

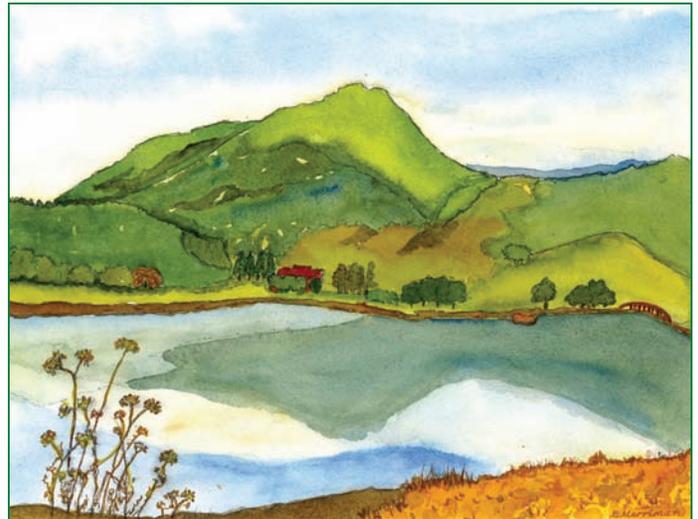
THE REDWOODS HEALTH CARE CENTER

At the Forefront of Innovation

The Redwoods is well known for the quality, quantity and variety of programs and services offered to its residents. Residents in independent living and residential apartments have nearly 100 weekly options that provide physical, emotional, intellectual, cultural and spiritual enrichment. These programs and activities are offered at no additional cost. The Health Care Center (HCC) also provides a wide range of programs and activities catered to the needs and abilities of these residents. HCC residents are people who come to us from the community and those who temporarily or permanently move from other apartments at The Redwoods. The Health Care Center is a fully licensed skilled nursing facility with a capacity for 52 residents. The Redwoods staff, including Karen Nunn, MSW, Social Services and Admissions, and Noreen McKeon, Program Director, oversee the introduction and assessment of offerings aiming to keep The Redwoods at the forefront of innovation in elder care. This article will highlight two programs offered in the HCC.

SLEEP/CALMING KITS to reduce anxiety and need for medications

In 2015, The Redwoods Health Care Center's staff and COO Susan Badger attended a presentation by the National Nursing Home Quality Care Collaborative in Health Care about current thinking and best practices to reduce the use



Mt. Tam by Elizabeth Merriman, see page 5

of medication to relieve symptoms of anxiety, and improve sleep quality. Recommendations include using a multi-disciplinary quality improvement team approach, which includes nursing, clinical and therapeutic recreation staff members. Areas identified at the symposium include designing and creating a calming environment, fostering the creation of meaningful staff-resident relationships, providing meaningful activities, identifying and treating physical and mental conditions and defining a consistent approach to minimizing the use of anti-anxiety and sleep medications. The Sleep/Calming Kits are one example of our incorporation of this type of thinking.

Many elderly men and women have difficulties getting enough sleep, which can worsen as health issues, physical limitations and mobility restrictions increase. The Redwoods is committed to offering healthy alternatives to medication. In 2015, based on current medical and holistic understandings, the HCC interdisciplinary team created and began



Health Care Center CNA, Connaitre Châteaubriant, offers resident options from the Sleep/Calming Kit menu.



Dear Friends,

From all of us here at The Redwoods, I want to thank you for your wonderful financial and volunteer support last year in the service of our amazing and unique community of seniors. Welcome to a year of new beginnings! With this issue of our newsletter, newly launched as

The Redwoods Review, we plan to include an article about trends in the field of aging and how our staff is incorporating this new information and activities into the daily lives of our residents, keeping us at the forefront of innovation in elder care. The article in this issue discusses our Health Care Center and its innovative use of new relaxation and movement techniques.

Inside you will also meet five new members of our Board of Directors who started their terms in January. We are excited to add their expertise to our current board and expand the already wide breadth of experience we are fortunate to have.

