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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



TWIN CITIES VILLAGE
VOICE

NOVEMBER 2020

To Every Thing, Turn, Turn, Turn...

Editorial by Sue Sommer

The cycle has brought us to November, the penultimate month in this year of years. Did you know that “2020” has become an adjective, and not a positive one, as in “You’re so 2020; stop being a jerk!” or “Don’t go all 2020 on me now.”

We have weathered ten hermetic months of it, and as I glance outside, my garden knows only that it revels in this early fall weather, both cool enough and warm enough: the days we Marin-ites wait for. Some of us will soon scrub down the patio furniture and lade it with heavy winter coverings; we will trim back dying branches and wait for magical chartreuse buds of spring. We’ll shake out our own warm coats. Each dark morning, I go outside to greet the moon’s changing cyclical forms, surrounded by her sparkling galaxy of friends as they go through theirs. Certainly we’ve seen the cycle of birth and death, and now we’re in the four-year cycle of an election like no other.

It's surely the time to think of cycles—the changing of the seasons, the upcoming projects and occupations we do annually for the holidays. We arrange orange and black spooky goblin and witch decorations. After we've feigned being frightened, we turn to being grateful, changing the black designs for the russets and wheat colors of Thanksgiving, with its traditional cycle of stuffing the turkey, cooking, then eating until we ourselves are stuffed—of watching football and being with family, Covid-time through Zoom or for real.

Then we will put those embellishments away and dig around the garage for décor in reds and greens or silvers, blues, or the winter colors of nature. Many will put up a Christmas tree, and within days or weeks will take it down. Others will honor a Menorah and the traditions of Hanukkah—all of this as we have done in years and generations past. We know it's very different now, but it will all take place, though we're not ever sure in what form. It's vital to remember that whether we're alone or with others, it's the meaning of the holiday that's important. This year, the festivities may not be festive at all, but the sun will come up, and it will set; the seasons will roll by, and our gardens will bloom once more. There is still much to be thankful for, and still a small child can profoundly teach us to love others and to choose peace—even in a year we'd like to *un-cycle*. It's been...so 2020!

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. October's definition: "Relating to or dealing with the supernatural." Answer: **the occult**.*

November's definition is "impervious to outside forces; airtight." First three to speak up will win—not a toaster or a Tesla, but recognition.

NEW MEMBERS AND VOLUNTEERS, AND BIRTHDAYS!

Members: Giovanna Pomilia

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

Birthdays: Toby Manuel, Nov. 4. Happy Birthday, Toby!

LOCAL VILLAGE EVENTS (open to all, unless noted)

Food & Drink

Men's Coffee Group

Wednesdays, November 4 & 18, 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, and watch for the Zoom link.

Special Thanksgiving "Sip and Chat"

Tuesday, November 17, 3:30 – 5:00pm

Put on a fall sweater, pour your favorite beverage, get comfortable, click the link, and zoom in! 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—puzzles and prizes. Join us!

Looking Ahead

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

MARIN VILLAGES EVENTS

Pay special attention to the weekly updates from Marin Villages each Tuesday. As events and openings become more plentiful, you will find some new ideas.

COMMUNITY EVENTS

Also, check out other websites:

Library (marinlibrary.org)

Buck Center informational lectures and events
(buckinstitute.org/events)

Age Friendly Corte Madera (agefriendlycortemadera.com)
Parks and Recreation departments of our sister cities

There is truly so much available to participate in, and now that you have the time, jump in; virtually, of course!

INVITE TO WRITE

How about sharing a holiday memory in writing with us? Make it a short story, a paragraph, a poem, a memory or incident, an editorial—in any genre. We'd love to hear from our Twin Cities members and volunteers. We know you all have stories!

Vestiges

by Sue Sommer

He worked in the butcher section at the A&P; bloody business.
 Fifty yards away, she sold strudel, sticky cookies, and cakes;
 her favorite? Chocolate devil—layers of fudge —
 eating enough half-price day-olds to dull, only slightly,
 her savage sweet tooth.

From her I inherited the gift of geniality,
 of making guests comfortable—
 the aptitude of gab,
 and of *fashioning* things (catching her late into the night stitching
 little-girl costumes—pleated white taffeta skirts and red vests—satin
 striping on the pillbox hats just hours before the dance recital),
 of improvising to create, and to repair—except for the hair I cut
 off of my best doll,
 and a wicked craving for sweets—mostly chocolate
 (in particular, dark—70%, with walnuts).

From him I absorbed a flair for languages and a love of travel
 (he flew to Finland in the early '50s, after all).
 his passion for planting—
 rust-toned chrysanthemums he favored,
 though I fancied the buttery yellows,
 his love of artistry and design,
 and a healthy dose of racism, as well,
 which I refuted early on,

carping at him about it until his death at 99...

They were quite a pair—my mother, first loving,
then simply tolerating him—
his flying German temper, offhanded sexist asides:
“Standing my ground,” he’d snip,
“with three women against me in my own house,” his eyes twinkling at
the joke.
(she staying “for the sake of the children”);
he being unaware—if not indifferent.

They made it work, though, made it fit—
and in the last ten of their fifty-plus years together,
they were content, easy with the inevitability of each other,
if not altogether smitten.

