

VOLUNTEERING

The Gmahlings and Robin Daly are The Tamalpais Volunteers of the Year for 2010

One of the best ways that Tamalpais residents help our community is by volunteering their time. Here are the stories of four of them.



George & Georgene Gmahling

The Gmahling's Musical Gifts

This gracious couple is best known for their efforts to celebrate important Tamalpais occasions. They've produced programs that are very entertaining, professional, and highly regarded by staff, residents, friends, and families.

The Gmahlings are very gifted musicians, bringing out the best in others. Georgene plays the piano at events, sings, rewrites the lyrics to familiar tunes, and persuades others to participate. George is a producer and arranger, compiling scores and encouraging residents to create productions.

They were "discovered" when they produced and directed the Tamalpais 40th Anniversary Show, performing before a full house on several occasions. Since then, they're well-known for karaoke nights, sing-alongs, 4th of July Parades, and annual Veterans' Day performances.

Robin Daly – Fundraiser Extraordinaire

Robin's concern for others knows no bounds. When a devastating earthquake hit Haiti – the homeland of over 20 staff members – she raised \$25,000 from Tam staff and residents within one week. With matching funds from Senior Services of Northern California (SSNC), a supporting corporation of NCPHS, The Tam's parent organization, that amount was matched and \$50,000 was sent to Red Cross efforts in the region.



Robin Daly

Robin is chairman of The Tam Liaison Committee that raises funds for the many services supported by NCPHS Community Services, including the Experience Corps, an intergenerational tutoring program in San Rafael elementary schools.

Robin also took up the mantle from another Tam resident, Caye Gray, whose Christmas holiday gift distribution to Homeward Bound women was a 13-year tradition. Robin enlists 20 residents who deliver 100 bags of cosmetics and other treats each December.

As a former Belvedere Citizen of the Year and a Dominican University trustee, Robin has contributed much to the continued success of her community and its local university.

Carmella Kramer – Woman of The Year



Carmella Kramer

Named by Cambridge Who's Who as Professional Woman of the Year for 2010, Carmella was District Manager of Social Security at the Department of Health Education and Welfare. For over three years, she interviewed inmates at San Quentin to qualify them for Social Security or disability pensions. Completing the paperwork by mail was too costly and, since a male interviewer was not available, she was selected for the job.

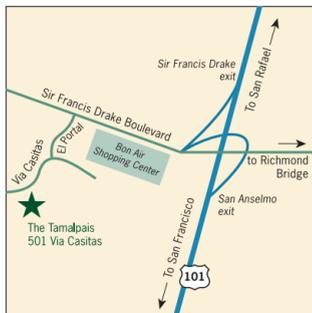
The prisoners never had women visitors except their friends and relatives. "I was never afraid... I loved it... and my career," said Carmella.

Her interests have also extended to local politics, where she has volunteered her time at the offices of Lynn Woolsey and Barbara Boxer.



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FOR MORE INFORMATION

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UPCOMING EVENTS AND CLASSES AT THE TAMALPAIS SPRING/SUMMER 2011

- **Dominican University Courses**
Osher Lifelong Learning Institute Classes
Judaism and Christianity: Archeology, Theology, and Practice
April 19 – May 24, 2011, 9:45 – 11:30 a.m.
Register for Dominican classes at 415.458.3763 or E-mail: olli@dominican.edu

- **Tamalpais Poolside Champagne Party and Apartment Tours, Sat., September 17**
Call Nancy Martin for more information

Sushi Maker Is On A Roll

Walk into Tamiko Flannery's kitchen and you'll be greeted with a welcoming smile and an invitation to sample some sushi. This Japanese delicacy combines seasoned rice with bits of fish and vegetables. Tekka Mahi and the vegetarian Yasai Maki, are her specialties. Her secret is using the freshest ingredients. Her joy is sharing sushi with her friends... domo arigato, Tamiko.



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Residents Are Using More Technology, More Often



WHEN YOU LIVE NEAR THE BIRTHPLACE OF THE PERSONAL COMPUTER, the iPhone, and Facebook's headquarters, you might expect a few residents to go online occasionally.