Welcome to our new Fund Development Director, Robin Keating, who joined us late last year and brings over 25 years of experience leading Development programs in high profile Bay Area non-profits and in higher education, including the Bay Area Discovery Museum, Dominican University, UCSF Medical Center, and USF School of Law. Her enthusiasm and experience in building and expanding development programs, together with her interest in the field of aging, is a perfect match for The Redwoods. Robin says, "I am so fortunate to be here. I believe deeply in our mission and it is a privilege to raise money and awareness for such an exceptional organization. This was an opportunity I couldn't pass by!"

Also in this issue, we give an update on our exciting Revitalization progress. The new dining room and kitchen are open and the new entrance, lobby, wellness center, and library will open later this year.

Of course, even with all of this recent news, the heart of The Redwoods remains the same. Our dedicated longtime staff, residents, and residents' families work together to create this one-of-a-kind environment. Thank you for your part in making ours a very special community and feel free to contact us. We love talking about The Redwoods!

Warmly,
Barbara Solomon
Chief Executive Officer

offering "Sleep/Calming Kits" to HCC residents. The Redwoods Sleep Kit includes a wide variety of items geared to our five senses that facilitate restfulness. The kit includes iPods with soothing sounds, lavender and other scented lotions and bath soaps, small balls to manipulate with hands, paper puzzles to solve/manipulate and more. Staff also work with residents on increasing exercise and reducing lighting and noise as part of the environment in the HCC. Residents are just starting to use the Sleep/Calming Kits and are experimenting to see which items they are comfortable using and are most effective for their sleep and anxiety issues.

MUSIC THERAPY inspired activities for concentration, memory, physical activity and fun!

Music has been scientifically proven to help seniors restore and maintain their health, as well as aid in the recollection of memories and staving off depression. The Older Americans Act of 1992 defined music therapy as "the use of musical or rhythmic interventions specifically selected

Music has been proven to help seniors restore and maintain their health.

by a music therapist to accomplish the restoration, maintenance, or improvement of social or emotional functioning, mental processing, or physical health of an older individual."

There are a variety of music related offerings to residents in



The Redwoods music therapist Laurynn Gould, MT, participates in the weekly *Baby, Mommy and Me* group.

Independent and Assisted Living apartments including our Rock The Ages singing/performing group and our drum circle classes.

In alignment with this, The Redwoods sees to it that the HCC halls are alive with the sound of music on a near daily basis as well. From exercise and movement classes that are accompanied by pianists, sing alongs, and live concerts, residents regularly benefit from both the entertainment and therapeutic aspect of music.

Working in concert with local schools and community groups, two highlights of The Redwoods HCC music program include a local adaptation of the nationally acclaimed *Alive Inside* program and a *Baby, Mommy, and Me* intergenerational playtime activity.

Inspired by Dan Cohen's work and his movie *Alive Inside*, local high schoolers donated their iPods, chargers and head phones to The Redwoods. They interviewed HCC residents (and sometimes their families), created memory inducing playlists of favorite songs and musical compositions and gave interested

residents their own personalized iPod. These iPods have become a valuable tool to inspire memories, provide comfort, and allow for personal retreats from the vibrant HCC community. They are also loaded with calming sounds of the ocean and rain.



The weekly *Baby, Mommy, and Me* group brings together members of the Southern Marin Mother's Club (SMMC) and HCC residents. A full house of babies and residents shake, rattle and roll to the sounds and talent of The Redwoods' very own music therapist, Laurynn Gould, MT. Whether sitting quietly observing the fun or working their upper bodies by wholeheartedly flapping the colorful

parachute while the babies explore underneath, all residents benefit from this fun and heartwarming activity. Singing timeless children songs while keeping the beat with hand held instruments stimulates residents' memories and facilitates mind/hand coordination. As they are practicing taking first steps, the babies make use of residents' chairs, walkers and legs to cruise around the room. This up close contact allows for the sharing of instruments, giggles, and offers HCC residents the opportunity to play with and entertain adorable toddlers.

Many other programs are offered to residents in the HCC including chair dancing, sensory groups, writing groups, and art classes. All of our offerings are presented with care and guidance from our staff, and serve to keep our residents thriving, active, engaged, and content as much as possible at this stage of their life.

