

Celebrate Aging in community

The Circle of Support

A Resolution of Appreciation

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415-663-0722

And many, many
fabulous volunteers!

When the doctors told Paula her father would be released the next day after heart surgery – “it was a mad scramble” remembers Paula. “The only solution was to move him in with us.” Paula saw quickly as things began to get uncomfortable and knew she could not maintain the care he needed, to call Pam Osborn, RN, and Associate Director of WMSS.

“I remember getting a hold of Pam as we headed to the Christmas holiday, -I need help. Do you have any suggestions for my dad?”



Pam had an opening at Stockstill House and offered it on the spot to Paula. “We literally packed him up and took him right over.” The second time Paula’s husband Russ got



pneumonia, two days after Thanksgiving, the paramedics took him from their home in Point Reyes to the hospital. “He was there for four days. While he was there he developed hospital delirium. He needed to be restrained - tied down and sedated. It was frightening and terrible.”
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This past fall, we celebrated Susan’s 30 years of service as WMSS Care Manager to Point Reyes and Inverness elders.



Dennis Rodoni, President of the Marin County Board of Supervisors, presented Susan with a well-deserved County Resolution. “Susan accomplished so much as a Care Manager, she grew with her community, aging alongside them. She understood what it meant to age in West Marin and gave everyone the same service, as if they were all family to her” says Pam Osborn, RN, Associate Director.

“Susan gave tirelessly of herself, committing her time and her expertise to the care of her clients and their families and making a positive difference in their lives. A volunteer for ten years, and then WMSS Senior Care Manager for twenty years Susan was a fierce and tenacious advocate for seniors.”
- Skip Schwartz, WMSS Executive Director

“Susan created the 18 year (and still counting) Senior Swim Program at Hearts Desire Beach, started the food bank supplemental nutrition table with West
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The Circle of Support continued

Paula was faced with the same decision, but this time with her husband's doctor. "I said no way, I can't handle this. But the doctor succeeded in convincing me that the best solution was for Russ to come home, and he did, the next day." That afternoon Paula called Pam for support. "Pam has literally saved our lives more than one time. She gave me names and recommendations, and again, things fell into place."



"Before I was able to get a hold of Pam, I called one of the agencies in the yellow pages. I don't even remember the name of it. I got an answering machine. They called me back a few days later- no help by then. Knowing Pam, and being able to reach a real person, made all the difference." - Paula Hunt

"I saw that anyone having anything to do with WMSS gives 110%! If you don't live in a community like West Marin, these stories are unbelievable!"

-Russ Hunt

Russ Hunt served as WMSS board president, cooked a couple of thousand meals, and put in a few thousand miles driving people here and there.

"Over the years my family and I have done just about every volunteer role at West Marin Senior Services, and we even benefited from their services, it's all very satisfying!" recalls Russ.

A Resolution of Appreciation continued

Marin Community Services at WMSS Congregate Lunch and co-led and mentored students in the Dominican University School of Nursing who visit WMSS clients.



"I knew I could retire, when I met Bonika Vega, my replacement. She made me feel comfortable leaving my role, and passing the baton to her. My clients meant everything to me, and it meant everything to know they would be in good hands," says Susan.

"Working with Susan and learning from her has been invaluable to me as I develop my skills as a care manager. She has always advocated for her clients with not just her mind but also her heart. She holds a wealth of knowledge about her community and the resources available. She knows first hand what aging feels like so the support/ advice she offers me is full of insight. I am grateful to her for taking the time to share her gifts with me." Bonika Vega, WMSS Care Manager

thanks to.. Our wonderful volunteers!

Alan Charne

Allison Puglisia

Barbara MacDonald

Ben Amyes

Brian Hefty

Buzz Voytovich

Catherine Gorchoff

Cathy Bleeker

Chris Longaker

Cynthia Fetherston

Dave Osborn

David Strickland

Dru O'Neill

Ellen Christiansen

Everett Bassett

Hailey Stewart

Julie Liss

Leah Light

Lenore Arnoux

Linda Caramagno

Linden Park

Lisa Doron

Nancy Kain

Nora Goodfriend - Koven

Patty Brockley

Pamela Bridges

Steven Sicher

And many past

volunteers -

We Thank YOU!

more thanks to.. Our Pinnacle sponsors!

POINT REYES LIGHT



Center for Global
Consciousness



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REALTY



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For all the ways
you can give to
WMSS:
please reach out to
amena@wmss.org



FUND FOR THE FUTURE

"Dad was incredibly fortunate to find pals, colleagues, and a joint mission for the latter years.

