

the Redwoods Review

fall 2016

MARIN COMMUNITY CLINICS – COMING TO THE REDWOODS! *From Suitcase to On-site Clinic*

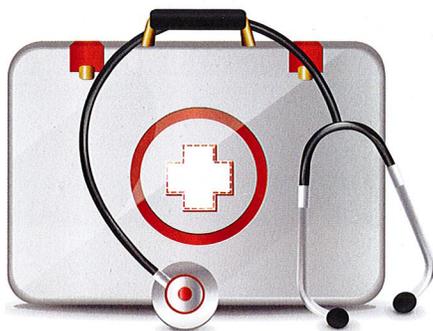
The leadership teams at The Redwoods and Marin Community Clinics (MCC) have joined forces to create a new program bringing additional health care options to the residents at The Redwoods.

The Redwoods' is excited to collaborate with MCC, Marin County's largest community health clinic, to establish the "Suitcase Clinic," a traveling clinic offered at The Redwoods on a regular basis. This fall, representatives from MCC will introduce the program at the monthly Resident Council meeting. The Redwoods will provide private space for the suitcase clinic where MCC physicians and nurses will meet with interested residents.

Transportation and logistics are significant issues for seniors in general and to have a physician or nurse practitioner on-site regularly for assessment and referral would facilitate the identification of health issues needing attention and put to rest concerns

that do not call for further care. Beginning in November, residents will be able to take The Redwoods' shuttle service to MCC's Larkspur facility as an added convenience.

Once these initiatives have been in place for a couple of months, residents will be surveyed about their interest level, needs, and suggestions. Assuming sufficient interest, The Redwoods and MCC plan to provide a permanent clinic on site in 2017.



"A Family Rejoices" by Fran Barrish (see story on page 3)

MCC serves more than 35,000 individuals each year through their multiple clinic locations. Their offerings include a full range of primary health care as well as dentistry, behavioral health, obstetrics & gynecology, family planning, orthopedics, optometry, and chiropractic care. In harmony with The Redwoods, they use a whole person and team approach that pays attention to physical, mental and emotional needs.

For more than 43 years, MCC has provided compassionate and affordable health care to uninsured and low-income residents in Marin County. With this new service, MCC will also accept Medicare and MediCal, private plans through Covered California, as well as many others.

MCC CEO Linda Tavaszi is excited to bring her agency's ease of access to medical care and *culture of love and support* directly to our residents. As The Redwoods' CEO Barbara Solomon says, *our shared*

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Dear Friends,

Fall is one of my favorite times of year. The air is crisp in the morning and evening, and the year is winding down to a close. I find it to be a contemplative time and have been thinking a lot about how fortunate I have been to be the CEO of The Redwoods for the last 14 years.

This community is like no other – there is a true sense of family here and longtime employees get to know residents personally with these relationships carrying forward for those who transition from one level of care to another.

The changes we have seen over the years are enormous. For those of you who have visited or driven by, you've witnessed some of the physical improvements that have occurred during the past couple of years – including our completely redesigned entranceway, safer parking lot and street access. Inside, the kitchen, dining room, and auditorium revitalizations are complete. In the beginning of 2017 our new wellness center will also be open which will complete this phase. (Still to come are assisted living and skilled living revitalizations). In this newsletter, you can read more about our Revitalization progress as well as the 45th Anniversary and Open House celebration on April 30, 2017. The whole community is invited!

In addition to the external changes, The Redwoods continues to provide state-of-the art health and wellness services, and remains at the forefront of innovation in elder care. In our last issue we wrote about music therapy, sleep/calming kits, and our intergenerational Baby, Mommy, and Me group. In this issue, we are introducing a model program in senior health care in collaboration with Marin Community Clinics, and a new comprehensive cognitive rehabilitation program for residents with mild cognitive impairment through moderate dementia.

Here at The Redwoods we are committed to enhancing the quality of life for every person associated with us – from residents and their families to the loyal, dedicated staff members, to our enthusiastic and devoted board of directors. It is certainly a privilege to work with this community!

Warmly,
Barbara Solomon
Chief Executive Officer

MCC article, continued from page 1

values of enhancing the quality of life for all, makes us perfect partners for this joint effort.



Grace Hughes, MCC Board Chair-Elect, Board Chairwoman and retired CEO of Marin Airporter, and generous donor to The Redwoods, was instrumental in the discussions about the collaboration from the beginning. Grace says, *Seniors are a significant aspect of our community and they have special needs. Geriatric issues need to be looked at in a different way than general medicine and in this respect, seniors are part of an underserved community which corresponds with the mission of MCC. An on-site medical clinic would be a wonderful addition to the many services The Redwoods already provides and one that can be accessed easily by any resident who chooses.*

In coordination with The Redwoods Wellness Committee, MCC will offer their team of experts for **Health Talks at The Redwoods** for residents and members of the local community. The Redwoods strives to create an “age friendly” community in all ways and this partnership with Marin Community Clinics is one example of an innovative initiative to benefit our residents.