For more information about The Redwoods HCC, please contact Karen Nunn at 415 383-2741 X 238

DONOR PROFILE: Allan and Sydne Bortel



Allan and Sydne Bortel are two of our cherished long-time volunteers and donors. Shortly before Allan's retirement in the late '90s, as he was contemplating his next chapter, Sydne encouraged him to explore volunteering at

The Redwoods. Sydne has a background in non-profit human service agencies and thought volunteering while still working would be a perfect way for Allan to remain engaged. As Sydne says, "His work providing computer support to residents was a perfect beginning for him, and exposed both of us to knowledge of The Redwoods as a unique and quite amazing institution. The volunteer work was as much a gift to Allan as it

was an important support to the residents."

Allan was first prompted to donate to The Redwoods because he wanted to share some securities gains with "the most effective nonprofit in Marin. The mission of security, well-being, and affordability is most meaningful in my opinion, and The Redwoods does it successfully." Allan had been volunteering for several years at that point and knew us well. He believes The Redwoods values its volunteers and knows residents are particularly appreciative. The Bortel's first gift in 2006 was the first received toward the much needed modernization of The Redwoods. We have come a long way since then and are in the final nine months of the first phase of our campus-wide revitalization. (See article below.)

Thank you Allan and Sydne Bortel for your time, talent, and treasure! The impact of your contributions will be appreciated for years to come.



As part of our Revitalizing The Redwoods Campaign, we have been undergoing major remodeling and upgrades over the past several years. We are very pleased to have completed the remodeling of all six of our Independent Living buildings and almost two-thirds of the apartments have been finished. The remainder will be completed over the next couple of years as turnover allows. Residents love the improved layouts, and the new kitchens, appliances, showers and double paned windows. Our completely new dining room is now open with great lighting, acoustics, carpeting, fixtures and furnishings. Our new state of the

art main kitchen is up and running allowing us to offer great new menu options featuring nutritious locally-sourced, organic produce. The dining room is now open all day with service at your table for custom ordering by our residents.

Currently under construction are the new entrance way and lobby/living room with an indoor-outdoor fireplace, the auditorium with enhanced lighting and sound equipment, and the library-all of which are due to be completed in late summer 2016. We are excited that the John L. Levinsohn Center for Dynamic Aging facility will also be completed in 2016 allowing



Brand new dining room is now open.

an expanded variety of wellness and fitness classes. The center will include state-of-the-art weight training and cardio machines designed for seniors. Also included is an aqua therapy pool and two massage therapy rooms, all geared to support healthy aging to make a qualitative difference in our residents' lives. Once infrastructure is nearly completed, The Redwoods will begin re-landscaping the grounds with drought resistant, native and colorful plants and trees.

Elizabeth Merriman: Profile in Color

Elizabeth Merriman has called The Redwoods her home for 5 years and is one of our many resident artists whose artwork fills our hallways.

Elizabeth did not pick up a paint brush until later in life. What started out with taking a beginning watercolor class at age 60, grew into her becoming a professional artist with gallery shows and retail store sales. Elizabeth's art is whimsical and colorful. She has fun on the page with color and line that burst with personality.

Since moving to The Redwoods, Elizabeth has downsized her artist's studio to be a comfortable part

of her living room. There is still plenty of opportunity to create small projects, gifts for friends, cards to sell and name plates for friends' apartment doors. One of her favorite spots to paint is out in our organic garden. On Tuesdays, you can find her leading a group of 8 women to different



