assisted living facility, Stockstill House, a lovely home nestled in the woods above Point Reyes Station, offers a fully renovated assisted living facility which can accommodate eight residents. Our goal is to preserve and enhance the quality of life for individuals who need continuous supervision and care in a safe and home-like environment, close to family, friends and activities in the community.

You help us enrich that ever present sense of community through your generous, caring volunteer work with our seniors. Your financial contributions support the work of our talented, energetic and problem-solving staff. Ours is truly a collective effort to keep our community safe and intact.

As we look to the future, our thoughts are tempered by the current difficult financial climate. Our objective is to secure grants and major donations that will enable WMSS to continue to serve our ever increasing population of seniors. We welcome your suggestions, donations and collaboration as we continue our work in 2009.

Sincerely,

*Martha Proctor*

Chair WMSS Board

## Stockstill House...

*How are you feeling today?* asks Jane, the exercise and Yoga instructor. "Almost ninety..." comes a reply.

Under the luminous, domed ceiling, the chairs are pulled into a circle. This is Stockstill House, a residential care facility for the elderly, with eight beds in four shared rooms. A care-giver is in residence 24 hours.

"O. K., roll your shoulders," says Jane.  
"Now...Up and over we go!"

They pull the stretchable plastic straps over their heads.  
"Hands to your shoulders...Down to your hips...Doing O. K? Bring your left hand down to your leg...beautiful!"

"You're improving with age. We're all improving with age!"

"Now...gather healing energy in your hands... and send healing energy to Bob, for his left shoulder."

"Let's do a group healing." The circled residents hold hands, then turn to face one another.

"Bring earth's healing energy up through our legs, to our hearts, to our minds, and up to the heavens...Pass the healing energy on...to you...to you...and to you."

As the group exercises, a dignified, silver haired man dines at a long table that overlooks a sunny, spacious lawn and garden. Tree branches sway silently in the soft winds.



Stockstill House Exercise  
Photo by Dennis Balagtas

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Creamer Annex, PO Box 791  
Point Reyes Station, CA 94956

**415-663-8148**

**Fax 663-1268**

**www.wmss.org**

Natalia Meyerson,

*On-Site Administrator*

Stockstill House

## Major Corporate and Foundation Funders July 2007 to May 2009

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*Your donations make it possible for us to help seniors live long, live well, and live at home.  
We are very grateful to all of our donors. Because of limited space, we have listed donations of \$100 or more  
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### Dance Palace Point Reyes Station

#### Senior Luncheon:

Every Thursday 12:30 pm  
*Call Dance Palace by 12pm  
Monday to reserve your space.*

**Bingo!** 2nd Thursday every  
month, 1:15 – 2:30 pm FREE

#### Blood Pressure Clinic:

4th Thursday noon–1:00 pm

**Caregiver Support:** Call  
Susan Deixler at WMSS for  
more information (663-9008).

**Exercise for Life:** Mon. &  
Wed., 11:15 am – 12:15 pm

#### Instructor:

Mary Salmon (663-1075)

#### Sponsored by:

Dance Palace

**Donation:** \$3-6/class;  
\$20-35/month

#### Senior Yoga:

Friday 10:45 am – noon

#### Instructor:

Elizabeth Barnett (669-1291)

**Donation:** \$5-8/class on  
sliding scale; \$15/drop in,  
\$60/5 classes

#### Tai Chi Gung for Seniors:

Monday 9:30 am – 11:00 am

#### Instructor:

Chris Andrel (669-9720)

#### Sponsored by:

Dance Palace-Donation

### Stockstill House

#### Monthly Teas –

4th Wednesday every  
month 3-4 pm,  
12051 State Highway One,  
Point Reyes Station

### Tomales

#### Tomales Presbyterian Church

**Sit and Be Fit:** Thursday  
9:30 am – 10:30 am

**Coffee & Tea:** 10:30 - 11:30 AM  
First Thursday of the month

### Stinson/Bolinas

#### Bolinas Rod & Boat Club

#### White Caps Pot Luck Lunch:

3rd Thursday 11:30 am

#### Bolinas Community Center

**Seniors Stretch:** Every  
Thursday, 11 am – 12:00 pm

#### Instructor:

Anna Gottreich (868-0697)  
anagott@sbcglobal.net

#### Stinson Beach Community Center

**Seniors Stretch:** Tuesday  
11:00 am – 12:00 pm

#### Instructor:

Anna Gottreich (868-0697)  
anagott@sbcglobal.net

### San Geronimo Valley

#### San Geronimo Community Center

#### Senior Luncheon:

Every Thursday 12 pm

**Bingo!** Every Thursday  
1:15 – 2:30 pm, FREE

### Walnut Place

**Sit and Be Fit:** Thursday  
11:15 am – 12:00 pm

**Instructor:** Rebecca Hunter  
(246-1382)

**Sponsored by:** EAH

**Donation:** No Charge



Margi Peterson & Patty Flynn, Holstein 2008

## 16th Annual Holstein 100

On **Saturday, August 15**, more that 600 cyclists  
will ride in the 16th Annual Holstein 100  
benefiting WMSS. Join us for scenic,  
rural routes of **100, 65, 35 and now,  
15 miles**. Fun begins at breakfast  
and continues along the routes with  
homemade food at rest stops.

Enter the entire family for our 15 mile ride,  
or get a team of seniors together to ride or volunteer!

Register at [wmss.org/holstein](http://wmss.org/holstein)  
or call 415-663-8148

Help WMSS keep seniors safe in their homes  
by supporting this exciting, fun event.



Creamery Annex  
PO Box 791  
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Postal Friend



For 27 years, we have provided the West Marin community with quality, compassionate, accessible

**health  
care**

Now we are changing the names of our clinic sites, to better reflect our mission. But we're still the same locally controlled organization, the same doctors, providing the same care at your local community health centers.

**COASTAL  
HEALTH  
ALLIANCE**

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Bolinas

**SHE'S NOT JUST A PATIENT.**



*She's your co-pilot  
of 46 years.*

**AND SHE DESERVES  
THE BEST CARE  
POSSIBLE.**

At Hospice By The Bay, we believe that everyone deserves the highest quality hospice and palliative care. Contact us to learn more about our support.



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