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



TWIN CITIES VILLAGE VOICE

OCTOBER 2020

Did you notice the new moniker for the former “newsletter”? We wanted this publication to show the Twin Cities Village updates, but also to feature a community perspective, with your thoughts and views represented. This segues into an invitation for each of you to contribute something in writing. After all, it’s your “voice”! *Be sure to read the weekly Marin Villages mailing, however; always full of information and ideas for keeping busy and healthy during these curious times.*

NOTE: If you have comments, forward them to ssommertime@sbcglobal.net, and write “Editorial Comment” in the subject line.

Thundering Hooves?

Editorial by Sue Sommer

Today I’m weepy. Yesterday I was on top of the world. What trauma transpired within those hours? Nothing—and everything. Perhaps this has happened to you recently, these mood bends?

I've learned that they are justifiable. The days since the pandemic's shutdown had evolved, settled somewhat; routine had set in. We even laughed at lockdown and toilet paper jokes, perhaps a little too heartily. But then, schools: in-class or online? Sports—what of them? Theater? Next, the air became chokingly unbearable from fires exacerbated by climate-change deniers; a scarlet-encased day that saw light only near dusk, reversing one vestige of normalcy we actually had. Eyes itching. Shortness of breath that's fire--not pandemic--related. And as of this writing, it has returned, the excuse for our fumbling "smoky brains."

Covid-19 case numbers have continued flying off the charts, both horrifying and embarrassing. People are hungry, uninsured, unemployed. Black men are still being shot by police, widening the racial chasm. It's no wonder we are sad, shocked—some are outraged and incensed. Frustration and terror. And then sorrow and angst as a tiny but mighty soul finally must leave the planet, her white lace collar catching our tears. With the confluence of all this, one can almost hear the thundering hooves of Four Horses galloping down the freeway, Apocalypse stampeding.

The word apocalypse means *revealing*, or *reckoning*, baring what is true. It appears in the Bible's book of Revelation, a warning of sorts—and isn't that what all of this is, what's going on now? Isn't it time we got woke, aware? The Four Horsemen: Pestilence, War, Famine, Death from Plague. Well, there you have it.

So, eat some chocolate. Have a cocktail. Take some wild, avant-garde photos—after all, we no longer worry about wasting film or flash bulbs! Make a gratitude list and magnet it to your fridge; add to it often. Paint. Call Marin Villages to commiserate with a volunteer. Close all the doors and scream until the walls shudder. Help others when you can. Nap without guilt. Cry—male or female, it's okay, really; you have permission. Do something that makes you delighted, and know that these zigzagging feelings are normal, that you're not some weirdo experiencing this gut-felt whiplash alone.



*"We must risk delight.
We can do without pleasure,
but not delight. Not enjoyment.
We must have the stubbornness to accept our gladness
in the ruthless furnace of the world."
—Jack Gilbert*

FIND THE HIDDEN WORD

New feature: We'll provide the definition to a word embedded into the Voice each month, and if you find the word that most closely fits the definition, email ssommertime@sbcglobal.net. The first three readers to claim the word will be recognized in next month's Voice. This month's definition: "Relating to or dealing with the supernatural..."

HISTORIC ELECTION LOOMING—VOTING INFORMATION

Be sure to check the back page of your Voter Information Guide to see where your polling place is. Mine changed, and yours may have, as well.

Note that Twin Cities Village volunteers won't be able to deliver your ballot or drive you to the polls because of possible conflict. Word has it that if you put a stamp on it, it will get there faster, though.

Oct. 5 – Vote-by-Mail drop-boxes available in Marin, Elections Dept., 3501 Civic Center Drive, #121

Oct. 19 – Voter registration deadline

Oct. 20 – Conditional Voter Registration and same-day voting begins

Oct 27 – Last day to apply for a vote-by-mail ballot to be mailed, or pick yours up at the Elections Dept., 3501 Civic Center Drive, #121

Oct. 31 – Polling places open with conditional voter registration and same-day voting available at polling places through Election Day.

NOVEMBER 3 – ELECTION DAY

- **Marin County's [Voting by Mail](#)** site.
- To check your voter registration information go to the Marin County Voter Information Portal (VIP), <https://apps.marincounty.org/vip/index.html>
- If you need to register to vote, go to <https://registertovote.ca.gov>, or email elections@sos.ca.gov or call [1-800-345-VOTE](tel:1-800-345-VOTE) (8683)
- And new since last month [here](#) is the current list of polling places and drop boxes
- Polling places open from **October 31 - November 3rd**



FLU AND VIRUS INFORMATION FROM MARIN COUNTY HEALTH

FULL UPDATE: <https://coronavirus.marinhhs.org/covid-19-status-update-09212020>

Have questions? We are here to help. Our call center is available Monday through Friday, from 9:30am to 12-noon and 1:00pm to 5:00pm. Please feel free to connect with us for general information and resources by calling [\(415\) 473-7191](tel:415-473-7191). We are also available online: <https://coronavirus.marinhhs.org/contact>

Also, check out getting your flu shots at CVS, Rite-Aid, or Lucky.



WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Janice White

We look forward to meeting you at a virtual festivity soon—see below.

Volunteers: Susan Stoddard

Thank you for giving your time and energy to our village.

Supervolunteer: Rob Snavelly, star volunteer of the year has answered hundreds of requests and is ever eager to assist. Thank you, Rob, and congratulations!