Birds, watercolor



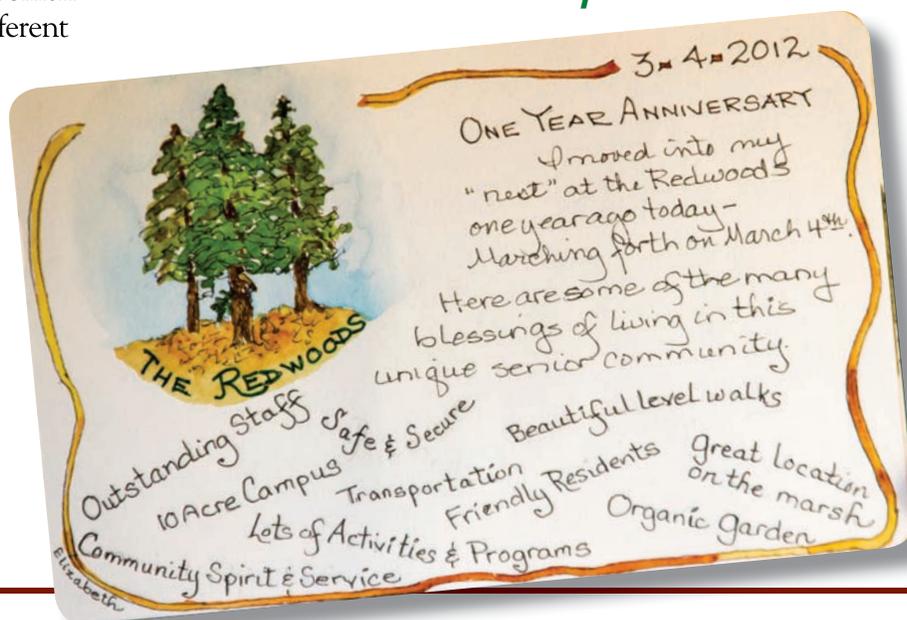
Julie's Sunflower, watercolor



locations in the North Bay to do a page or two in their watercolor journals. Her journals are an illustrated diary with an artist's eye for detail, color and imaginative versions of her daily experience.

Life at The Redwoods is a great fit for this still very active, soon to be celebrating her 80th birthday, resident. She loves "living in a community of interesting folks." Elizabeth enjoys the balance of a life out and about in Marin and on campus with so many opportunities and activities. "The Redwoods is a great place to be as I age. No matter what my level of wellness, there will always be something interesting to do or experience," says Elizabeth.

She is not letting go of her sketchbook and watercolors anytime soon!





(Back row left to right): Bruce Scott (Treasurer), Andy Berman, Margaret "Peggy" Harrington (Secretary), Brian Swartz, Michelle Steinhart, Genevieve Moore, Keith Phillips, Scott Miller. (Front row left to right): Sarah Oliver, Claire McAuliffe (Vice President), Barbara Solomon (CEO), Suzanne Irwin-Wells, Betsey Cutler (President). Not pictured: Paula Reynolds and Jayne Greenberg

THE REDWOODS BOARD WELCOMES NEW DIRECTORS

The Redwoods Board of Directors offers a wide array of professional acumen, which helps guide our thriving senior community. The Board's mission is to ensure high quality care and services to residents. The board sets strategic direction, ensures the financial health of The Redwoods, and actively engages in fundraising. It oversees regulatory compliance and sees that we fulfill our obligations as a not for profit, tax exempt organization. The Board holds monthly meetings as well as specific committee meetings which include the Fund Development, Nominating, Finance, Investment and Executive Committees.

We are excited to introduce the five newly elected community leaders who joined our Board in January:

Andy Berman, Chief of Staff at Cricket Media, Inc., where he has special expertise in growing companies. Formerly a practicing attorney, and mayor of Mill Valley.



Scott Miller, CPA, partner at OUVM in San Francisco, which works with a variety of industries and non-profit organizations, accountants and business advisors.



Genevieve M. Moore, Partner with Bancroft & McAulister LLP and author of texts on estate planning and elder law practice.



Sarah Oliver, Founder and CEO of Sarah Oliver Handbags in Sausalito. Oliver works with The Redwoods' knitting group, which provides knitted pieces for her products.



Michelle Steinhart, Associate Broker at Coldwell Banker with Seniors Real Estate Specialist (SRES) and LEED Green Associate certifications.

Don't Forget to say "The Redwoods!"

We want to send a hearty thank you to our neighbor, Mill Valley Market, for their ongoing contributions to The Redwoods through their **Shop & Give** program. If you mention The Redwoods (#7012) before completing your transaction, Mill Valley Market will donate 3% of your purchase to us!



Spotlight on Phyllis Sachs: Bringing Energy & Spirit to the Health Care Center



BINGO! The Redwoods has a winner of a volunteer in Phyllis Sachs. Health Care Center (HCC) Recreation Coordinator Lauryn Scholar reports that Phyllis “does everything” when she’s here three afternoons a week and every other Sunday.

Weekdays, Phyllis helps with HCC’s diverse afternoon programming, working with residents one-on-one and in groups. She engages residents in a wide range of activities including music therapy, memory games and weekly BINGO. On Sundays, she leads a New York Times reading group.

