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



## ROSS VALLEY VILLAGE NEWSLETTER OCTOBER 2020

### A NOTE FROM YOUR ROSS VALLEY VILLAGE STEERING COMMITTEE

To our wonderful members,

What a time we have all been having—smoke, heat, COVID—and what else? Life is definitely different now, so we would like to congratulate all of you for working hard to keep spirits up. It's not easy, but...

We hope that as a Village we have been able to help, if only a little bit. Your steering committee was very grateful to be the recipient of a grant which allowed us to provide and fill emergency kits for all, and they were delivered to each of you by steering committee members. You showed great appreciation and we were pleased and happy to have doorstep visits with many of you.

We were anxious for more visits, so we purchased and wrapped pretty little succulent plants including a warm message on a small card. Steering committee members once again delivered them to each Village

member, with subsequent warm visits at many doorsteps. We were glad to hear you appreciated them, and thank you for letting us know!

Be sure to keep in touch and let us know if you would like a companionship phone call, or if we can help with errands, food delivery, rides, or anything else. Is there a Zoom event you might like? We would love suggestions. Do you need help with Zoom?

You have understood that some of our volunteers were uncomfortable driving during the pandemic, so we haven't been able to do everything. Some have returned, however, so we are hoping that trend will continue.

With love and appreciation,  
Your Ross Valley Village Steering Committee



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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Alice Bachelder, Rosemary Silva, and Nora Jones

**Volunteers:** Jean Milstead, Nancy Miljanich, and Kelly Lau

Thank you for giving your time and energy to our village! We look forward to seeing you all at an event soon.

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## NOT QUITE LOVING ZOOM YET?



Would you like to join some of our Zoom events, but are intimidated about using Zoom? Use [this link](#) for a refresher.

Still struggling? We have volunteers that can train members. Please call the office and request someone to help you. They'd be happy to do so! Call (415) 457-4633.

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## COMMUNITY EVENTS

Just because you're sheltering in place, that doesn't mean you can't have fun with the other Ross Valley Village members! Socializing is so important for everyone, and it's great for your mental health to connect, even via Zoom.

The following activities are open to all.

### Food & Drink

#### **Sausalito Village Hosts the Cocktail Concert Hour with Andy and Jan**

Monday, October 19, 4:00 – 5:00pm

Vocalist Janet Lynn and pianist Andy Dudnick have performed together for more than 10 years. Their repertoire includes a healthy portion of the Great American Songbook, modern jazz, bossa novas, 60s and 70s pop and soft rock. Jan also has a special penchant for Michel LeGrand songs and the music of similar composers. Jan and Andy perform regularly at wineries, senior residential communities, assisted living facilities, private parties, clubs, restaurants, private events. Andy and Jan will be performing on Zoom. Register [at this link](#) to receive the link and to have four singalong lyrics emailed to you.

#### **Age-Friendly Marin Network Forums and Monthly Breakfast with Friends on Zoom**

Wednesday, October 21, 9:30 – 10:30am

Join us with your coffee, tea or muffin for a friendly and enjoyable chat.

[Click here](#) for the join URL

Meeting ID: 853 935 7484

Passcode: 398715

Dial by your location +1 408 638 0968

## Education & Presentations

### **Watercolors with Debra**

Mondays and Wednesdays, 10:30am – 12:30pm

In Debra's class, you'll discover the inner artist you didn't know existed. Debra will teach techniques to beginners, while experienced artists will have the opportunity to hone their skills and enjoy the creative process. This is a popular and fun class. Debra will send you the drawing for the class by email.

All you need are round brushes, size 8, 10, or 12, watercolor paper, and watercolors. Amazon has a variety of supplies you can readily get. Riley Street in San Rafael ([www.rileystreet.com](http://www.rileystreet.com)) and Perry's Art Supplies in San Anselmo ((415) 454-3317) are taking phone orders and providing curbside delivery. Before participating in your first class, please contact Debra at [debramaddox131@gmail.com](mailto:debramaddox131@gmail.com).

[Click here](#) for the join URL

Meeting ID 337 280 620

Passcode: E9@U.N@d

### **Ross Valley Seniors Social Speaker Events (first Thursdays)**

Thursdays, October 1, November 5, December 3, 12:30pm

12:30 – 1:00 is a social “hour” followed by a guest speaker at 1:00 from the Fairfax library. Any time is a good time to meet new people and make new friends so feel free to stop by our Zoom meeting. All virtual meetings are free of charge and a great way to stay involved with your community. Contact Jody Timms at [jodytimms@comcast.net](mailto:jodytimms@comcast.net).

[Click here](#) for the join URL

Meeting ID: 853 935 7484

Passcode: 398715

Dial by your location +1 408 638 0968

### **Medicare and Insurance Changes and Challenges**

Wednesday, October 28, 10:30 – 11:45am

Join us to learn all about your Medicare choices. Whether you're just getting started or needing to consider options during open enrollment, speaker Diana Lopez is here to help. For questions, please email

[agefriendlycortemadera@gmail.com](mailto:agefriendlycortemadera@gmail.com).

[Click here](#) for the join URL

Meeting ID: 853 935 7484

Passcode: 398715

Dial by your location +1 408 638 0968

### **Getting Your Ducks in a Row for End-of-Life Planning**

Friday, November 20, 10:30 – 11:45am

It's never too early for a heart-to-heart conversation with yourself and your family so you can put your end-of-life plan in place, including having an advance care directive, a POLST (Physician Order for Life-Sustaining Treatment) and making your final arrangements. Speakers include Hospice by the Bay on POLST, and Legal Aid on advance care directives. For questions, please contact host Jody Timms at [jodytimms@comcast.net](mailto:jodytimms@comcast.net).

[Click here](#) for the join URL

Meeting ID: 874 3582 6209

Passcode: 889402

Or Dial: 1 669 900 9128 US (San Jose)

### **Life Reflections and Planning 2021**

Wednesday, December 16, 10:30 – 11:45am

2020 has been a year unlike any other. How have we grown in this new situation? What are our hopes for 2021 for the world, for our communities, and for ourselves? How can we create a plan that will allow us to thrive through challenges and as we age? Speaker Barbara Waxman is a gerontologist, life stage expert, author of *The Middle Science*, speaker, coach and advocate for aging and wisdom. For more information, contact host Pati Stoliar at [agefriendlycortemadera@gmail.com](mailto:agefriendlycortemadera@gmail.com)

[Click here](#) for the join URL

### **Exercise**

While you are sheltering in place, it's still important to try to keep active. Below are some fun safe ways to do so. Unless otherwise noted, these weekly classes are hosted by Corte Madera Intergenerational Center.

**Mat Yoga with Tamela (hosted by Age-Friendly Fairfax)**

Mondays, 11:00am – 12:00pm

Please arrive to your space and log-in early and get settled. The Zoom session will be open at 10:30 am. We will start the class at 11:00. Please email Tamela directly at [tamelak@comcast.net](mailto:tamelak@comcast.net) if you'd like to join.

**Yoga with Weights with Jane Rivera**

Wednesdays, 9:00am

This is a great class where Jane utilizes the Baptiste Method combining yoga with weight training.

[Click here](#) for the join URL

Meeting ID: 859 8406 8136

**Chair Exercises with Pam**

Wednesdays, 1:00pm

Pam will be leading you in a fun session of chair exercises to help keep you fit. Join in to feel good! You'll feel the results.

[Click here](#) for the join URL

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## 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](http://www.marinvillages.org)) for application forms and online donations.

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