As one of the largest consumers of media, seniors are far more likely than younger generations to read newspapers or watch network TV. Now, as technology becomes more common, seniors in the U.S. are embracing the cultural shift in new ways.

According to Nielsen Wire, in the last five years, the number of seniors actively using the Internet increased more than 55 percent, and they're spending more time on the Web – up to 58 hours a month.

"Our demographic follows the trends. We're just later to do so," says Natakhi Clarke, Vice President for Digital Marketing at AARP.

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SPRING/SUMMER 2011

Residents Stay Connected

Here are just a few of the ways that residents of The Tamalpais have been interacting with others:

- Resident Jim McCauley has set up Wi-Fi (Wireless Fidelity) in his apartment with a wireless router to use his laptop wherever he wants without wires. (Read more about him on page 3.)
- Another resident, Jeanette Sullivan, uses SKYPE to make free video calls through her computer and its built-in camera to speak with cousins in Tokyo, Japan; Vienna, Austria; and Sacramento, California. She adds, "I use Facebook to communicate with relatives and see what they're doing with their friends."
- Many Tam residents stay in touch with their families either through desktop computers in their apartments, or email on their mobile phones and smart phones.

Renovation Team – Makeover Magic



Maintenance Manager Mark Riehman joined The Tamalpais a year ago. His experience as a Project Engineer for a commercial heating, ventilation and air conditioning contractor in Marin and Sonoma counties had spanned 25 years.

Prior to joining The Tam's renovation team, Nader Poormoghaddam was an architect in training, while Brock Bruderer was involved for 30 years with international construction project management throughout Asia, the Pacific Rim and Pacific Islands.

This expert team is responsible for renovating Tam apartments from top to bottom. This includes new paint, carpeting, tiling, window coverings, kitchen and bathroom cabinetry, light fixtures, and hardware.

When residents want to add their personal stamp with custom changes, the Renovation Team is there to offer suggestions and guidance. They earn high marks for their attention to detail, flexibility, and creativity.

(L to R) Brock Bruderer, Nader Poormoghaddam, Mark Riehman

Technology *(continued)*

Other Ways Technology is Helping NCPHS Residents

At all of our NCPHS Life Care properties, e-readers like Apple's iPad and the Amazon Kindle are becoming more popular among residents.

At The Sequoias – San Francisco, a resident recently requested assistance in downloading an iPhone application for the hearing impaired that will read conversations to you. Also, a couple watched their grandson's wedding video on a USB port plugged into a wide-screen TV.

At The Tamalpais, Director of Resident Services, Diane Buroff, uses a tablet computer to update residents' electronic medical records in their Health Center rooms.

A Nintendo Wii system also enables Health Center residents to participate in interactive games.

Creating An Electronic Network of Wireless Signals

The Tamalpais Director of Environmental Services, David Mead, says, "We're planning to install a Wi-Fi network in parts of the first floor common areas by year's end. This will enable our computers, smart phones, video game consoles, and other devices to connect via wireless signals to the Internet. Residents and their visitors will have access to Wi-Fi in our fireplace lounge, Galleria Café, and meeting rooms."

Mr. Mead adds, "In our resident and staff Building and Safety Committee meetings, we're researching electric car charging stations for possible future installation. We'll start with one as a pilot program. The Tamalpais encourages engagement... and I smile as I walk around the building and see family and guests using their mobile devices to communicate with their families."

WANT TO KNOW MORE? To find out more about The Tamalpais please contact Nancy Martin at (415) 464-1754.

A Few Words About The Tam's Flexible Meal Plan...

"One of the aspects of The Tamalpais life I most value is the opportunity for choice. The flexible meal plan option is the perfect choice for me."

– Resident, Maureen Crabtree

RESIDENT PROFILE

"Not-So-Retired" Teacher Lives the Good Life by Patrice Garrett

Exceptionally accomplished people enjoy life at The Tamalpais...

and Jim McCauley certainly qualifies. One of The Tam's newer residents, Jim is a "not-so-retired English teacher" with a career that spans more than half a century. "I've worn out a lot of red editing pens," he notes with a smile, green eyes twinkling.