“These people have lived extraordinary lives,” says Phyllis. “It’s fulfilling to spend time with them.”

Phyllis got involved with The Redwoods in 2011, two years after retiring from her career as a dental hygienist. During the volunteer orientation, she learned about the different areas needing help and it became clear to her that HCC, with its emphasis on patient care, was where she wanted to be. “That unit was also filled with some swinging people and they snagged me in!”

For Phyllis, volunteering here is also a way to feel a little closer to her mother who lives in a similarly vibrant senior community in San Diego. “The Redwoods is such a unique place,” says Phyllis. “I feel better at the end of each day when I volunteer here.”

When not volunteering, Phyllis enjoys spending time with her husband, Bob, a retired oral surgeon, and their three adult daughters.

To learn more about volunteer opportunities at The Redwoods, contact Director of Programs and Volunteers, Noreen McKeon at 415-383-2741 ext. 253.

*Our chorus, **Rock the Ages**, had a great 2015! Nearly 30 residents, with ages ranging from 85 to 102 have performed. Performances included two sold out shows at The Sweetwater in Mill Valley, events for other non-profits arranged by Bread and Roses, the Senior Fair at the Marin Civic Center. They were thrilled to be the opening act for Huey Lewis and The News at The Redwoods big event in September! 2016 looks to be another great year of singing!*



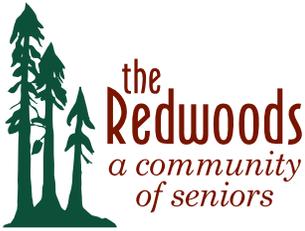
The Redwoods Purlettes Knit Their Way Onto the National Stage

Our knitting group, The Purlettes+2, brought national exposure to The Redwoods in December when Sarah Oliver (new board member!) presented her knitted handbag business to the investors on ABC TV’s Shark Tank. The sharks were impressed with what our residents (average age 88) help produce and pledged to invest in the business. Sarah says, “as a mission driven company, we are leading a movement to re-engage seniors in the American economy and empower them with a new found sense of purpose and passion. Beautiful products. Beautiful people. That’s our company. Every bag they make tells a story.” Sarah’s company is a California benefit corporation which provides a for-profit business structure that includes a social

mission as part of the legal foundation and allows the Board of Directors to make decisions that take that mission into account. Sarah Oliver Handbags applies the strength of the for-profit business model to empower and enhance the lives of seniors. Having seen the difference being part of this company makes in their lives, Sarah Oliver Handbags is committed to empowering seniors by re-engaging them in the American economy.

Sarah’s business is a great example of how the Redwoods staff provides an environment for our residents that encourages the most productive, meaningful and pleasurable years possible.





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VOLUNTEER CORNER → Spotlight on Robyn Dunkel Wilker –Marin County Volunteer of the Year

Tamalpais High School Junior, Robyn Dunkel Wilker, a winner of the Marin County Volunteer of the Year Award for her exceptional service to residents at The Redwoods, was recently honored at the Center for Volunteer and Nonprofit Leadership Awards luncheon. Robyn is one of over 400 volunteers that help staff and residents at The Redwoods offer so many programs and give hands on attention to the residents. Now in her 7th year here, at least once a week, she assists The Redwoods Programs Department, developing the weekly calendars, running errands, making photocopies, and more! Besides volunteering with the Programs Department and helping our residents directly, Robyn also assists with major events at The Redwoods. She helps organize the big New Year's Eve party every year, and has volunteered at past Crab Feed events, our Halloween parties, and in September spent an heroic 13 hour day helping at the Living Legends with Huey Lewis Huey Lewis Fundraising event where, among other tasks, she helped with set up, decorations, greeting special



Robyn stands with Ms. Sarah Eheart, Tam High School Counselor/Education Specialist at the awards ceremony.

guests, and managing other volunteers.
 "I love volunteering at the Redwoods and hearing all the amazing stories that people have to share, it truly is a home filled with amazing human beings that have seen things I am now learning about in school."
 "Every time I go to The Redwoods no matter what type of day I have had, I put it all behind me as I walk through the doors and every time I come out smiling."