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MARIN
VILLAGES



Our Paths - Our Choices

Empowering older adults to be active,
connected and independent in the place they
call home



NOVATO VILLAGE NEWSLETTER

JUNE 2020

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Bette Clark and Beryl Bourke, a volunteer who is now a member, as well

We look forward to seeing you at an event soon!

LOCAL VILLAGE EVENTS (open to all, unless noted)

Food & Drink

Zoom Coffee—make the coffee or tea at home and **Zoom** with us
Wednesday, June 10, 11:00am

Join the conversation and hear our **guest speaker, Amy Peele**. Amy is the elected City Council representative for Novato's 5th District. But that's not all... She's also published a memoir entitled, *Aunt Mary's Guide to Raising Children the Old-Fashioned Way*, and the popular book, *Cut: A Medical Murder Mystery*. She recently retired as director of transplant and clinical operations at UCSF Medical Center, graduated

from the South Chicago Hospital School of Nursing, is the parent of two amazing young adults, and is married to Mark Schatz, architect and adjunct faculty member at Cal Poly San Luis Obispo and UC Berkeley. If you don't already have the [Zoom.us](https://zoom.us) application on your laptop, desk computer, or smartphone, you can call in on any telephone to join in. First please update to 5.0 on Zoom if using your computer, phone or iPad. **Please RSVP** for the Zoom login information to Joanne Lang, jlangtpa@gmail.com or (916) 716-5800 or Margaret Jackson, marge-32@hotmail.com or (415) 892-1238 or Beth Livoti, llivoti@comcast.net or (415) 892-1043.

Zoom Happy Hour—enjoy your favorite drink at home and *Zoom* with us

Wednesday, June 24, 4:00pm

Please RSVP so you can get the Zoom login information from Joanne Lang. For more information, contact Joanne Lang, jlangtpa@gmail.com or (916) 716-5800 or Margaret Jackson, marge-32@hotmail.com or (415) 892-1238 or Beth Livoti, llivoti@comcast.net or (415) 892-1043. Enjoy this screen photo from the last happy hour—we were asked to wear a colorful item, and most of us wore hats! Join us at the next happy hour!



Education & Presentations

A Conversation with Larry Brilliant, sponsored by the Marin County Commission on Aging
Thursday, June 4, 10:00 – 11:00am

Dr. Larry Brilliant is a pioneering physician, visionary technologist, and global philanthropist. He will be speaking on COVID-19 pandemic perspectives. Some of his recent awards include the TED Prize, Time

magazine's 100 Most Influential People, "International Public Health Hero," and four honorary doctorates.

The link to join the Zoom Meeting:

<https://us02web.zoom.us/j/84624792444?pwd=ZlZORFNBanpGVmRvYzJKVWtzRmJCZz09>

Meeting ID: 846 2479 2444

Password: 823043

Dial in number 1+ (669) 900-6833

For more information about the Marin County Commission on Aging call (415) 473-7118 or visit their website at

www.livelonglivewellmarin.org

Exercise

Zoom meeting with Lauren Vreeland Long, physical therapist specializing in geriatrics

Thursday, June 11, 4:00pm

Lauren, a physical therapist specializing geriatrics, Novato's representative to the Commission on Aging, and a member of Novato Village, will share how she became interested in geriatrics, the health care of the elderly. She'll explain why physical therapy geriatrics exercise is different from other exercises. Learn some ways, during this time sheltering in place, to motivate yourself to keep moving. Our routines have changed so what are appropriate exercises? She will demonstrate some, and open the session to questions from the group.

Please RSVP so you can get the Zoom login information from Joanne Lang, jangtpa@gmail.com or (916) 716-5800 or Margaret Jackson, marge-32@hotmail.com or (415) 892-1238 or Beth Livoti, llivoti@comcast.net or (415) 892-1043.

Books

Zoom Book Lovers' Group

Tuesday, June 9, 2:30 – 3:30pm

Once again, we are using Zoom for the book group meeting. Share what you're currently reading, both as fan and critic. Each participant will be given an opportunity to briefly present their selection(s) and critique, followed by group response. Maximum of two (2) selections per participant, please. Please note that Zoom is a fun, useful platform but

adjusting to its quirks (not talking over each other, making sure audio is on, camera on and at correct angle, etc.) takes practice and patience. Beth Livoti will send out the Zoom invitation and link.

