

Pg 3: Preparing for Wildfire Season Amid COVID-19

Pg 4: Neighbors Helping Neighbors

Pg 9: How to Prepare for Blackouts



Be Prepared! Whistlestop's Network of Support

By Greg Gilseth

Transportation Operations Manager
Internal Support Services

As Transportation Operations Manager at Whistlestop, I have been involved in Whistlestop's emergency response, not only to the current Covid-19 pandemic, but to other emergency situations in the past. It's gratifying to know that the County of Marin calls on us as a reliable source of safe transportation during difficult times, and we are always honored to use our resources to help our community.

I've been reflecting recently on my life and career, and noted that much has changed over the years, for us all. Things that were only dreamed of years ago are now part of our everyday lives. Even with

all of these advances that are designed to simplify our lives, there continue to be situations that catch us unprepared. The concept of Emergency Preparedness was created to encompass an extensive and well formulated set of plans, information, resources and protocols to guide us through natural or man-made disasters or unusual events, like an active shooter, or a pandemic. Each unique event requires a different, tailored response.

I serve as Whistlestop's representative on the Volunteers Organized Against Disaster (VOAD) committee. I am grateful to VOAD, the Marin County Office of Emergency Services (OES), and other agencies and organizations partners. By combining our resources,

we've created a network of support for the communities we serve, with an emphasis on those with special needs.

I also serve as one of the alternates for Marin County's emergency operations center (EOC), assigned to work the logistics desk handling transportation needs. I have participated in several training exercises with simulations for various scenarios such as flooding and fires. The work is rewarding and challenges me to think creatively to solve challenges that may one day save lives.

I know it may feel overwhelming to think about emergency prep while we're in the middle of a pandemic, but I try to remember that preparing for a possible emergency



Greg Gilseth, Whistlestop Transportation Operations Manager

is not very different now than during normal times. Stick to the basics. I recommend you have a go bag. A notepad with contact information in case you need to reach someone or someone needs to attend to your needs is very useful.

Finally, try to stay positive and stay calm. Staying informed and being prepared really helps. Assess your situation and have a plan. This issue is full of useful information to help you get prepared and we are always here to help, so be sure to call us if we can be of assistance!

KEY CONTACT INFORMATION

ACTIVE AGING CENTER

930 Tamalpais Avenue | San Rafael, CA 94901
Closed except for 11:30am-1:00pm lunch take-out
Website: whistlestop.org | Email: info@whistlestop.org

Guest Services Reception | 415-456-9062 x100
Volunteer Opportunities | 415-456-9067
Resource Office | 415-459-6700

JACKSON CAFÉ

Monday–Friday | To-Go Only: 11:30AM to 1:00PM

MEAL DELIVERY SERVICES

Whistlestop Nourish | 415-456-9062 x176
Meals on Wheels Eligibility (Marin County) | 415-473-4636

TRANSPORTATION SERVICES

CarePool Volunteer Driver Program | 415-454-0927
Travel Navigators/Marin Access Eligibility | 415-454-0902
Schedule a Paratransit Ride | 415-454-0964
Cancel a Paratransit Ride | 415-457-4630

MEMBERSHIP

Discounts on lunch in the Jackson Café and on all classes, programs, events and room rentals.
Membership is \$20/year. Call 415-456-9062 for details.

OUR MISSION

Whistlestop believes we share a responsibility to ensure all Marin residents have an opportunity to age with dignity, independence and grace.

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PacificSun 

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Wildfire season is upon us. Evacuation plans and emergency kits should be modified amid COVID19.

Preparing for wildfire season amid COVID

Wildfire season is approaching and preparing for it is just a little different this year. Evacuation plans and emergency kits should be modified to reduce your risks should you come into contact with COVID-19. Check your Go Bag, add in some additional supplies and create alternatives for your evacuation route.

- For your Go Bag, you want to be sure that you have several cloth face coverings for everyone in your home. Unless you already have N95 respirators on hand, there's no reason to

deplete an already limited supply of N95s that first responders may need.

- Stock up on prescription medications. A 7 to 10 day supply is the minimum recommended. Make sure they are stored in a childproof, waterproof container.
- Have at least three days of food, water, personal hygiene items and cleaning and disinfectant supplies (hand sanitizer, disinfectant wipes and tissues) as these may be in short supply at evacuation centers. You should have at least two weeks of emergency

supplies for shelter in place orders.

