



# Ross Valley Village

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

## March/April 2021 Newsletter

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Greetings, wonderful Ross Valley Village members and volunteers!

Do you remember that just a few months ago we were anxious and worried about the “long, dreary winter” ahead, with COVID, quarantining, and only vague ideas about a vaccine in the works?? Well, now we must look at how far we have come!

We hope that many of you have had at least your first COVID shot by now, with the second coming soon. Daffodils and magnolias are blooming—a good sign!—so please find some happy thinking about warm, sunny days ahead and the possibility of in-person gatherings outside, while wearing masks and staying six feet apart. We are planning, so watch your mail and email! Non-Zoom excitement ahead, we promise!

We hope you all received your valentines from the Steering Committee, and have received our phone calls. We do love you!

Please stay safe and hold enthusiastic anticipation about the road ahead. We look forward to seeing you!

With love from the **Ross Valley Village Steering Committee**



*Louie Sutro, the founder of Marin Villages, getting her COVID shot!*

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## WELCOME, NEW MEMBER LYNNE LAW!

Lynne intends with time to become a volunteer, too. Thank you for giving your time and energy to our village. We look forward to seeing you at an event soon!

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## LOCAL VILLAGE EVENTS

On the Marin Villages calendar you can find details of exercise classes you can join, such as yoga and chair exercises; or you can get creative and join a watercolors class. You can find a listing of these events at [https://marin.helpfulvillage.com/events?all\\_villages=1](https://marin.helpfulvillage.com/events?all_villages=1). The Ross Valley Village events are in purple. All the events are offered on Zoom.

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## MARIN VILLAGES EVENTS

### **Scams and Other Nefarious Doings!**

Friday, March 12, 3:00pm

Members of the Marin Financial Abuse Specialist Team will join us for a program on the latest fraud schemes and scams we need to be alert to. Human nature being what it is, there's always someone nefarious out there trying to cheat. Come learn what to watch out for! RSVP to the office at (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org). Or use this URL to register directly: <https://marin.helpfulvillage.com/events/2703-scams-and-other-nefarious-doings>

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## ROSS VALLEY VILLAGE ANNOUNCEMENTS

### **Getting to Know You**

One of the things we all like best about the usual events and parties we coordinate for Marin Villages is getting to know our members and volunteers for the chance to make new friends. The shelter order has put a stop to our gatherings, so we wanted to make an effort to get to know one another through a spotlight in each newsletter.

Our first profile is Claudia Gardner, one of our volunteers and RVV Steering Committee members.



Claudia lives in a beautiful San Anselmo home with gorgeous views of Sleepy Hollow. She has a roommate who also happens to be named Claudia.

Claudia's two daughters Kristen and Karen have families of their own. Kristen lives nearby with her 11-year-old daughter, Zora, and works for Marin County in human services. Karen is a retired school teacher in Colorado Springs who also enjoys volunteering to give back to her community. Karen's son, Tim, served 7 years in the Navy and now makes government drones in Maryland. Karen's daughter, Kathleen, works in HR for the Colorado Department of Corrections. Claudia adores her family and is very proud of her two daughters and three grandchildren.

Claudia dreamed of becoming a veterinarian and took all of her undergraduate courses at UC Davis. When she went to apply to vet school, she was told that profession was for MEN ONLY! To make the most of her coursework she applied to UCSF and became a dental hygienist. She loved her patients and even made house calls to seniors who could no longer come into the office.

After Claudia's first bout with breast cancer she started volunteering in the early 2000s with TCL (To Celebrate Life) a foundation which raises funds for local outreach programs that provide direct services to men and women going through breast cancer. After 52 years as a hygienist Claudia retired in 2016 to care for her beloved husband, Dan, until he passed in 2018. Soon after, she learned of Marin Villages and quickly signed up to volunteer. She missed working with seniors, which she had done as a volunteer through her local hygienist association where she spent time with seniors in a day care center and nursing homes.

Claudia and Dan built a vacation home on the south shore of Lake Tahoe in 2001. She goes there often for a change of scenery and to visit with her neighbors and friends in the area (minimally now with social distancing). The cross-country skiing is still great!

Claudia says she has always enjoyed being with older people because they have such wisdom and interesting stories to tell. She feels so fortunate to be involved with Marin Villages because of all the wonderful people she has met and had the pleasure to work with. She enjoys making supportive phone calls, driving, and shopping for our members.

Claudia said that when the shelter order is lifted, she is most looking forward to spending time with her family and friends and having the ability to travel again.

*Would you like to be a "Getting to know you" member in the newsletter? If so, please let Kimberly Teal know, by emailing her at [Kimberly@KimberlyTeal.com](mailto:Kimberly@KimberlyTeal.com).*

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## WATER COOLER

*Have you discovered anything that has given you pleasure during COVID that you'd like to share with the other members and volunteers? If so, please let Sarah Mansbach know, by emailing her at [sarah.mansbach@gmail.com](mailto:sarah.mansbach@gmail.com) and she will add it to the next Ross Valley newsletter!*

This month's suggestion comes from Suellen Lamorte. Suellen is a member of the Ross Valley Steering Committee and a volunteer. Suellen has really enjoyed playing online Scrabble using the *Scrabble Go* app.

Suellen ([suellenlamorte@gmail.com](mailto:suellenlamorte@gmail.com)) is offering to play online Scrabble with anyone who signs up! The game can be played using the *Scrabble Go* app on either a cellphone or iPad. *Scrabble Go* is available for both Apple and Android, in their respective app stores.



*A screenshot from Scrabble Go*

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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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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)