

VOLUNTEERING

# Three Golden Girls Give Back

“Priorities” editor asked three energetic residents of The Tamalpais why they volunteer.



Room at Kaiser Permanente, San Rafael. A retired social worker, she responded, “With 3,600 hours over 11 years, I’ve averaged 6.5 hours per week and up to 48 hours per month. I help the patients into their surgery clothes, act as the family-doctor-nurse liaison, tell families when patients are out of surgery, and inform next-day patients of their admitting times. For critical surgeries, patients need someone to calm them down and I try to do that.”

**Annette Perry** has accumulated more than 19,100 hours over 30 years at Marin General Hospital. She lived in Corte Madera for 56 years and has been at The Tam for eight. She replied, “When my husband had a stroke, I saw the care he got from the volunteers, doing what the nurses didn’t have time for. That was my catalyst. In the Emergency Room, I distribute warm blankets, stock the shelves next to each bed, and make coffee for visitors. Above all, I listen because some patients want to talk. I also work at Sutter Health flu clinics.” This lifelong volunteer has also contributed 15 years as a docent at the California Academy of Sciences.

**Maureen Crabtree** volunteers in Surgery Pre-Op and the Waiting

**Betty Enemark** volunteers as a Courtesy Visitor at Marin General Hospital’s Administration Office. She speaks with each patient to ensure they receive the best care possible. If she’s unable to resolve an issue herself, she discusses it with the charge nurse or the patient relations’ administrator. As a Navy nurse married to a naval officer, Betty volunteered in military hospitals on both coasts, Hawaii and Germany. After logging 2,600 hours over 29 years at MGH, she adds, “I do this work because the people are interesting and I enjoy the patients tremendously.” As a Lay Eucharistic Episcopal minister, Betty also offers communion to The Tamalpais Health Center’s residents.

RESIDENT TESTIMONIALS

## Words of Praise From Our Residents at The Tamalpais

*“I am a person who lives in the moment and the moment I saw The Tamalpais, I knew it was the right place for me. The people here are truly interested in life and in each other. If I had to choose one from many outstanding features of The Tamalpais, that feature would be cheerfulness...flowing continually from its social and physical surroundings.”*

– DR. T.Y. SHEN

*“As my parents were among the very first residents, I was attracted to the lifestyle and Life Care offered at The Tam. I have many friends from my former neighborhood- now after a short while here, I have 300 new friends.”*

– BARBARA WARD-WONDER



FOR MORE INFORMATION

- Visit our website at [www.thetam.org](http://www.thetam.org)
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# Upcoming Events at The Tamalpais Winter/Spring 2010

## Osher Lifelong Learning Institute Classes (Dominican University)

Primal Ethics – Modern Meanings II  
January 12 – February 16, 10:00 – 11:45am

## Great Cities: Capitals of Culture

March 2 – April 6, 10:00 – 11:45 am  
Register for Dominican classes at 415-458-3763 or  
E-mail: [olli@dominican.edu](mailto:olli@dominican.edu)

## Book Talks

Lord Mountbatten and India  
January 28, 10:30 – Noon

Saint Gaudens and the Gilded Age, America’s Greatest Sculptor  
February 25, 10:30 – Noon

## Rightsizing Seminar

Date Pending

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## FALL/WINTER 2009

# Come Early, Stay Late

By Maggie Brandon, Resident of The Sequoias – Portola Valley

## Why don’t people move?

There are many reasons, including housing prices and feeling so comfortable in a long-time home, that influence one’s decision of when to move... and then there are those who are “just putting it off.”

Perhaps it’s because the idea of downsizing and moving seems overwhelming. If that’s the reason, rest assured that the job just gets harder as one gets older and no one is getting any younger. We do help. If the long-range plan is to move to The Sequoias sometime, putting it off runs the serious risk of an unexpected medical problem that will ruin that plan. That has happened to so many prospective residents.

## Move earlier so you can stay longer.

Those of us who moved in by our middle seventies have had longer to make friends and to become part of the community. It’s easy to avoid the loneliness that is so damaging in old age.