- Familiarize yourself with your community's evacuation plan. Think ahead about transportation, especially if you rely on paratransit, a neighbor, relative or public transportation. For questions or concerns about public transportation, please contact Marin Transit at 415-455-2000 or about paratransit services, please call Marin Access at 415-454-0902.
- If you have a disability, need assistance walking, have low vision, are blind,

deaf or hard of hearing, develop a comprehensive evacuation plan with family and care providers.

- Connect with your neighbors about their evacuation plan and let them know if you will need assistance in an emergency. If you are planning to evacuate to a hotel, motel or campground, call ahead to see if they are open and ask about their pandemic safety practices.
- Have a plan for your pets. Some locations accept them; others do not. Be sure to pack food, water and medications for them.
- If an evacuation order is given, leave immediately. Don't wait until the last minute and don't forget your Go Bag. Conditions can change rapidly and your safety is #1.
- Sign up for local alerts at AlertMarin.com. There is also a helpful list of tips here firesafemarin.org/evacuation.
- Monitor local news and radio stations for fire information. In Marin, AM 740, AM 810, FM 106.9, FM 88.5; are good options. In West Marin, KWMR FM 90.5 Point Reyes & FM 89.9 Bolinas are excellent local options. KPIX, KRON, KTVU are good local TV news sources.
- For more information about how to protect yourself from wildfire smoke, talk to your healthcare provider and visit cdc.gov/coronavirus/2019-ncov/php/smoke-faq.html.

In order to support our 65+ volunteers who need to shelter in place, Whistlestop has an immediate need for volunteer drivers under 65 to fill in. Safety protocols are strictly followed.

**BE A LOCAL
HERO!**

Whistlestop
Volunteer



Whistlestop CarePool We are looking for volunteers to drive older adults to crucial non-COVID medical appointments and also to help deliver grocery bags and take out meals with *low to no contact*.

To learn more about our CarePool Volunteer Program:
carepool@whistlestop.org or
415-456-9062 x103



Whistlestop Meals On Wheels We are seeking friendly and reliable volunteer drivers for our *no contact* meal delivery programs.

To learn more about this and other volunteer options:
volunteer@whistlestop.org or
415-456-9067



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Neighbors helping neighbors to be prepared

By Kelly Krueger Thomas

Whistlestop Express Editor

If there's one thing the pandemic has taught us, it's that ultimately we need to rely on each other in challenging times. From wearing masks to checking on our most vulnerable residents, a new network of volunteers inspired by the Age-Friendly movement is bringing us together in new ways.

California's master plan for aging is due out this year. In Marin, nine of the 11 incorporated cities have joined the Global Network of Age-Friendly Cities, a brainchild of the World Health Organization. The idea is to create urban environments that allow older adults to experience respect and social inclusion and to have better access to public transportation, housing, community support and health services, public spaces, employment, information and communications.

Disaster prone states and nations have added the ninth domain of disaster preparedness to Age Friendly strategic planning. For older residents in Marin, this focus on community support extends to disaster preparedness and emergency response. Nearly 30% of Marin's residents are 60 and older and that percentage is expected to rise to 38% by 2030.

During the pandemic, Corte Madera has already



Neighbors Helping Neighbors to Be Prepared

tapped into its database of older adults and volunteers to organize events such as live music to keep residents connected with others while adhering to physical distancing guidelines. San Anselmo, Fairfax, Belvedere and Corte Madera have been making wellness and friendly check in calls to older adults and isolated individuals.

In Sausalito, the Age-Friendly network helped the food pantry program expand to guarantee residents food safety during these exceptional times. Through their network, San Anselmo created a mask awareness program that encourages kids to create a "wear your mask" poster that can be hung on trees and placed in windows. "If 80% of people wear masks 80% of time, we can get over this," noted Marin epidemiologist Larry Brilliant.

To coordinate efforts

between communities, community representatives of the Age-Friendly Network meet two times a month to share best practices and to discuss issues related to aging and older adults in the county. Most of this activity centers around COVID right now, ensuring that the mental, physical and emotional health of residents is top of mind. Representatives are also using the pandemic as a springboard for finding new ways to create more coordination for every type of disaster and even everyday needs such as transportation to medical appointments that can be handled by a coordinated volunteer network working with government agencies and officials.