LOCAL VILLAGE EVENTS (open to all, unless noted)

Food & Drink

Sip and Chat

Thursday, October 15, 3:30 – 5:00pm

We've combined the "S.I.P. and Sip" virtual happy hour and the "Chat and Check-In" events into one, called "Sip and Chat," that meets on the third Thursday of the month. Pour your favorite beverage, get comfortable, and Zoom in! We meet virtually to catch up with Village friends again, tell stories, and talk. It's fun to meet others and have an "appointment" on our calendars. There will be new features, too—some that will challenge our perhaps-sleepy brain cells, and prizes may come your way. Join us!

No need to RSVP—the Zoom link will be sent to everyone before the gathering.

Groups

Men's Coffee Group

Wednesdays, October 7 & 21, 11:00am

Join the group for informal and free-ranging discussions with no agenda, including current events, respective activities, health issues, or whatever lands on the table. Men from other local villages beyond Twin Cities are invited to participate. Check with Alan Hayakawa, alan.hayakawa@gmail.com for information.

MARIN VILLAGES EVENTS

Ignore Your Teeth and They'll Go Away – Dr. Earl Johnson

Thursday, October 15, 3:00pm

Marin Villages member and volunteer Dr. Earl Johnson, retired dentist, orthodontist and professor, will speak and answer questions on why ignoring one's teeth and gums is really a bad idea and explain why, among other things, lying through one's teeth doesn't count as flossing. Please RSVP to the office to receive the Zoom link.

info@marinvillages.org or (415) 457-4633

COMMUNITY EVENTS

Check out the library websites (marinlibrary.org) and those for the Buck Center informational lectures and events (buckinstitute.org/events), Age Friendly Corte Madera (agefriendlycortemadera.com), and the Parks and Recreation departments of our sister cities. There is truly so much available out there, and now that you have the time, jump in; virtually, of course!

TWIN CITIES VILLAGE ANNOUNCEMENTS

As the curve flattens and the tiers open, we will let you know what will be available to members from our volunteers at TCV.

INVITE TO WRITE

This publication is your medium—as we say, your voice, just for the members of Corte Madera and Larkspur. So create a short story, a

paragraph, a poem, a memory or incident, an editorial in any genre, from an incident in your life, a mystery, the occult, humorous—but please no political topics. Make it no more than about 650 words.

Little Silver Burro

by Sue Sommer

I grew up in Arcadia, in Southern California. The demographics then were much the same as they are here, but in those days, no diversity whatsoever existed. I was fortunate, indeed, then, to have had this lovely encounter.

She would get off the bus at Colorado Boulevard and Old Ranch Road, the street where I lived. Purposefully, and with a guarded dignity, she walked the first block, eventually near enough for me to see her flawless, copper-colored face under the pillbox hat, professional grey-blue to match her light woolen suit. She wore simple black pumps and clung to a purse at her bent elbow; she carried a brown briefcase.

I stood at the U.S.P.S. mailbox, the designated stop, waiting for the school bus to take me to my fifth grade class at school. As this unassuming stranger approached for the first time, I greeted her with, “Hi!” Looking happily surprised, she replied, “Good morning.” We both smiled.

Every week this occurred, and the greetings soon turning into short conversations. She’d ask me about school or my family or my dog Mutzie, and she shared information about her life in Pasadena. She was a stenographer, living with her mother, and was working for an elderly man who was in the process of writing a book; he lived about four blocks from my house. Our talks were brief, but I looked forward to Wednesdays to greet my new friend. I am reaching deep to remember her name; I think it was Carla. I wish I knew for sure.

One spring day as we were ending our conversation she asked if she could give me a gift. Of course, I said yes. She pulled a small box from her purse, and inside was a whimsical little silver burrow, its eye a circle of turquoise. I loved its shiny smoothness and told her thank you, but then asked why she gave it to me. She replied that it was because she “never had expected to meet anyone as friendly and sweet in this town.” Slightly bewildered, I thanked her again, and we said goodbye, off to our separate destinations. I wore the pin often, especially on

Wednesdays.

Soon the school year drew to a close and summer approached, with no school and, of course, no bus stop. The next year my schedule had changed and I never saw my friend again, but this morning, as racial awareness is taking hold in the nation, I found the little burro in my jewelry drawer, shined it, and put it on the collar of a coat so it's ready to ride again come winter. In recalling this sweet episode, I realize that our neighborhood had been red-lined in the '50s, and that I'd learned the simple children's church song, "Jesus loves the little children, all the children of the world; red and yellow, black and white, they are precious in his sight," and had taken it to heart. I am grateful for what the little song taught me; I never noticed her color except that it was beautiful. Now in the Black Lives Matter era, I also realized that Carla was the first African American person I'd ever spoken with, and that the second wouldn't appear until I was in college.



BITS AND PIECES

Hints, advice, and ideas that may interest you. If you have others to add, not too complicated and for a general audience, email ssommertime@sbcglobal.net with the heading "Bits and Pieces" in the subject bar.

Whistlestop Wheels has changed its name—it's now Vivelon. Go figure.

Is your earthquake kit updated? How about your go bag? Now's the perfect time—more next month on this.

HELP US HELP OTHERS

For more than two decades the belief that it takes a village to raise a child has become embedded in our culture. Not as embedded but equally important is the village it takes to provide a comfortable, nurturing, and safe environment for people as they age. You can help.

We need more caring volunteers to be part of this thriving nationwide movement, a movement that's dedicated to strengthening bonds between generations and building strong, vibrant communities that provide continuity to all ages.

Marin Villages is looking for volunteers to provide a variety of support to older adults. Our goal is to match skills from volunteers with the needs of members. Volunteers sign up for visits that fit their life and lifestyle, but we ask for a commitment of two assignments a month.

If you know someone who is interested in volunteering, could use our services, 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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