

2010/11 Annual Report Edition



Whistlestop bus driver Lucelle, with client David Rose.

With Marin County's population aging at a rapidly increasing rate, we all share in the responsibility of helping our older parents and neighbors and friends live active, engaged lives for as long as possible. Whistlestop clients have greatly benefited from the generosity you have extended to Whistlestop with your donations.

Our services are extensive and vital to the health of aging adults in Marin:

Whistlestop Buses: Transportation is a major part of what we do – public transit

funding doesn't allow us to cover our annual costs and it doesn't allow us to transport everyone in need. Would your grandmother be better off with door-to-door service and a driver who will make sure she gets home safely? With your support, we can expand our transportation services and our personal ride service to more people who need help.

Jackson Café: We serve 11,000 weekday lunches a year and this number climbing since we have only charged older adults \$4 a meal, we operate

the Jackson Café at a deficit. Your donation will help cover this deficit and allow us to expand our food services to include weekends and to offer fee-based home delivery.

Education: We offer six to eight classes per day, five days a week, at our San Rafael Active Aging Center. Your support will allow us to expand and offer classes in other locations to reach those in need throughout Marin County.

Help Desk: Clients receive professional assistance and/or referral in income tax preparation, counseling and health-related matters, immigration and other legal issues.

Social Interaction: A primary goal of Whistlestop is to end isolation and loneliness for older adults. Our center is a social hub, where people gather to play cards and other games, attend dances, fashion shows and parties. Themes reflect the multicultural richness of our community.

We can't do all of this without our wonderful volunteers and donors.

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The Mission of Whistlestop:

To promote the independence and well-being of Marin County's older adults and individuals with disabilities to enhance their quality of life.

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Whistlestop PERSPECTIVE by JOE O'HEHIR

Volunteers: The Backbone of Our Active Aging Services

This month's edition of the *Whistlestop Express* includes the annual report to our donors. The report describes how donor funds are used to help our clients. In addition to the monetary contributions we receive, Whistlestop is very fortunate to have a hearty and generous core of volunteers. Without the contribution of time that our volunteers provide us, we would not be able to offer the variety and breadth of Whistlestop's Active Aging Services.

More than 100 active volunteers provide more than 1,000 hours of their time annually to Whistlestop. Volunteers like Jean, Scott, and Molly, who help serve meals to our Jackson Café clients and guests. Volunteers like Thomas, Kelly, and Shirley who teach one of Whistlestop's Active Aging classes. Volunteers like Price, Gene and Lois, who instruct and provide client support in our computer lab. Volunteers like Orville, Georgia, Susan, and Janice, who staff our Information and Referral Center Help Desk. Volunteers like Frank and Lucille,

who host our front desk reception area. And, volunteers like Rocio, Joyce, and Nathan, who drive older adults who are in need of a ride in our new Volunteer Driver Program.

Whistlestop volunteers are treated like our paid staff.

They are recruited, screened, selected, trained, and placed into various jobs throughout the organization, and have work schedules. Volunteers adhere to Whistlestop's shared values of teamwork, service, integrity, respect, communications, and accountability. Instead of a paycheck, volunteers receive appreciation, recognition, and a feeling of self-satisfaction

that they have helped our clients stay active and engaged.

We seem to never have enough volunteers to meet the growing demand for Whistlestop's programs and services. If you are interested in volunteering, please contact us. We would love to have you join the Whistlestop family of volunteers. Give us a call today and get started! You will not regret it. ♦

Joe O'Hehir is CEO of Whistlestop.

More than 100 active volunteers provide more than 1,000 hours annually.

EASY GIVE BACK TUESDAY!

Every Tuesday, Iron Springs Pub & Brewery in Fairfax donates a percentage of its proceeds to a local cause or organization. On **Tuesday, November 15th Whistlestop will be the beneficiary, starting at 4pm!**

Go enjoy a delicious meal, support a locally-owned restaurant and Whistlestop. 765 Center Blvd, Fairfax, 485-1005.

Win Free Tickets to Marin Symphony: Answer Questions in Brainteasers Contest

In an effort to get music lovers' minds working even better, Gary Gruber, PhD, an avid music buff and reviewer, has created a music Brainteaser contest. The first five people who get the correct answers to the three questions below will receive two free tickets to any upcoming Marin Symphony concert of their choice.

Dr. Gruber has written more than 40 books on test preparation and critical thinking, with more than 7 million copies sold. He has entertained newspaper and magazine readers for decades with his Brainteaser columns. His latest books are *The World's 200 Hardest Brainteasers*, *Gruber's Complete SAT Guide 2012* and *Gruber's Complete GRE Guide 2012*. Gruber has worked nationally with school districts and students to markedly improve test scores and increase thinking ability. His website is www.drgarygruber.com

Write him directly with your answers to drgarygruber@yahoo.com. ♦

Brain TEASERS

Dr. Gruber's Music Brainteasers:

1. Complete the analogy:

- MUSIC is to VIOLIN as:
- (A) notes is to composer
 - (B) sound is to musical instrument
 - (C) drawing is to crayon
 - (D) furniture is to carpentry tools
 - (E) symphony is to piano

2. Which of the following does not belong with the rest?

Szeryng, Milstein, Gluzman, Gilels, Bell, Grumiaux

3. As you may know, Prokofiev wrote a very popular work called *Peter and the Wolf*. What other work of his has parts which are very reminiscent of some of the melodies in his *Peter and the Wolf*?

- (A) The 5th Symphony
- (B) The 2nd Piano Concerto
- (C) *Alexander Nevsky*
- (D) The Opera *Love for Three Oranges*
- (E) The First Violin Concerto

Whistlestop Planned Giving "Roadshow"

Treasures From Your Attic

Wednesday, November 9th from 5-6:30pm
Whistlestop's Jackson Café, 930 Tamalpais Ave., Downtown San Rafael

Presentation by Jane Lott of Silver Rain, Estate Transition Services, Jack McLaughlin of My Broker Donates, and several antiques specialists

You will learn

- How to find resources to estimate the value of your personal property
- How to make a large charitable donation that won't cost you anything
- How to distribute your estate property according to your wishes

Our panel of local experts will use their

experience to share their opinions of approximate values of your antiques, collectibles, art, and vintage items, similar to the Antiques Roadshow. These are not certified appraisals and are not meant to substitute for specific advice regarding your personal property.

You may bring one item small enough to be carried in by one person; Do not bring items you suspect to be a great value.

The first 115 people to sign up will get a seat, YOU MUST RSVP to info@whistlestop.org or 415-456-9062 x117; provide your name and a brief description of the item you are bringing.

Free parking in our lot and under highway 101 in the Park and Ride lots. ♦