I often feel it was WMSS that kept his "spark" from 80 to 95!"

Barbara Gault daughter of Jim Gault. Jim left a generous bequest to the Funding for the Future Endowment.

You and Your Neighbors

Please join the Funding for the Future Endowment Campaign to ensure that the next generation of elders will be able to rely upon the crucial services provided by West Marin Senior Services (WMSS).



We are seeking to raise a \$2.3 million endowment.

"Please join us in making a one-time stretch gift for the Funding for the Future Endowment Campaign. We don't know what the future will bring - life's circumstances can make living in a rural wonderland lonely and difficult.

We are neighbors helping neighbors. Some of us need a bit of assistance, which together we all can provide."

- Steven and Nancy Sicher,
Funding for the Future donors

The West Marin Senior Services Board of Directors is 100% committed and contributing to the Funding the Future endowment drive. And the Board has created policies that stipulate that only the interest from the endowment can be used wherever needed. The principal would not be touched. The fund is housed at the Marin Community Foundation. Bequests can also be directed to this protected fund.

Please help us to reach our goal...

To learn more:
wmss.org/endowment/
Or contact Skip Schwartz
415-663-8148 x109



Falling Into Place, A Family Journey

My siblings and I wanted to find the perfect place for Mom to live, while honoring her independence. She was 95, her memory deteriorating and the facility she was in was insisting on moving her to memory care unit, which meant no freedom.

Mom was an Architect, a social activist, an ardent Catholic, a swimmer, and a fashion outlier - picture canvas sneakers with the big toes cut out for comfort. She had a deep intellect and hunger for knowledge.

Point Reyes Station was one of Mom's favored spots, the "big town" next to the hamlet of Inverness where she had spent summers and weekends for over 65 years. The smells and sights were familiar: bay laurels, fog, cows, and views of the Inverness ridge.

Things fell into place, like the last satisfying pieces of a jigsaw puzzle, when we found Stockstill House.

A family atmosphere permeates Stockstill House. We were thrilled when Mom's ping pong table was relocated to the deck so family and staff could play with her. Garden tools were put in her hands allowing her a regular pastime. Meals were served at a table in the main room, coffee brought to her faithfully early mornings to aid her transition from dreams to alertness. She was delighted by the diversity of the staff and wanted to hear all their stories. Family members and friends were always welcome.



"My worrying vanished when Mom was at Stockstill House. Having experienced other care facilities, I was confident with the care she received while living there. When family members and I visited her we were always struck by the peaceful, caring atmosphere;

the exact atmosphere one would choose for oneself in this journey." - Catherine Gorchoff

There is laughter and loving support that surrounds the residents, there are tears, and there are listening ears. The rides to the doctor, trips to the beach, music, compassion, and support at every level. It was a perfect fit. - Catherine Gorchoff, WMSS Board of Directors



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Please RSVP for Lights of Life
Zoom link - amena@wmss.org

5PM ON ZOOM
DECEMBER 1ST

**LIGHTS
OF LIFE**
CELEBRATION



Our services schedule an appointment 415-663-8148

Care Management - We provide case management services to elders 60+ living in West Marin. Clients are matched with a WMSS Care Manager who works with the client, the family, and friends to develop an appropriate care plan.

Meal Programs - We provide fresh home-delivered meals 3 times a week to seniors 60+ years who are nutritionally at risk or home-bound.

Community Building - We offer in-person and online workshops and events to counter isolation, educate, and build connections.

In-home Caregivers - We screen and refer qualified caregivers to provide seniors, and their families, assistance for short intervals or for continuous care.

Visiting Program - We match caring volunteers to elders who could benefit from a friendly companion.

Equipment Loans - We lend a broad range of medical and homeware equipment for any length of time.

Transportation and Recreation - We assist in helping seniors find rides with the Marin Transit Point Reyes Dial-A-Ride Shuttle, WMSS volunteers, and/or paid drivers for "over-the-hill" appointments.

Home Safety Repairs - Care Managers assess a client's home for safety and assist in identifying people who can provide small repairs or additions for safety.

Information, Advocacy, and Referral - We partner with seniors, their partners, and families to assess what information and referral would be most helpful for their particular situation.

Stockstill House - We own and operate a licensed, 24-hour residential facility for 8 residents. Staying in community is key to staying in good health!