We’ve been freed from extra years of home maintenance, meal planning, grocery shopping, and meal preparation. Our freedom from home maintenance makes it easier for



us to spend long stays elsewhere. We travel all over the world.

## A choice of activities and dining options.

We’ve had more years to benefit from participation in the large assortment of exercise programs offered, and our fitness room is full of the best equipment. But if one does develop medical problems, this is the place to be—with all of the facilities and personnel to care for us, all on our campus. If you’ve been here long enough to make friends before a medical problem materializes, it makes recovery so much more pleasant.

## Inside This Issue:

- 2 Staff Spotlight
- 3 Healthcare Corner
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- 6 Upcoming Events



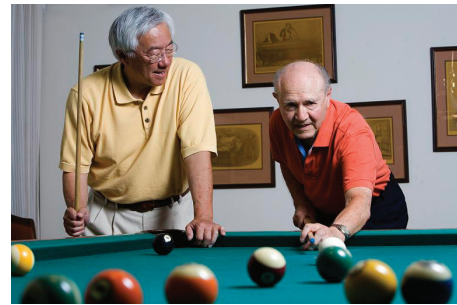
Between The Tam's gift shop and auditorium is a delightful new area.

"The Galleria Café offers our residents another healthy option to our buffet and seated dining services," says Bernice Cottingham, Manager of Food Service. "Residents, staff, guests, and visitors can purchase grab-and-go salads, fresh fruit, raw veggies, juices, smoothies, yogurt parfaits, bagels, and sandwiches. Or they can have a snack and socialize."

Open Monday-Friday, 9am to 2pm, the Café features an amazing espresso machine and everyone has a favorite specialty coffee, tea or latté. Pierre Denis, who served in the dining room for two years before becoming the regular Café barista, has developed a fine rapport with residents by greeting them daily with samples of new items and suggestions for combos.

## Come Early, Stay Late

(continued)



We also have access to many programs to keep us mentally stimulated and it is a lively community sharing interests in the news, the environment, sports, theater, movies and, always, books. It's so very comforting to grow older in a group that is growing older along with you. For additional mental stimulation, if one enjoys games there are like-minded residents with whom to play bridge, scrabble, dominoes – whatever your preference.

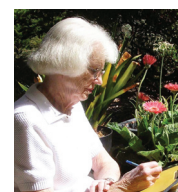
We really like having three meals a day prepared for us, which we can choose to eat either in the dining room or carry home. Our usual preference is to eat in the dining room as that informal place is where we meet other

residents and friendships develop. ("Priorities" editor notes that flexible meal programs are in the planning stage at all three Life Care communities of NCPHS.)

**We're living longer, happier lives. Join us.**

We know that we are living longer, happier lives because of our healthy lifestyle here. That may be why the great majority of our residents are still so active. We wonder why one puts off moving in.

The Life Care communities of Northern California Homes and Services (NCPHS)... The Sequoias – Portola Valley, The Sequoias – San Francisco and The Tamalpais – Marin are great places to live. We want to spread the word.



*Maggie Brandon has been a resident of The Sequoias – Portola Valley since September 1999.*



## The Importance Of Getting A Flu Shot

By Dr. Kati Murray

Annual epidemics of seasonal influenza (the flu) occur typically from late fall through early spring. According to the Centers for Disease Control and Prevention (CDC), an average of five to 20% of Americans contract the flu annually and vaccination is still the single most effective way to protect yourself.

### Influenza Can Affect Anyone.

Influenza viruses can cause disease in any age group, but rates of serious illness and death are highest among people over 65, children under two, and those of any age who have medical conditions, which increase risk for complications. Fortunately, The Tamalpais has flu vaccine available as part of residents' Life Care coverage.

### Be Aware Of Flu Symptoms.

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. If you've been in contact with someone who may have the flu, contact the clinic for advice. You could infect others beginning one day before any symptoms develop to five days after becoming sick.



