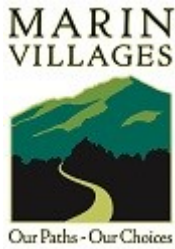


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Empowering older adults to be active,  
connected and independent in the place they  
call home



## NOVATO VILLAGE NEWSLETTER

DECEMBER 2020

### STEERING COMMITTEE GREETINGS

We wish you a holiday season that is filled with love.

Be kind.

Be patient.

Be generous.

Be accepting.

Be all of these things to yourself.

That is where it begins.

### WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Debora Daneman

We look forward to seeing you at an event soon!

### LOCAL VILLAGE EVENTS (open to all, unless noted)

All the events below are offered on Zoom. If you are not yet comfortable with Zooming, we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633.

## Food & Drink

### **Zoom Coffee**

Wednesday, December 9, 11:00am

This month will be a “recipe share affair.” Since many of us aren’t gathering in big groups this December, some of us would like holiday recipes cut down to serving two to four people. Can you help us out? Tell us about your holiday special treats, entrees, veggies, snacks. If you can email a smaller-serving recipe to Linda Henderson, [linda\\_h@peak.org](mailto:linda_h@peak.org), she will gather up all the emails and put them into a shared message. Cook small, or not at all!

No need to RSVP; the Zoom link will be sent to everyone by email.

### **Zoom Happy Hour**

Wednesday, December 23, 4:00 – 5:00pm

Join us with your favorite afternoon beverage. The night before the night before Christmas... We'll share memories of winter holidays from childhood up to the present. Did you grow up where it snowed in December? Is snow just not a part of your winter memories, more like sun and palm trees? Have you moved away from family and started traditions of your own? Do you have a plan for this unusual COVID year? Come to the happy hour and let us know.

No need to RSVP; the Zoom link will be sent to everyone by email.

## Exercise

### **Levee Walk on “Ammo” Hill (weather permitting)**

Thursday, December 3, 9:30 – 11:00am

We had to cancel the October Walk at Ammo Hill, so we will enjoy it as our December Levee Walk. This will be a slow walk with stops to take a break as we climb the hill. Bring walking sticks if you wish. We will start at 9:30am in the Ammo Hill parking lot. The parking lot is located on the left side of the Hamilton Parkway, approximately one mile from the turnoff on Nave Dr. Unfortunately, the parking lot at the start of the walk is small. There are only five standard parking spaces and two handicap spaces. Additional parking is located at the end of Ashland Dr. (Take Hamilton Parkway, turn left on Sunny Cove Dr., then right on Ashland Dr.) This parking lot is adjacent to and a little way up the hill of the Ammo Hill walking path. All are welcome.

Please RSVP so we know how many walkers. Call Pat Bailey (415)

652-9073 for reservations or any questions.



*Novato Village walkers at Rush Creek Preserve in November*

## Books

### **Book Lovers' Group—Discuss the Book by Zoom**

Tuesday, December 8, 1:00pm

Our choice for the December meeting is *Hedy Lamarr: The Only Woman in the Room* by Marie Benedict. Be careful to not order another book by two authors about Hedy Lamarr; that one is a graphic novel (told in cartoons).

Please let Marcia Sprinkle know by the night before if you haven't received the Zoom invite so there's time to fix it. Contact Marcia at [msprinkle1884@yahoo.com](mailto:msprinkle1884@yahoo.com) for more information.

## Groups

### **Village Viewers—Movie Discussion Group**

Wednesday, December 16, 4:00pm

Bring popcorn and join us for the next Village Viewers Zoom movie group. It will always be the third Wednesday of the month. We will be discussing **Ford v Ferrari** starring Matt Damon and Christian Bale. You can now watch it on HBO. Looking forward to seeing you then! For more information, contact Joanne Lang, [jlangtpa@gmail.com](mailto:jlangtpa@gmail.com) or (916) 716-5800. No need to RSVP; the Zoom link will be sent to everyone by email.

## Village Business

### **Novato Village Steering Committee Meeting on Zoom**

Tuesday, December 15, 1:30pm

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

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## MARIN VILLAGES EVENTS

### Meet the Marin Villages Board

Thursday, December 17, 4:00pm

Come meet the board of directors of Marin Villages. Can you name them all? A fun opportunity to hear what they love about Marin Villages, and what they are up to when not in board meetings or otherwise volunteering for us! RSVP to the office to receive the Zoom link. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

### Not Home Alone—Christmas Eve, Christmas Day, and New Year's Eve

Thursday, December 24; Friday, December 25; and Thursday, December 31, 4:00pm

Not looking forward to spending the holidays alone? Join Donnalee Wells on Zoom and celebrate the holiday with fellow Villagers. You are encouraged to have something to eat with the group to celebrate with others. Always fun and good conversation. A movie to follow will also be suggested. RSVP to Marin Villages at [info@marinvillages.org](mailto:info@marinvillages.org) to receive the Zoom link.

