

MARIN  
VILLAGES



Our Paths - Our Choices

# MARIN VILLAGES

Assisting Marin's older adults to remain active, connected and independent in the place they call home



## Welcome to our newest members

**Mill Valley Village:**  
Kathryn McDonald

**Novato Village:**  
Anne Bubnic  
Ruth Gundelfinger

**Ross Valley Village:**  
Lori Horton

**San Rafael Village:**  
Barbara Lee

**Tiburon Peninsula Village:**  
Ann and Mac Coffey

**Twin Cities Village:**  
Gail Dolson



## Hello to our newest volunteers

**Mill Village Valley:**  
Alex Fong  
Phillipa Lion  
Gwynne Axelrod  
Carrie Sherriff

**Novato Village:**  
Terri Nevins  
Eddie Rivero

**San Rafael Village:**  
Mike Ferro  
Sarah Stone  
Judy Burns

**Tiburon Peninsula Village:**  
Susan Rowan

**Twin Cities Village:**  
Beverly Shwert  
Alice Joyce  
Georgia Giandomenico  
Rob Snavelly  
Marilee Lau

## We're off to a great start!

I think we just completed one of the busiest February in our history! Not only did we welcome 8 new members and 12 new volunteers, but our existing volunteers **completed** over 530 requests. In addition, Diane Castro got her feet wet as our new volunteer coordinator and BJ helped shepherd the many activities happening in our local villages - the largest of which was the fact-filled *Marin Nostalgia* luncheon held last Saturday. Over 100 "Villagers" attended - check out the pictures below.



I took the last week of February off and went on a bike ride through Death Valley - talk about "getting away from it all!" The scenery, headwinds and roads allowed little time to ponder the logistics of the office. Though it did help reset a few priorities.

The group I road with consisted solely of women from around the country and Canada. We didn't know one another prior to the trip, but over the 5-day ride, we shared stories, became riding "buddies" and celebrated at the top of a few challenging hills.

Spending this time away, allowed me to participate in an ancient ritual, one that few have the opportunity to practice in our busy lives, but one that does the soul good - to chat. I rediscovered that simple conversations with no agendas can be relaxing, amusing and informative. They can open your eyes to lifestyles much different than your own, and help you appreciate the things you have at home.

And while the chat may not lead to a long term friendship, they form the basis of an easy connection.

Riding a bike is an intimate way of discovering new destinations. While tough at times, there is an enormous sense of accomplishment. So 165 miles later, here's what I've learned in my week away:

1. take time to chat - it's easy, fun and important. Consider coming to one of our coffees, luncheons or activities. It's a great way to meet new people and just share your day.
2. stay optimistic - those hills may be difficult to climb, but once started, you're always a bit closer to the destination.
3. it's o.k. to be last - taking it slow, going at your own pace and enjoying the ride is what's it's all about. You'll get there when you get there.

I wish you all a good March and encourage you to join us - as a member, volunteer and/or donor. We're off to a great start!

With gratitude, Lisa Brinkmann, Executive Director

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**Keep an eye out for upcoming activities and events to celebrate our 10 year anniversary!!**

# Top 10 Reasons

to Celebrate Marin Villages  
**10<sup>th</sup> Anniversary!**

- 1** We're aging, but for the better!
- 2** We're one of the biggest Village organizations in CA.
- 3** 900 members and volunteers strong and growing.
- 4** More friendships created than you can count.
- 5** Tons of social and educational programs.
- 6** Last year alone, fulfilled over 8,000 requests for services.
- 7** Making everyday life easier as we age.
- 8** Addressing real issues that everyone faces as we age.
- 9** Still one of the best bargains in town.
- 10** We truly are a Great Idea!

We are putting together **10 special events** throughout the year to help celebrate the community of friends we have built and to look forward to our next 10 years.