BITS AND PIECES

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

More bits and pieces than we ever imagined are in the *In Case of Emergency* section below; that's enough for now!

AND MORE...

STILL COPING!



Closet conversion



No shortage now!



A Fido-top computer...

In Case of Emergency

Do you wonder what to have in an earthquake/emergency kit? A "go bag"? Here are VERY complete lists; **heed only what you need so you don't become overwhelmed.** The earthquake supplies you pack beforehand so they're ready. Replace expired food and meds every six months/year on a specific date you set.

EARTHQUAKE SUPPLIES (U.S Govt. website, www.ready.gov)

This list is for a time you remain in place at home after a damaging quake, flood, or other disaster, though some items won't apply specifically to you. Use a sturdy container—a plastic bin, wooden or metal box, or a suitcase you no longer use, and store it where you can get to it if the house has shifted or the garage door has tweaked. Pack items into sealed plastic bags when appropriate.

- ~ First aid kit/bandages
- ~ Prescription meds (not expired)
- ~ Non-prescription meds: pain relievers, anti-diarrhea med, antacids, laxatives
- ~ Eye glasses and contact lens solution
- ~ Infant formula, diapers, bottles, rash cream

- ~ Toothbrushes for everyone in the house, and toothpaste
- ~ Pet food, dish, and separate water for your pet
- ~ Pet leash, crate, blanket, toy
- ~ Cat litter and heavy plastic bags
- ~ Toilet paper and paper towels
- ~ Cash in small denominations
- ~ Copies of important documents: insurance policies, I.D and bank account records (either electronically or in a separate plastic bag)
- ~ Copies of credit cards and passwords; put into a sealed plastic bag— or keep them electronically
- ~ Sleeping bag or warm blanket for each person; small or blow-up pillows
- ~ Complete weather-appropriate change of clothing for each person
- ~ Heavy work gloves or sturdy gardening gloves
- ~ Goggles or safety glasses
- ~ Sturdy shoes and heavy socks
- ~ One gallon of water/person/day for drinking and sanitation
- ~ Three days of non-perishable food (canned chili, stew, tuna, or vegetables, canned fruit, low-salt crackers and nuts, nutritional bars, peanut butter, juices) for each person
- ~ Paper plates and cups and plastic silverware
- ~ Manual can opener and metal serving knife, fork, and spoon for canned food
- ~ Battery-powered hand-crank radio
- ~ Flashlight (check to see it works) and batteries
- ~ Extra batteries (best in individual packs for freshness) including hearing-aid batteries
- ~ Cell phone chargers and charging cables
- ~ Whistle, to signal for help
- ~ Masks for dust and/or virus
- ~ Moist towelettes and basic hand/body cream
- ~ Bags and ties for trash that accumulates
- ~ Wrench/pliers to turn off utilities such as gas, if need be, and know where your gas shut-off is
- ~ Local paper maps (no GPS may be available)
- ~ Soap/detergent/shampoo (though shampoo will work for all in a pinch)
- ~ Scissors
- ~ Candles and matches (in a waterproof container)
- ~ Duct tape—for anything!



GO BAG

Pack much the same as for a quake, but know that you might be in a shelter or at someone's house, so pack accordingly. Some of these you can keep in a bag, and grab the following if you have time. NOTE: You can purchase small portable safes to keep much of this in, then pick them up as you leave.

- ~ Wallet/license/checkbook
- ~ Credit/debit cards
- ~ Prescription meds
- ~ Eyeglasses and other medical aids
- ~ Cell phone and chargers (electrical, car, solar, or battery charger)
- ~ Laptop, tablet, computer OR computer backup with cables
- ~ Emergency Plan contact list with out-of-region contact information
- ~ Copies of current financial accounts
- ~ Safe deposit keys
- ~ Playing cards, paper/pen/pencil, puzzles, books to keep yourself and children occupied
- ~ Family photos (on CD, or flash drive or albums)
- ~ Family heirlooms, jewelry, etc.



TO DO CONSISTENTLY

- ~ Plan and update an escape route and communication link for all in your household

- ~ Keep a bag or two of ice and some frozen bottles of water in your freezer. You can move them (along with frozen fruit or veggies) next to perishables in the fridge if the electricity goes out
- ~ Keep shoes next to or near each bed at all times
- ~ Always leave 1/4 tank of gas in your car; don't run it to empty
- ~ Recharge your backup chargers
- ~ Have an extra key and lock your house if you must leave
- ~ Keep the emergency kit and go bag in designated, easy-to-reach places. Be sure all household members know where they're kept
- ~ Check the kits every six months/year; set a day to review expiration dates and update information
- ~ Ideally, have some version of the items in a separate kit for work and in your car

Of course, you can buy ready-made kits, too. Check out Amazon or Overstock.com, or a local store.

Also consider:

- ~ Camp stove
- ~ Generator
- ~ Plastic sheeting/duct tape in case you have to shelter-in-place
- ~ A bucket lined with a heavy plastic bag (and extra bags) for sanitation or illness in case your toilet water is turned off

Find more information at Safety Action Center at www.pge.com.

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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