


**Pamela Halloran,**  
Broker Associate  
Village Associates  
(925) 323-4100  
Pamela@PamelaHalloran.com



**“Spring is in the air,  
with all kinds of new  
opportunities -  
Let me know how  
I can help you!”**



**Your Health is Your Wealth**  
• High Cholesterol • Hypertension • Weight Loss •  
- Over 20 years experience -



**Lamorinda NUTRITION**  
Theresa Tsingis, D.C., M.S.  
**360-2729**  
89 Davis Rd. #180, Orinda

**SOME INSURANCE PLANS ACCEPTED**

• **LAMORINDA Seniors** •

**The Gift of Time: Skilled Volunteers Found in Local Retirees**

By Jennifer Wake



Orinda resident Kay Aaker takes a quick break between volunteer jobs to enjoy her garden Photo Jennifer Wake

Not long ago, retirement was considered a time for travel and leisure. Today, more retirees are seeking to continue an active role in their communities, volunteering as a way to stay connected.

Moraga resident and Town Councilmember Mike Metcalf didn't slip quietly into retirement. With an engineering and construction background and graduate degrees in engineering from Stanford University, Metcalf went on to utilize his skills and expertise after retiring from Chevron in 1999, making an impact in his community.

In addition to serving on the Moraga Town Council, Metcalf is affiliated with the Contra Costa Transportation Authority, the Lamorinda School Bus Transportation Agency, and Lamorinda CERT. He is also a USA Swimming Certified Official, a Pacific Swimming

Board/Safety Chair for Northern California and Nevada, and a Campolindo High School Swimming official.

"Volunteers help nonprofits increase the number of clients and services they provide," says Ann Wullschleger of the Volunteer Center of the East Bay. "We are excited to see an increase, although much smaller, of volunteers recently retired who want to use their professional experience to help nonprofits with projects."

During the last three months, Wullschleger says the Volunteer Center's Retired Senior Volunteer Program (RSVP Contra Costa) has seen an increase of about 30 percent in the number of seniors contacting them about volunteer opportunities.

Orinda resident and second grade teacher Kay Aaker is the head of recruitment for seniors

who volunteer in Orinda schools, and says she has also seen an increase in volunteer interest.

"Volunteering used to be so limited," she says. "Now there's such an array of choices for seniors to do."

Although not retired, after more than 40 years of teaching, Aaker job shares with another teacher at Sleepy Hollow Elementary, yet still finds time to recruit school volunteers and work with several non-profit organizations.

She works with Caring Hands at John Muir Hospital, offering help to seniors who are choosing to stay at home and avoid assisted living, and volunteers as a driver coordinator for the American Cancer Society putting out 50 to 100 calls per week to people who drive patients to chemotherapy or doctor's appointments. She is also a bedside companion at the Bruns House, which provides end-of-life care at a residential home in Alamo as part of Hospice of the East Bay, and for the past 25 years has worked as a patient support volunteer for Hospice where she currently visits two patients a week.

"There are so many things volunteers can do," says Aaker, who was named Orinda's Citizen of the Year in 2003 for her volunteer efforts. "You can do respite for caregivers, can be an office volunteer, or a bereavement volunteer (who helps family members after the loss of a loved one)."

According to Wullschleger, RSVP Contra Costa (sponsored by the Volunteer Center of the East Bay) has over 400 volunteers age 55+ who are helping local communities by volunteering. "There are many ways to help our local nonprofits," she says. "Opportunities to help range from volunteering at home by making a daily

reassurance call to a homebound senior to using your professional know how to develop a website or marketing materials."

Hospice provides training for its volunteers. Other organizations help match skills of retirees to openings. And some retirees are continuing their professional affiliations into retirement.

While a professor at San Francisco State University, Lafayette resident Alice Neman had a leadership role in the university's Institute on Disability, which develops partnerships with programs that serve the disability community locally and statewide, nationally and internationally.

Now retired, she continues to sit on several committees and boards, including the Deaf and Hard of Hearing Advisory Committee to the Department of Rehabilitation, and the California Communications Access Foundation, a non-profit organization which contracts with the California Public Utilities Commission to manage and operate the Deaf and Disabled Telecommunication Program.

"I do a lot of Board work - even more since I retired from San Francisco State University about three years ago," Neman says. "I think that it helps you, as well as the programs you help."

For Aaker, it's all about finding the right fit and finding what makes you happy. "I can't imagine my life without volunteering," Aaker says. "The question becomes whether you're happier giving your time or giving your money. Both are important, but for me, giving my time makes me happiest."