Neighbors helping neighbors is a winning strategy, one Marin residents should be proud of.



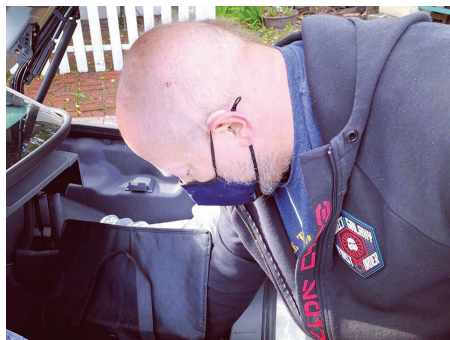
During Shelter In Place - We are Here For You

During shelter in place, we remain dedicated to you, and are continuing to expand our existing programs and implement new ones. Below is a list of current programs. For the most up-to-date

information, you can also visit our website at www.whistlestop.org or call **415-456-9062**

Home Delivered Meals: Whistlestop Nourish and Meals on Wheels

We are expanding our home delivered meals programs to ensure that nobody goes hungry during this pandemic. To sign up for meals for yourself or a loved one, call 415-456-9062 x176.



Food pantry

**Fridays 10:00am - 11:00am,
930 Tamalpais Ave, San Rafael**

Whistlestop's Brown Bag Pantry offers free, fresh produce, meats and staple food items provided from the Marin/SF Food Bank to Marin residents every Friday. Any Marin resident, 60+ or person with a disability in need of food is welcome. Pre-packed bags of groceries are distributed to visitors upon arrival—either drive-up or walk-up at the

Active Aging Center, 930 Tamalpais Ave, San Rafael.

Call 415-456-9062 with questions.

Jackson Café Meals To Go

Monday - Friday 11:30am – 1:00pm

Whistlestop's Jackson Café is offering nutritious, affordable meals for \$6, prepared fresh daily by our culinary team and sold through the front door at our Active Aging Center, 930 Tamalpais Ave, San Rafael. Try our Breakfast meal! offered Thursdays only. No ordering in advance - just show up!

NEW! Drive -Through Breakfast

Thursdays 9:00am - 10:00 am

Delicious, freshly prepared breakfasts are now available from our Jackson Cafe on Thursday mornings! Swing by and grab one, take it home to heat it up and enjoy. Can't make it for breakfast? Pick one up with your Thursday lunch for a Friday morning meal!



CaringCalls

Call 415-456-9062 to learn more

Our intergenerational program pairs older adults or anyone feeling isolated during this crisis, with local high school students for weekly social phone visits. Share your experiences and insights and connect with a younger member of our community – they are feeling isolated as well!

Check-in Calls

To start receiving check-in calls, please call 415-456-9062

Our call center has placed nearly 2,307 calls to Marin County older adults to see how they are doing and offer referrals and resources. Volunteers are conducting regular follow-up calls to anyone who opts in.

Resource Referrals

Our team of caring staff is available to answer questions about resources. Please call 415-456-9062.

NEW! Medi-Cal Rides

**(415) 454-0964 or
medical@whistlestop.org**

Whistlestop now offers Non-Emergency Medical Transportation (NEMT), which provides routine and specialized medical

appointment transportation to eligible participants who are covered by Medi-Cal in Marin County. Receiving NEMT services requires prior authorization from a medical provider.



Marin Access Paratransit

Call 415-454-0964 to schedule a ride

We continue to provide daily, pre-scheduled, door-to-door bus transportation in Marin County for people needing assistance. Drivers are disinfecting their vehicles three times per shift, wearing masks and changing gloves after each rider.

Free Volunteer Rides

To schedule a ride, call 415-454-0927

Whistlestop's CarePool program provides free rides for older adults and people with disabilities. It has remained in continuous operation and is providing rides to medical appointments, to pharmacies and to grocery stores. Volunteer drivers are following all recommended sanitation guidelines.

WHISTLESTOP HAPPINESS PACKETS

Looking for a safe way to help your community? Whistlestop is now distributing Happiness Packets to homebound older adults and we need your help! You can choose what you'd like to put in your packet. Ideas include items such as crossword puzzles, sudoku and adult coloring books. No food items please. Please drop packets off at Whistlestop, 930 Tamalpais Avenue, San Rafael M-F 9am - 5pm, by Friday, September 18.