**Join us and celebrate what we have built together!**

**Watch for events coming in Spring, Summer, and Fall.**

**Bring your friends!**

**MARIN VILLAGES**  
  
Our Paths - Our Choices

Marin Villages is a non-profit 501(c)(3) organization. • 415-457-4633 • 4340 Redwood Hwy, Suite F-142, San Rafael, CA 94903



**Dr. Kayleen Asbo presents: "Johann Sebastian Bach and the Encyclopedia of Human Emotion"**

**Thursday, March 14th, 1:00 - 3:00 pm**

**Doors Open at 1pm - Program Begins at 1:30**

The United Methodist Church, 410 Sycamore Ave (corner of Camino Alto), Mill Valley

For those of you who have not yet been able to attend one of Kayleen's presentations they are truly exceptional. Kayleen, a faculty member of the Pacifica Graduate Institute and the San Francisco Conservatory of Music, is a passionate scholar: a cultural historian, musician, writer and teacher who weaves myth, music, psychology, history and art with experimental learning. For more about Kayleen visit her website: [www.kayleenasbo.com](http://www.kayleenasbo.com).

Doors will open at 1:00; with a short social hour and the program will begin at 1:30.

No RSVP required, but members are encouraged to call the office early if they need a ride.

**Third Wednesday Speaker's Series - *Aging in Place...With Help***

**Wednesday, March 20, 2019 11:00 -12:30**

**Corte Madera Intergenerational Center**

498 Tamalpais Drive, Corte Madera (NEW LOCATION AND TIME)

With 50% of the aging community in Marin having some sort of disability and more than 30% living alone, many of us need help staying healthy. As part of County services, Public Authority of Marin helps recruit, vet and match in home health care providers with our aging community. Come learn about health care challenges facing older adults and some helpful resources and tips. The goal is to help seniors stay independent and healthy at home as long as possible.

Presenter: Aaron Alarcon-Bowen, Executive Director, In-Home Support Services (IHSS), Public Authority of Marin.

**Are my ducks in a row? Part one: Wills and Trusts**

**Friday, March 22 1:00 - 2:00**

**Fairfax Library, 2097 Sir Francis Drake, Fairfax**

You've heard it's important to have a will or a trust. What are these documents and why do they matter? Join us for a discussion of legal documents to express your wishes for how your finances will be handled if you become ill or after your death. Planning now can give you peace of mind and avoid hassle, heartache and costs later. Come learn basics of estate planning from local attorney, Lisa Fialco.

**Pole Walking Class**

**Monday, May 20 3-5pm**

**St. Johns Episcopal Church, Ross**

Join well known fitness and wellness educator, **Jayah Faye Paley**, as she guides us to learn and practice skills and techniques to help improve balance, endurance, walking gait, agility, function and posture. Easy-to-learn, gentle techniques can help people of all ages navigate everyday obstacles and strengthen muscles that support your joints.

We'll be showing different models of poles and tips - including special balance tips. Feel free to bring your own poles. You WILL need rubber tips. Jayah will bring extra (high quality) tips if yours are worn out or missing. Please don't miss this session. It only happens every other year or so. For over 20 years Jayah has trained people of all ages, abilities and physical conditions. She is a certified Personal Trainer and Sierra Club leader.

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## Marin Nostalgia Luncheon

...what fun we had on Saturday, March 2 at the Marin Nostalgia luncheon hosted by Ross Valley Village and Twin Cities Village. Over 100 "Villagers" enjoyed an incredible lunch buffet and walked down memory lane with the help of Jason Lewis and his Marin Nostalgia. Below are a few pictures from the afternoon:



Jody Timms and Pati Stolier, Marin Villages volunteers and Age-Friendly leaders



Vicki Hutchison and Jerry Freedman, Mill Valley Village volunteers



Mary Hammond, Mill Valley Village member and volunteer



Marin Villages' guest, Terrie and Lee Larson



Mitzi Kemp and Agnes Reti, San Rafael Village volunteers and member



Jason Lewis, Marin Nostalgia's founder, entertaining the crowd



Loulie Sutro, Marin Villages founder, with long-time friend,



A little help from our friends!