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## COMMUNITY EVENTS

### How to Cultivate an Empowered Life in Extraordinarily Challenging Times

Tuesday, December 15, 10:30 – 11:45am

Learn how to cultivate your energy and your mindset and create a plan that will allow you to thrive through challenges as you age. Join Barbara Waxman, a Middlescence expert, Marin resident, leadership coach, gerontologist, speaker, and author, as she leads a conversation about developing the skills and mindset to prepare for 2021. The host for this event is Pati Stoliar from Age Friendly Corte Madera ([agefriendlycortemadera@gmail.com](mailto:agefriendlycortemadera@gmail.com)) and Zoom info is below.

#### Zoom link

Meeting ID is 832 3151 1777

Passcode is 549288 or dial (669) 900-9128

### San Francisco Zen Center Mediation Session –

Saturday, December 19, 10:30 – 11:30am, \$0 – \$25 fee

[Learn how to meditate with an instructor](#) from the SF Zen Center. Additional classes will be held the second Saturday of each month in 2021 at the same time.

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## NOVATO VILLAGE ANNOUNCEMENTS

### Shining a Light on You!

The annual December Holiday Luncheon is not happening this year. But we will celebrate the holidays in a different way—a gift to show our members they are not forgotten. Expect a lantern to include in your “Go Bag,” useful during emergencies like power outages and evacuations. Deliveries will happen December 21 – 23. You’ll get more information closer to the delivery date.

### Everybody Loves a Deal!

DID YOU KNOW? Sports Basement, a great store in Novato that sells all manner of casual activewear clothing and sports equipment, has a program that for a one-time upfront fee of \$25 gives discounts to purchasers and also lets them choose a nonprofit to receive a percentage of the store’s “Basementeer pool” of profits. You can check out the Novato store and merchandise [here](#).

Novato Village has arranged for Marin Villages to be a beneficiary! So if activewear and sports equipment are your thing, sign up online or in the store to be a Basementeer and select **Marin Villages** as your beneficiary. Tell your friends and neighbors who might be interested as well. They can also support Marin Villages by becoming a Basementeer! This [one-minute video](#) helps explain the idea.

### Scams & Older Adults – How Scams Work, and How to Avoid Them

Novato Village member Jean Gunn has shared this with us, saying, “This is the group that presented at our Novato Village event at Town Hall.” This is a four-part series on older adults and scams by **Dr. Tom Hilton**, retired Navy captain, psychologist, NIH scientist, and presenter for *Tech-enhanced Life*, the website where these articles appear.

#### [\*Scams & Older Adults: What to Do?\*](#)

This one is actually a series in itself. It focuses on helping readers of all generations learn the fundamentals of scams: what scammers are after, and how they use mail, email, mobile phones, tablets, and personal computers to steal your identity, your money, and even the Internet bandwidth you pay for every month to access the internet. The information in this series is intended to help reduce vulnerability to scams for both you and loved ones. The key message is that to be

forewarned is to be forearmed.

### *Elderly Scams: When You Need to Take Control*

What do you do when a parent shows signs of falling for scams and seems unable to take the appropriate actions to avoid them? While it is often appropriate to let older adults worry about their own "scam-proofing," there are some situations in which an intervention is appropriate.

### *How to Avoid Scams and Defend Against Them*

Here are some very specific actions you can take to avoid the sort of scams that impact older adults. This article also includes some easy-to-follow "scam avoidance rules."

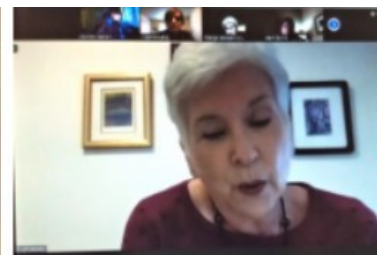
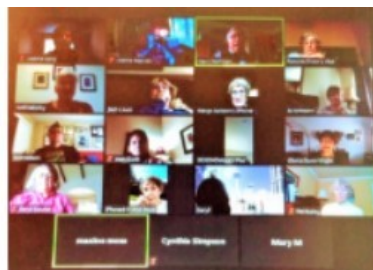
### *How Scams Work (with Examples)*

Learn how scams work, with examples. The best protection against exploitation by scammers comes from having a general understanding of how people try to con the elderly into sending/wiring them money or worse, giving them the electronic keys to their financial kingdom. If you understand your vulnerabilities, you will be alert to situations that put you or an aging parent at risk.

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## AND MORE...

**Thank you to Mark Hoffman and Ruth Rakosky**, who were guest speakers at our coffee in November. They explained the program that AgeSong Marin offers (Marin Village members get a reduced fee so ask about it). Information is on [the AgeSong website](#), or call (415) 234-5040 to explore with a facilitator whether this might be a group that you'd enjoy. There were 17 participants at the coffee.





Two of the founding members of Novato Village have been honored for their years of service. **Jean Gunn** was steering committee chair for six years. **Frank Keenan** was on the founding team, and was past treasurer of the Marin Villages Board and Novato Village treasurer. They were presented with certificates of appreciation on Tuesday, November 3, at HopMonk Tavern.



*Photos, left to right: Frank Keenan with Roberta Dixon; Jean Gunn and Frank Keenan, guests of honor at HopMonk*

Novato Village members had a wonderful shared Thanksgiving by Zoom on November 26. We ate dinner and then shared our gratitude thoughts, added them to a leaf, and hung them on "the gratitude tree."



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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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