Please visit whistlestop.org/classes for details including the call-in number and optional Zoom link for the below classes or call the front desk at **415-456-9062**.

Bingo

Tuesdays 10:00 am via phone or Zoom, Free, Registration Required

Please call 415-456-9062 by Thursday to play Bingo the following Tuesday. Play Bingo with Penny and Diego! Prizes will be won at each game!

Healthy @ Home Workshops: Free Online Seminars for Better Living

September 2: "Home Fit: Simple Home Modifications That Make a Difference"

September 16: "Decluttering & Reorganizing: 5 Easy Steps"

September 30: "Granny Flats: They're not just for Granny anymore!"

Whistlestop is proud to partner with AyaPlaces to present Healthy @ Home Workshops, a series of online classes featuring leading home design and "living in place" experts to help you transform your home into a safer, more comfortable, and more joyful place.

For details and a more complete schedule, visit www.AyaPlaces.com/workshops

Osher Lifelong Learning Institute (OLLI)

Whistlestop has partnered with Osher Lifelong Learning Institute to offer additional classes to Whistlestop members at no additional cost! See page 12 for details.

Tai Chi

Mondays 9:00 - 10:00 am via Phone or Zoom, Free

Join David MacLam on a Tai Chi journey. This non-competitive martial art known for its self-defense techniques and health benefits combines gentle physical exercise and stretching with mindfulness.



Ukulele Beginner

Wednesdays 11:00 - 12:00 am via Phone or Zoom, Free

Ukulele, Intermediate

Wednesdays 12:30 - 1:30 pm via Phone or Zoom, Free

Welcome back to Whistlestop's Ukulele class! Practice songs in group form, tune your Ukulele and rock-out with Sandy via Zoom.



Whistlesizers

Tuesdays & Thursdays 11:00 - 11:40 am via Phone or Zoom, Free

Activate your muscles with tips and exercise routines specifically created for the ageing body. Have your chair ready and your phone on speaker for Elizabeth Lynn's Whistlesizers class.



Yoga

Fridays 3:00 pm via Phone or Zoom, Free

Namaste everyone! Time to re-center and replenish your energy with Kelly! Stretch, meditate and join the virtual class from the comfort of your living room.

Zumba

Wednesdays 9:00 - 9:45 am via Phone or Zoom, Free

Do you like to exercise to music? How about trying Jimna's virtual Zumba class? Join Jimna for a rhythmic and fun workout! Please visit whistlestop.org/classes for details including the call-in number and optional Zoom link.



MARIN CENSUS 2020

**You can verify a census worker's identity by calling the regional Census office: 213-314-6500.*

Respond Before the Door Knock!

The Census Bureau announced that the end date for the Census has **been moved up to September 30th**. This means that both **field data collection and self-response** options close on **September 30th**. Please take a moment to submit your census response today!

Your response brings resources and representation to your community for the next decade. Census workers will visit households that have not yet participated.

You can complete the census today in one of 3 ways: online at My2020census.gov, by phone at 844-330-2020 (English)/844-468-2020(Spanish), or by mail with the paper form mailed or delivered to your home.

3 things to know about census workers*:

1. They must carry a photo ID badge with a U.S. Department of Commerce watermark and expiration date.
2. They will never ask you about your finances, citizenship or immigration status, or social security number.
3. It is against the law for them to share your answers with anyone, including your landlord, employer, police, or any other government agency.



Information on food resources and other services and assistance:

Email **473INFO@marincounty.org**
or call **415-473-INFO** Visit **www.211.org**
or Dial **211** from your phone

Support During Power Shutoffs: Off-Grid Battery Distribution

Marin Center for Independent Living (MCIL) is joining with the California Foundation for Independent Living Centers (CFILC) and the PG&E service area to support people with disabilities and older adults during the activation of a Public Safety Power Shutoff (PSPS).

To apply for an off-grid battery for your medical device needs, please complete the PSPS Resources application found at marincil.org. Click on the PSPS Resources link under "Get Involved". Your application will be sent to the Disability Disaster Access & Resources program (in partnership with Marin CIL) where it will be processed to determine your qualifications for eligibility of resources.

Marin CIL can also help individuals put together a personalized disaster plan.