### A New Challenge: H1N1.

This year, we face H1N1 ("Swine Flu"), a new influenza virus first detected in the United States in April 2009. Though symptoms are similar to seasonal flu, many people infected with H1N1 also reported diarrhea and vomiting with illness ranging from mild to severe. While most people have recovered without needing medical treatment, hospitalizations and deaths have occurred.

### The CDC Is Monitoring The Situation Weekly.

As of August 21, H1N1 had been reported in all states, resulting in 7,983 hospitalizations and 522 deaths. The seasonal flu shot does not protect against the H1N1 virus, so an H1N1 vaccine is expected to be available this fall.

Again, the CDC has recommended that certain groups receive the H1N1 vaccine when it first becomes available. However, vaccination will likely become available later for those 65 or older.

The Tamalpais Infection Control staff will continue to monitor flu updates and keep our community informed.

**Kati Murray, M.D.**, is Medical Director for all three Life Care Communities at The Sequoias – San Francisco, The Sequoias – Portola Valley and The Tamalpais – Marin.

## The Tam Achieves Bay Area Green Business Certification

By Rob Goerzen, Administrator



When you have a 417,000-square foot footprint, it's not easy being green. So The Tam formed a Green Committee of 14 residents and staff in mid-2007 to provide a socially conscious and responsible community. Working closely with the Marin Sustainability Team, they responded to a 14-page checklist, passed an inspection, and were just awarded Bay Area Green Business Certification by the Marin County Board of Supervisors.

"Through the efforts of Bernice Cottingham, our Food Service Director, we got rid of 90% of our Styrofoam take-out containers and plastic," said Rob Goerzen, The Tam's Administrator. "She's been invaluable in moving us forward in that area. We are now 100% free of polystyrene products by using potato-based, compostable clamshells and Spudware in our kitchen.

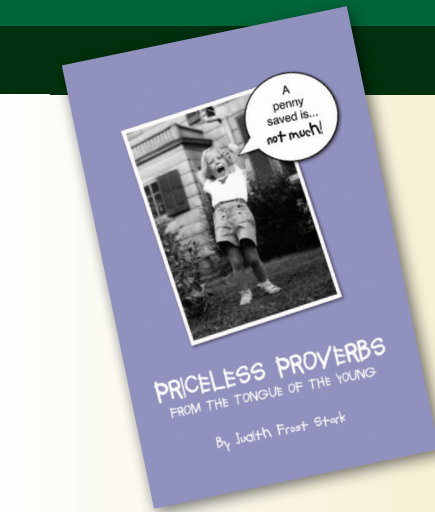
"We also started working on measures to compost any food wastes, all of our products

in housekeeping, laundry and maintenance are now green chemicals, we've been using CFLs for lighting, and are even recycling cooking oil in 55-gallon drums."

### The Tam's green certification endeavors consist of:

- **Recycling** paper, aluminum, and glass since 2007.
- Using **motion and sonic sensors** in our large public areas to greatly reduce use, save energy and significantly lower costs.
- Relying on more **energy-efficient** compact fluorescent lighting in all public areas.
- Installing **low-flow** sinks, showerheads and toilets.
- **Saving water** with drip irrigation for gardening, reclaiming water and using grey water.
- **Co-generation units.**
- **Composting** with recyclable, disposable dinnerware and cups made of biodegradable materials.

"We felt that we were sometimes moving at glacial speed during the greening process. Now, we're certainly proud of what we've accomplished. The sky's the limit for what we can do. We're saving money and have a green glow around us for doing it."



As a first grade teacher in Belvedere, CA for more than 20 years, Judy developed teaching methods to motivate her students in reading and writing. One such idea was to play word games.

Asked to finish familiar proverbs, the children would print words to complete the thoughts and add drawings. The funniest ones became her book, first published in 1982: "Priceless Proverbs from the Tongue of the Young," and were featured in the *Ladies Home Journal*, *Reader's Digest*, and newspapers across the country. The book's latest edition is available at The Tamalpais' gift shop or you can email her at [jfroststark@sbcglobal.net](mailto:jfroststark@sbcglobal.net).

Judy and her husband Bill have lived at The Tam for three years and she continues to tutor her beloved first graders.