Please contact the Zoom leader prior to this meeting—you must be ‘invited’ to join (this is NOT an open meeting). Contact Betty Evans elizabethlevans@verizon.net for more information.

Village Business

Novato Village Steering Committee Meeting on Zoom

Tuesday, June 23, 3:30pm

Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for information.

MARIN VILLAGES EVENTS

Staying Safe and Sane

Thursday, June 18, 4:30pm

Join this presentation on Zoom by Marin Villages members **Sue Steele** (MA, psychotherapist) and **Patricia Stamm** (MD, psychiatrist and psychotherapist). This program will provide practical self-care tips to help us navigate the ups and downs we experience during this pandemic, whether those ups and downs are generated internally or by external circumstances. Sue and Patricia will also provide helpful info on what to look for in a therapist if at some point you think you need some actual one-on-one counseling. Sue Steele is on the Marin Villages board and an active member and volunteer in Mill Valley Village. Patricia is a Marin Villages member and volunteer in Novato Village. Both still work as therapists.

Please RSVP to the office if you are interested in attending this program. The Zoom link will only be sent to those who RSVP. Those of you without computer access can also phone into the meeting. We will call you with the telephone number if you let us know that is how you would like to participate. (415) 457-4633 or info@marinvillages.org

COMMUNITY EVENTS

Copperfield's Books presents readings by Terry Lucas, Meryl Natchez, Troy Jollimore, and Heather Altfeld

Wednesday, June 3, 7:00pm

Online

Marin's former Poet Laureate, Terry Lucas, is among the poets reading their work at Copperfield's Books' online poetry event. The free reading, entitled "Poems for a Dark Time," tackles the coronavirus pandemic head-on by featuring poetry that includes dark themes as well as uplifting moments designed to help get us through dark times. Lucas, of Mill Valley and the author of two full-length poetry collections—2017's *Dharma Rain* and 2016's *In This Room*—will be joined by Meryl Natchez, Troy Jollimore and Heather Altfeld. The readers will also respond to and comment on each other's poems. For more information about the event, go to

<https://www.copperfieldsbooks.com/event/readings-terry-lucas-meryl-natchez-troy-jollimore-and-heather-altfeld>

AND MORE...**A MOTHER AND SON, CONJOINED TOGETHER NO MATTER WHAT**

By Marilyn King, member of Novato Village

Published in the Marin IJ, May 18, 2020

<https://www.marinij.com/2020/05/18/a-mother-and-son-conjoined-together-no-matter->

Here I sit in Novato, drinking coffee by myself during the COVID-19 plague, avoiding neighbors, sporting my N95 mask, making quick, infrequent trips to Trader Joe's or Pharmaca.

My son, who now lives in Portland, called from a coffee shop after seeing a movie that he insists is so good I must see it. We're in the midst of a lockdown, I remind him. He's unfazed by my concern.

"I'm in stupendous health," he offers. So are many of the people dying of this, I say. This is a brand new virus, for which we've not developed antibodies, so we're sitting ducks.

He finds my concern neurotic.

And they're giving it to other people, who are also dying. It's not as bad

here in Oregon as it is in the Bay Area, he says. I ask if he knows what a geometric progression looks like. He's not worried, doesn't answer.

What I want to say is, I am your mother. I know you better than you know yourself. I know more about the world, and I know myself; if you died, your vacancy would so echo through me I'd follow you into darkness, your being having been blotted away. I could conceive no world without you. For all your careless life, never since your birth have I enjoyed a wholly carefree day, standing sentry to your well-being, gladly enslaved to the weight of you.

A restless baby, you hung in your Jolly Jumper from the kitchen door jamb as I cooked, laughing and jumping until your blonde curly head collided with the wood, then still tearful, you laughed, hauled ass down the hallway on all fours to tear pages from your father's books, until I moved the bookcase out of reach.