Buck Institute webinars on COVID-19

Ongoing; FREE

Register at www.buck2020.extendedsession.com

The Buck Institute on Aging is offering a second series of free live interviews with experts in research, epidemiology, virology, public health, health care, and others working on coronavirus issues. You are invited to review these informed, evidence-based perspectives about the COVID-19 pandemic.

Aging Action Initiative Annual Convening

If you work with or advocate for older adults in Marin, join AAI's annual Convening in September for updates about issues and challenges facing seniors. For more information, contact AAI at: support@agingactioninitiative.org or visit <https://agingactioninitiative.org/>

Age-Friendly Fairfax Forum: "Ageism 101 & Allyship"

Monday, September 28, 10:30 am; FREE and open to all

Meeting via Zoom; email agefriendlycortemadera@gmail.com to receive Zoom invite

Join us as we have discussions about building our capacity to respond to ageism. Learn how you can be a positive force for change in fighting systemic racism and achieving social justice for low-income communities.

Check the Age Friendly Forums at townoffairfax.org each month for more details.

Age-Friendly Marin Speaker Series: "Staying Safe in the World of Scams"

Wednesday, August 26, 10:30 am - 11:45 am; FREE

RSVP to Pati Stoliar, agefriendlycortemadera@gmail.com to receive Zoom meeting info

Learn valuable advice from members of the Marin County Financial Abuse Specialist Team (F.A.S.T.) to avoid becoming a victim of scams, frauds, and IRS impersonators targeting us right here in our own neighborhoods. Marin F.A.S.T. enlightens and educates us on how to protect ourselves against common financial scams and now new frauds related to Covid-19.

CONTINUED ON PAGE 8 >

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Age-Friendly Online Event: Heart to Heart with therapist Lynne Dixon

Mondays, 5:00-6:00 PM; FREE

email Lynne@lynnemdixon.com to reserve space

For anyone suffering grief, anxiety, or other emotional struggles during the pandemic, you are invited to join a virtual support group led by Lynne Dixon, a psychotherapist and Good Fairy volunteer. Share your views and find some comfort. Please email Lynne prior to the meeting letting her know you would like to attend by 3:00pm the day of the meeting. Please arrive on time. The meeting will be locked at ten past the hour to allow for a safe and productive space.

FROMM Institute Conversatory on Racism

Various dates (see below); FREE

Call 415-422-6805 or visit FrommInstitute.org for registration details

You are invited to join the Fromm Institute's series of conversations on ideas, views and experiences on the topic of Racism in the United States. Addressing a different aspect of Racism each week, join Fromm Institute Professor Mara Kolesas in a conversation with guest speakers followed by a question and answer period with attendees.

Monday Aug 24, 10am: "Racism, Stigma and Intergroup Relationships"

Wednesday Sep 2, 1pm: "Is there a Constitutional Right to Vote? Mechanisms of Voter Suppression"

Tuesday Sep 8, 1pm: "The Constitution and Race"



Ready Marin

Readymarin.org

FIREsafe Marin

Firesafemarin.org

Marin Wildfire Prevention Authority

Marinwildfire.org

2-1-1

211bayarea.org/marin

Governor's Office of Emergency Services

Caloes.ca.gov

PG&E Safety Action Center

Safetyactioncenter.pge.com

Evacuation & Warning – How To Be Safe In A Catastrophic Wildfire

Tuesday, September 22, 2020; 6:00 to 7:00 pm

Join FireSafe Marin speakers Battalion Chief Todd Lando (Central Marin FD) and Dr. Shannamar Dewey for an informative discussion on how to be safe in a catastrophic wildfire.

Join at: <https://firesafemarin.zoom.us/j/87382415962>



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PG&E prepares for extreme weather

By Kelly Krueger Thomas

Whistlestop Express Editor

Blackouts and power disruptions have become a way of life as extreme weather events become more and more common. When conditions warrant, electric power lines are proactively turned off to protect public safety and property.

This year, PG&E has taken additional measures, upgrading its grid to reduce the number of disruptions and their impact on customers. “Our goal is to reduce the number of Public Safety Power Shutoff (PSPS) events by a third this year, said Deanna

Contreras, PG&E Media Representative. “We are also making improvements to make these events smaller in size and shorter in duration, cutting restoration times in half so that power is back on within 12 daylight hours of a severe weather event.”

As always, it’s a good idea for residents to have their emergency plan updated so that they can be prepared for an extended outage. “We know how important the power supply is to our customers, especially those who depend on a reliable supply to power their life-support equipment,” says Deanna.