Ruth Vogel, long-time Ross Valley Village member



Carolyn Jones and Anne Ramsay, decorators extraordinary.

## Reading Corner

If you have articles that you feel might be of interest to other members and volunteers, please feel free to send them to us at



### Health

[How Focusing on What Matters Simplifies Complex Care for Older Adults \(Institute for Healthcare Improvement\)](#)

[Supplements Won't Prevent Dementia. But These Steps Might. \(NYT\)](#)

### Topics of Interest

[Employers Need to Address Caregiving Crisis \(WSJ\)](#)

[As more Americans age in place, millennials struggle to buy homes \(CNBC\)](#)

[Tax Identity Theft: Protecting Your Credit and Finances \(The Simple Dollar\)](#)

[Falls Can Kill You. Here's How to Minimize the Risk. \(NYT\)](#)

[What to Say \(and What Not to Say\) to Someone Who's Grieving Technology \(NYT\)](#)

[2018 Gerotech Recap \(The Gerontechnologist.com\)](#)

## Marin Villages and the Buck Institute on Research for Aging

Marin Villages has teamed up with the Buck Institute, the Bay Area's largest independent scientific institute, to bring you a monthly highlight from some of the Buck's research or issues the Buck is presenting to the public:

**The Buck Institute is marking its 20th anniversary** throughout 2019 and is celebrating by scheduling a number of events that focus on its science, its history and its place in the community!

Do you enjoy theater and contemplating big questions about life? If so, an event scheduled for Thursday March 21st is perfect for you. **Ageless, by Bridgette Dutta Portman**, is a provocative speculative fiction play. In this alternative reality, 90 is the new 30. When Marin, the protagonist, refuses to take the anti-aging drug celebrated by the rest of society, she invokes her mother's ire and risks becoming marginalized in a culture that worships youth, denies death, and treats old age as a malady. As Marin's choice begins to affect not only her but the people she loves, will she find the strength to hold out, or succumb to social pressure?

The free event features a reception at 6:30, with the reading beginning at 7, followed by Q & A with the playwright. Consider yourself invited! Register at the link below.

[To register for this event, click here.](#)

More about the Buck is posted on our website under Resources. [www.marinvillages.org](http://www.marinvillages.org).

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## Around Town

### Ask Ashton

Saturday, March 16 1:30 - 3:30  
At the Jackson Café Whistlestop  
903 Tamalpais Avenue, San Rafael

RSVP to <https://ashtonapplewhitemarin.eventbrite.com>



An internationally recognized expert on ageism, author and activist AA has emerged as a leading spokesperson for a movement to make discrimination on the basis of age as unacceptable as any other prejudice. What's your question for Ashton? [Click here to view the flyer.](#)

### Marin Symphony Upcoming Events

Have you been to the symphony lately? Marin has a fantastic program, conducted by Alasdair Neale, Music Director. Check out the upcoming [Masterwork concerts](#) presented by the Marin Symphony.

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## Volunteers needed!!

We are always looking for new volunteers and have different opportunities available for all volunteers. If you know anyone who might be interested, please forward this to them. If you have interest in any of the immediate opportunities below, let us know!!

**We**  **V**olunteers!

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## We're in the News!

Lisa Brinkmann, our Executive Director, was recently interviewed by Novato's Public Advocate, Shirley Grave. This interview was shown on Channel 26. Hear Lisa talk about Marin Villages and feel free to forward this email to friends, family and neighbors.



Thanks to our Mill Valley member, Vivienne Miller, for allowing us to interview her on the impact Marin Villages has made on her life. Thanks to Kristi Denton Cohen (Pelonton Productions), Kim Scarsella, Ginna Fleming and Lisa Brinkmann for making this happen!

[Interview with Vivienne Miller](#)

If you would like to try to be part of this group, please give the office a call or email us at [info@marinvillages.org](mailto:info@marinvillages.org) and we'll connect you with Barbara.