An Outstanding Teacher

Jim has been the recipient of five outstanding teacher awards as well as a Teacher of the Year Award from the University of San Francisco's College of Professional Studies, where he has taught autobiographical writing to adult students for the past 12 years. "My career has taken me from Wisconsin to Illinois, Colorado, the Sonoma Valley, and now to The Tamalpais in Marin," he adds. "Some of my students have become life-long friends."

Those friends often visit Jim in his comfortable studio apartment, decorated in accent colors of khaki, blue, and red. Floor-to-ceiling windows in his living room and an enclosed balcony offer breathtaking views of the Ross Valley, including a glimpse of a pair of crows busily building a nest in a nearby evergreen tree.

Small Space, Remarkable Place

Jim points out the dozen or more pillows scattered on his living room seating areas. Each displays his name in a former student's heritage language: Chinese, Russian, Korean, Hindi, Gaelic, Farsi, and Hebrew to name a few. "Greek is next," Jim says, explaining that his hobby of more than 40 years has been needlepoint. "I began with geometric and oriental motifs, but the name

project is more fun and meaningful." The pillows add a perfect splash of color against dark blue couches and oriental furniture in shades of red and brown.

"This place is perfect for me; I love living at The Tam. I can come and go as I please," declares this 73-years-young Irishman. "I enjoy being close to the City and

Marin's many activities."

In addition to reading, his interests include museums, theater, symphony, and opera. He also set up Wi-Fi in his apartment so he can use his computer without being hard-wired to Comcast.

People Make The Place

Jim hasn't yet tried cooking in his new home, but he recently hosted his first wine and cheese gathering and is planning another. "I enjoy meals in all the dining venues at The Tam, and the food is delicious," he adds.

Like so many Tamalpais residents, Jim feels the people make the place special. "The people who live and work at The Tam are genuinely happy and helpful," he says.

Jim recently gave a "writing tips" presentation for Tam residents. "I like editing and proofreading," he explains. "I like the details." That attention to detail shows in his needlepoint pillow project and his beautifully appointed apartment.



COMMUNITY FEATURE

Dominican University Nursing Students

Working closely with Faranak Haghigla, Director of Nursing at Dominican University (pictured with her class), the students spend clinical time at The Tamalpais as part of their geriatric coursework.

"We usually enroll eight students as part of their rotation, one day a week for approximately eight weeks," says Corinne Sartorio, Director of Nursing Services.

"They shadow The Tam's nursing staff and are assigned to all areas – our residential apartments for house calls, our Outpatient Clinic, Assisted Living, and Skilled Nursing," she adds. "The students rotate, so they spend at least a day in each of the areas. We are pleased to collaborate with Dominican University and assist their aspiring nurses advance their careers in the nursing profession."



(L to R) Camilla Wolfe, Jutta Klein, Mary Van Voorhees, Myrna Pepper, Betty Hutson.

The Spanish Group

In 2007, residents Myrna Pepper and Camilla Wolfe began to get together once a week to practice their Spanish, which, for both of them, was part of their Mexican heritage. After a time, several others were invited to join, with the requirement that they be able to converse in fluent Spanish on various topics or a theme of the day.

The group has grown to seven – including Myrna, Camilla, Janet and Alan Coleman, Betty Hutson, Mary Van Voorhees and Tam receptionist and native German speaker, Jutta Klein. All have traveled extensively and enjoy using the Spanish language in this informal atmosphere.

Library Committee

A Tam resident for six years, Ann Kirkland was a library consultant, working for the State of California in Sacramento. As co-chair of the committee with resident Jane McColgan, they share responsibilities for Library Committee meetings. Ann creates the agenda, while Jane processes and purchases books once a month through Book Passage and Amazon.

Ann adds, "Although I'm a mystery fan... as were FDR and Winston Churchill...each month we add six or seven new books to the collection – both fiction and non-fiction. We have about 3,000 bound books in the Library, including a large print selection – plus an extensive number of paperbacks, an audio/video collection of books on tape, and DVDs. Our relationship with the Larkspur Public Library also affords our residents the ease of ordering books from the Marinet system for complimentary weekly pick-up and delivery by a Tamalpais staff driver."



(L to R) Alan Coleman in rear (not on Committee) John Eschelbach, Mary Foster (seated), Jane McColgan.