“It’s a good idea to have a backup power system for your home in the event of a disruption. And it’s important to keep it away from other generating sources such as a water heater or combustible fuel source. And good ventilation is essential. Also, the generator should be connected to your electric panel by a licensed electrician.” To support the proper installation, maintenance and operation of backup generators, the utility has a list of resources at pge.com/backuppowers.

With the upgrades to the grid, PG&E also plans to give more advanced notice

of disruptions so they can have additional time to prepare and switch to emergency backup systems. This includes an emergency supply kit. A list of recommended supplies can be found at pge.com/safety.

“This is also a good time to make sure your fire protection equipment is current,” she says. “This includes making sure your fire extinguishers are fully charged and every family member knows how to use one. Also use this time to replace the batteries in your smoke and carbon monoxide detectors.”

More preparedness tips are available at safetyactioncenter.pge.com



PG&E contractors working to reduce the impacts of a public safety power shutoff in Mill Valley

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Be Prepared Build A Kit

Being prepared means having your own survival supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of having to shelter in place during an emergency. Since Spring of 2020, the CDC has recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Food & Water

- ☐ Water (minimum of 1 gallon per person per day for 5 days), chlorine bleach, and eye dropper
- ☐ Canned fruits, vegetables, stew, meat

- ☐ Dried fruits
- ☐ Dry cereal
- ☐ Crackers (low sodium)
- ☐ Canned tuna
- ☐ Nutritional bars
- ☐ Canned nuts (unsalted)
- ☐ Peanut butter
- ☐ Fruit or vegetable juices
- ☐ Powdered milk
- ☐ Bottled soft drinks
- ☐ Baby food and food for others on special diets

Health & Safety

- ☐ First Aid kit and manual
- ☐ Cloth face coverings (for everyone ages 2 and above)
- ☐ Hand Sanitizer, disinfecting wipes

- ☐ Soap, detergent, shampoo
- ☐ Toothbrush, toothpaste
- ☐ Medications
- ☐ Heavy work gloves
- ☐ Sturdy shoes
- ☐ Space blanket or sleeping bag
- ☐ Tent or other camping equipment
- ☐ Hearing aid batteries
- ☐ Goggles or safety glasses
- ☐ Scissors

Tools

- ☐ Shovel
- ☐ Wrench (shut-off valves)
- ☐ 1/2" rope (20 ft.)
- ☐ Duct tape
- ☐ Broom
- ☐ Axe
- ☐ Flashlight and extra batteries
- ☐ Portable radio and extra batteries
- ☐ Fire extinguisher

Pets

- ☐ Leashes, crate, food
- ☐ Cat litter and plastic garbage bags

Eating & Cooking

- ☐ Paper/plastic plates, cups, utensils
- ☐ Paper towels
- ☐ Manual can opener
- ☐ Alternate cooking source and fuel

Sanitation

- ☐ Portable toilet or bucket with lid, toilet paper
- ☐ Diapers
- ☐ Disinfectant
- ☐ Feminine hygiene supplies
- ☐ Twist ties

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For more information, and for an evacuation backpack checklist, visit www.readymarin.org and ready.gov/kit



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Deana Peralta-Cordinator • Dmperalta@Covia.org

Lita Acosta-Program Director • Lacosta@Covia.org

Home Match Marin is a community service of Covia, a Bay Area nonprofit provider of housing and services.



GETTING AROUND

Whistlestop to assist with coordinated responses to local emergencies

Coordinating resources and responses in an emergency can be the difference between life and death, especially when minutes count. To create better coordination throughout the community, the Marin County Healthcare Preparedness Program (HPP) supports regional healthcare system preparedness, and recently partnered with Whistlestop to provide specialized transportation services.

As a California non-profit and public benefit corporation, Whistlestop provides transportation services in Contra Costa, Marin, San Francisco, and Sonoma counties. Its vehicles can transport anywhere from 12-22 passengers, including passengers in wheelchairs, and Whistlestop has about 100 professional drivers with Commercial California Drivers Licenses with CPR and Basic First



Whistlestop is partnering with the Marin County Healthcare Preparedness Program (HPP) to provide specialized transportation services.

Aid certifications who are specially trained to transport elderly, disabled, and fragile clients.