Those retirees interested in using their professional experience to help non profits with projects can contact Margaret Oliveri at (925) 472-5777.

Two Realtors working as one...  
...dedicated to creating your finest real estate experience!



**3531 Old Mountain View Drive, Lafayette - Exquisite Downtown Stunner!**  
Drive up to this home and immediately be captivated by it's curb appeal and fantastic location only a few blocks from downtown. Built in 2001, this one-story 4BD/3.5 BA home offers grand yet intimate appeal. With 3,581+/-sf on .74 +/--acre, it features a beautiful kitchen overlooking the FR, sophisticated LR and DR, gorgeous master suite and professionally designed/meticulously landscaped front and back yards. Offered at \$1,495,000 [www.3531OldMtnView.com](http://www.3531OldMtnView.com)

Lisa Brydon & Kristi Ives 925.438.2022 TwoWorking4U.com ALAIN PINEL

**Fall Prevention Workshop at Aegis of Moraga**

Join us for this no-cost seminar and learn to:

- Reduce your risk of falling
- Increase your strength and energy
- Improve your self-confidence

**Thursday, April 23rd**  
**7:00 p.m. - 8:00 p.m.**  
950 Country Club Dr.


With 17 years of experience speaker and exercise physiologist, Robert Goldstein of Ready...Exercise!, can help you over come today's health challenges by developing successful outcomes through exercise and health coaching.

**RSVP required.** Contact Candice Moses at 925-377-7900 or [candice.moses@aegisliving.com](mailto:candice.moses@aegisliving.com) to reserve your space at this informative event.

ASSISTED LIVING & MEMORY CARE

**Aegis Living**  
We're the people who make life better.

**Aegis of Moraga**  
950 Country Club Dr.  
Moraga, CA 94556  
(925) 377-7900  
[AegisofMoraga.com](http://AegisofMoraga.com)



**Lafayette Seniors Sought!**

Submitted by Sandra A. Smith

(Lafayette Senior Services Commission and the Lafayette Senior Liaison Committee)

Seniors, children of Seniors and other caregivers, mark April 28th, 2009 on your calendars. On that date we will be the focus of a historic event sponsored by the Lafayette Community Foundation. Two free workshops will be held by the City of Lafayette to assess the needs of Seniors, and our input is essential.

On September 24, 2007, the Lafayette City Council, at the request of the Lafayette Senior Services Commission, approved the formation of the Senior Needs Assessment Task Force. Its purpose is to give the City accurate data regarding the needs of older adults in Lafayette. It is estimated that the size of the senior population (65+) will be 18.9% in 2011. Therefore it is important to identify the extent to which the current and future needs of Seniors in Lafayette are being met. The Task Force wants us to provide information and ideas regarding our needs in many areas of our lives, such as financial counseling, housing (aging in place or downsizing), medical, recreation, safety, socialization, and transportation.

With this information both short and long-term strategies can be considered for programs, services and facilities for older adults. This information will enhance the City's ability to tap outside sources for funds that might be needed to support future projects

that will make Lafayette a more aging- friendly community. To ensure the City receives accurate and statistically valid data, the Task Force has selected BW Research to facilitate the project.

This project is just as important to the children of Seniors as to Seniors themselves. Many worry about how their parents will get their shopping needs and doctor's appointments taken care of, or their houses cared for. They are concerned about elder abuse and fraud, their nutrition, safety, and their loneliness, which can lead to depression.

The workshops will be held on Tuesday, April 28, 2009. There will be two separate sessions: the first, from 2:00-3:30 PM and the second from 6:00-7:30 PM. Temple Isaiah in Lafayette has graciously offered the use of their facility to hold the workshops at no cost to the City.

The Lamorinda Spirit Van will be available free of cost for anyone needing transportation. Call 283-3534 for your ride. Light refreshments will be served. And it is all free! So, Seniors and children of Seniors, you can see how important it is that we all come to the workshops. They really want to hear from us! Please call the Lafayette Senior Services Center at 284-5050 and tell them you are coming.

This is our opportunity to be heard! Our future is at stake!

**Your Lamorinda to Rossmoor Connection**  
**ONE STOP SHOPPING FOR ALL YOUR REAL ESTATE NEEDS**

Call today for a personal Rossmoor tour, informational packet and complimentary lunch with us.

**1-877-976-7766**



**Prudential California Realty**

**MARIA EBERLE NANCY GRANBERG CINDY MADDUX JIM OLSON**