At second base, age 12, when the runner landed on your leg, snapping it in half, you crumpled, I ran from the bleachers at the speed of horror, bound to the sound of your howl. In the emergency room we waited, you on the table, crying. After six hours, I threatened the nurse: I will stand in the hallway screaming until a doctor comes to repair my son!

Within five minutes, he was there, and in years to come, I wrestled with self-reproach for having been a compliant mother as you lay there six hours in agony while I obeyed the rules. You were my child, and I failed you.

As you grew through your sloughed-off education, drinking, doping, divorcing, I've tried to caution you, gently, as the stress your own unknowing pressed upon you, as though I could pull, as if it were taffy, the stretch of my learning, affix it to you as prophylactic against your bloody blundering. You are a study in willfulness, but never, it seems, a quick study in what can happen to naïve people.

"Mama," you protest, "when will you ever be done raising me?"

If I thought I could end it, I might try, but it's not optional. We are conjoined, mother and son, your fate my own, as we share our fleshly heritage, our interlocked yesterdays, neither of us able to loosen the grip that grabs my heart when I answer the phone and hear your voice:

“Mama.”

On this past Mother’s Day, my thoughts are with Eugene’s mother, who lost her only son on a motorcycle ride with you, and with you, under treatment for PTSD, having lost your dearest friend. Still riding your motorcycle.

VIGILANCE NEEDED TO FEND OFF COVID-19 SCAMMERS

Vulnerable Marin residents targeted, and cybersecurity education is urged

www.marincounty.org/news

San Rafael, CA – In this time of sheltering and isolation, more older adults are learning how to use technology and are vulnerable to deceiving offers. The County of Marin’s [Financial Abuse Specialist Team](#) (FAST) is reminding older adults to be vigilant against scammers and learn more about cybersecurity practices.

The coronavirus pandemic has changed and limited the way individuals connect with family, friends, and service providers. Vulnerable and isolated adults may be contacted and offered fake testing kits or COVID-19 treatments in order for scammers to gain access to personal and financial information.

“Scams related to the pandemic are proliferating,” said Mark Vanderscoff, the County’s Public Guardian. “We need our older residents to make sure they do not provide personal information, and especially money, to strangers who contact them via phone, email, or texting. The scammers are experts in the game of preying on the vulnerable, earning someone’s trust in a fraudulent way, and then taking advantage of them. Now more than ever, it is important for all of us to be aware and mention this to anyone who might show a tendency to let their guard down and fall victim.”

The FAST team is a coalition of specialists from the Public Guardian, Adult Protective Services, the Ombudsman’s Office—all sectors of the [Marin County Department of Health and Human Services](#) (HHS)—along with partners from the District Attorney’s Office, the Marin County Sheriff’s Office and other area law enforcement agencies, Legal Aid of Marin, and volunteers from the community.

FAST has experts in real estate, law, financial planning, taxation, accounting, investments, and annuities who know how to spot scams. They all share a common goal: to educate, prevent, and fight against the financial abuse of older and vulnerable adults.

Vanderscoff, whose Public Guardian office manages the property, finances and personal care needs of those adjudicated by the court as substantially unable to provide for themselves, estimated that only about one in five financial abuse crimes are ever discovered or reported.

“Unfortunately, the victims can be overwhelmed by embarrassment and shame, and they decide not to tell anybody about it,” he said. “It’s especially unfortunate when stolen funds are needed for basics like housing, food, and medical care.”

The best way to avoid the stigma is through education and communication. FAST team urges older adults to speak with family and trusted friends about any requests they experience for personal information. Adults who have older parents who are new to using technology should pay attention to unusual banking transactions, notices of insufficient funds, uncharacteristic attempts to wire large sums, and the closing of accounts without regard to penalties.

Cybersecurity best practices can be found at [StaySafeOnline.org](https://www.staysafeonline.org), a site offered by the National Cybersecurity Alliance. Individuals who wish to report abuse or consult on matters related to scams and financial abuse should contact Adult Protective Services at (415) 473-2774. The district attorney’s [Consumer Protection Unit](#) can be reached at (415) 473-6495.

HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms and online donations.

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