Managed by Marin County Health and Human Services, Marin County HPP builds relationships with the county's Medical Health Operational Coordinators, local hospitals and clinics, healthcare facilities and other community partners

like Whistlestop. It serves as a safe space for sharing best practices and coordinating emergency preparedness countywide. Through this coalition, facilities and organizations gain access to subject matter experts, understand county response and support systems more fully, collaborate on drills and exercises to improve preparedness, share

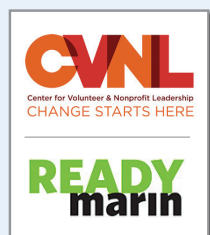
resources and conduct equipment drills to ensure proper use in an emergency.

Whistlestop's scope of work with the county is to provide a 24/7 intake request process for transportation requests, with three tiers of service: Tier 1 requests involve urgent/emergency situations, and if the intake is accepted, Whistlestop will provide transportation within four hours, tier 2 requests involve urgent/non-emergency situations, and if the intake is accepted, Whistlestop will provide transportation within 8-12 hours, and for tier 3 requests, which involve future or planned events, Whistlestop will provide transportation based on availability.

For more information on the HPP, visit marinhhs.org/healthcare-preparedness-program.

Emergency Volunteering with CVNL

The Center for Volunteer & Nonprofit Leadership (CVNL) provides crucial emergency volunteer support during local disasters like fires, blackouts, and global disasters like the Covid-19 pandemic. When disaster strikes, CVNL works with government and nonprofit agencies to gather and assess the needs of the community. They also help oversee and manage physical and monetary donations by distributing them to nonprofit



agencies helping individuals directly affected by the disaster.

During an emergency and once activated, CVNL will partner with other local organizations to set up Emergency Volunteer Center hubs where spontaneous volunteers go through a training process before being set up in various support roles. To find out more

about how you can help your community by getting involved in emergency volunteering please visit cvnl.org or call (415) 479-5710.



Marin Senior Coordinating Council

930 Tamalpais Avenue
San Rafael, CA 94901-3325

Announcing New Partnership with OLLI Dominican

By Yvonne Roberts

Whistlestop Chief Donor Relations Officer

Whistlestop's Active Aging Center and the Osher Lifelong Learning Institute (OLLI) at

Dominican University have joined forces to increase the number of online classes and



Yvonne Roberts

programs available for our community's older adults. We are now offering a dual membership. With your paid membership fee at either organization, you will receive the OLLI Basic membership and

Whistlestop Annual membership. Class fees continue to apply and some scholarships are available. See full program descriptions and register at Whistlestop.org/classes and Dominican.edu/olli.

OLLI Fall 2020 Classes

Mondays

- Civil War Profiles
- The Rolling Stones

Tuesdays

- Religion and Politics
- A Dragon Threading the Eye of a Needle: Major Issues in Today's China
- The Economist Discussion Group

Wednesdays

- Classics of Philosophical Ethics
- Memoir: The Wisdom Years
Celebrating the Voice of the Wise Woman and Greybeard

Thursdays

- Courtroom Drama in the Movies and Theatre, Part X
- The Art of California
- The Socratic Circus Group

Fridays

- Louis XIV and the Age of the Baroque

Whistlestop Fall 2020 Programs (see page 8 for details)

Monday – Friday

- Members discounts for the Jackson Café Take-out meals

Mondays

- Tai Chi

Tuesdays

- Whistlesizers
- Bingo

Wednesdays

- Beginner Ukulele Class
- Intermediate Ukulele Class
- Zumba

Thursdays

- Whistlesizers

Fridays

- Yoga

WAYS TO MAKE A DIFFERENCE!

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We will send a card in honor or memoriam in your name.

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We accept Automobiles, Boats, Motorcycles, RVs etc.
Call 844.WSMARIN or 844.976.2746

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Check with your employer to see if they will match your donation or your volunteer time.

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Name Whistlestop in your will, trust or as a beneficiary of an annuity, life insurance policy, IRA or retirement plan.

VOLUNTEER

- Become a CarePool volunteer driver
- Deliver Meals on Wheels
- Serve or Cashier in the Jackson Café
- Teach a class

MAIL A DONATION (Check or Credit Card)

Mailing address: Whistlestop
930 Tamalpais Ave.
San Rafael, CA 94901
Whistlestop.org/Donate
415-456-9062 X4800

