



# Novato Village

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

## March 2021 Newsletter

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### A MESSAGE FROM YOUR STEERING COMMITTEE CHAIRS

#### Meet the Novato Village Steering Committee!

Today we will start a new series of “cameo” interviews. Each member of the Novato Village Steering Committee will share some of his or her background and what they do as part of the Steering Committee. Look for the stories starting now and over the coming months in the **Novato Village Announcements** section of the newsletter.



Enjoy St. Patrick's Day—everybody is Irish on March 17!

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### 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, March 10, 11:00am

Will you bring coffee or tea?? Come to our Coffee Chat and share what are you doing for socializing and exercise over the last few months. We know the pandemic has made changes in your usual routine. Come, visit us, and tell us what you are doing. Maybe you'll get some new ideas. You might be inspired—or you may inspire someone else! No need to RSVP; the Zoom link will be sent to everyone by email.

## Zoom Happy Hour

Wednesday, March 24, 4:00 – 5:00pm

Come with your favorite beverage and play a new game. We just started playing **Pictionary!** We had fun playing this game in February. What you'll need: a piece or two of plain paper and a pencil or pen. You'll be on a team. One team member will get a secret word and will sketch a picture of the word in one minute. Your team will try to guess what the secret word is by looking at what you have drawn. Come and try it! No need to RSVP; the Zoom link will be sent to everyone by email.



*Fun playing Pictionary!*

## Exercise

### **Novato Village Walkers—at the Indian Valley campus**

Thursday, March 4, 9:30am

Our walk will be at the Indian Valley campus of the College of Marin (COM). We will start at the Indian Valley COM parking lot next to the baseball field at the very end of Ignacio Blvd. The plan is to walk from the COM parking lot to the Indian Valley Rd. parking lot. The path is wide and will accommodate six-foot separations. It's a very level walk—no hills, about 3/4 of a mile round trip. This is a firm, dirt-packed path, but could be a little muddy if there is a recent rain. Please RSVP to Pat Bailey at [pbailey49@aol.com](mailto:pbailey49@aol.com) or text or phone (415) 652-9073.



*February levee walk*

## Books

### **Book Lovers' Zoom Group**

Tuesday, March 9, 1:00pm

The Book Lovers Club will meet via Zoom. Our March book is *Half of a Yellow Sun* by Chimamanda Ngozi Adichie. Planning ahead, the April book will be *The Authenticity Project* by Claire Pooley. Marcia Sprinkle says, "Please let me know by the night before if you haven't received the Zoom invite so there's time to fix it." Contact Marcia Sprinkle at [msprinkle1884@yahoo.com](mailto:msprinkle1884@yahoo.com) for more information.

## Groups

### **Village Viewers Zoom**

Wednesday, March 17, 4:00pm

Bring popcorn and join us for the next Village Viewers Zoom movie group. We'll be discussing *The Farewell*, a movie made in 2019 about a family returning to China under the guise of a fake wedding to stealthily say goodbye to their beloved matriarch—the only person that doesn't know she only has a few weeks to live. It is a funny, emotionally intricate and deeply moving tale of severed connections and renewed family ties.

Come to the discussion even if you haven't seen the movie; it's always a fun chat. Looking forward to seeing you then! For more information, contact Joanne Lang, [jangtpa@gmail.com](mailto:jangtpa@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, March 16, 1:30pm

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



*February Steering Committee meeting*

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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 so we can be alert. 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://marinvillages.us14.list-manage.com/track/click?u=298bf212a03f85b6cabdc8b0c&id=b38dd0e7b1&e=897712b79f>

### What's up at the office?



Starting March 1, **Matthew Dawe** will be joining us as a new employee with the title Volunteer Manager. More about Matthew when he arrives, but in the meantime, a big round of applause for BJ who has juggled volunteer and member coordination and office operations since early January. We all multi-task these days to some degree, but BJ's juggling efforts were phenomenal!

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## COMMUNITY EVENTS

### Safe and Healthy Living at Home for Older Adults

Thursday, March 4, 10:00 – 11:00am

This Zoom presentation will provide much-needed information about how older adults can improve their homes to ensure sustainable safe and healthy independent living. By attending, participants will:

- Learn about preventing falls with home modifications and the Dignity at Home Fall Prevention Program.

- Hear about what makes a healthy, safe and energy efficient home and how you might be able to benefit from programs and services offered by MCE Healthy Homes, Marin Center for Independent Living, and others.
- Gain knowledge of fire-safety measures to implement inside your home.

Featured presenters:

- Michelle Nochisaki, customer programs manager, Marin Clean Energy
- Tonique McNair, assistive technology advocate, Marin CIL
- Tim Stevens, business development, Home Safety Services
- Jason Weber, chief, Marin County Fire Department

Join Zoom Meeting - closed captioning available

<https://us02web.zoom.us/j/8526641821>

Meeting ID: 852 664 1821

Dial-in number (669) 900-6833

Members of the public are encouraged to attend the 11:15 Commission on Aging business meeting immediately following this event.

### **Oregon Shakespeare Festival's 2021 season – virtual options!**

Bay Area artists Steven Anthony Jones, Tim Bond and Erika Chong Shuch are part of the lineup in Ashland, a hybrid of digital and in-person performances. Subscriptions to the first three-show digital series are \$40, or \$15 per show. Call (800) 219-8161 or visit [www.osfashland.org](http://www.osfashland.org).

Bay Area fans of the Oregon Shakespeare Festival can enjoy the first section of the renowned theater company's 2021 season without having to make the trek to Ashland, OR. When the theater transitions from digital to in-person offerings, top Bay Area artists are also part of the lineup.

The season, announced Wednesday, Feb. 17, begins with recordings of shows from the 2017 and 2018 seasons. *Julius Caesar* (March 1 – 27) is directed by Shana Cooper and choreographed by the Bay Area's Erika Chong Shuch, bringing with it a fresh resonance after the Jan. 6 riots at the Capitol.

Up next are Mary Kathryn Nagle's *Manhatta* (March 29 – April 24), which makes connections between 17<sup>th</sup>-century and present-day oppression of Native Americans; and Frances Ya-Chu Cowhig's *Snow in Midsummer* (May 3 – 29), about a wrongfully convicted woman and the survivor who must clear her name. (The show re-envisioned the classical Chinese drama "The Injustice to Dou Yi That Moved Heaven and Earth.") Laurie Woolery and Justin Audibert, respectively, direct.

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## NOVATO VILLAGE ANNOUNCEMENTS

Meet **Joanne Keenan**, Novato Village newsletter editor. Joanne and her husband Frank grew up in Philadelphia. They met each other at the Pennsylvania State University, married, and moved to California because Frank worked for Fireman's Fund Insurance Company. They selected their home in Novato and have lived here since 1978. Joanne and Frank have two married adult children and two grandchildren living in Sonoma County.



Joanne had her own consulting business as a registered dietitian advising food preparation staff, developing the clients' menus, and advising patients requiring dietary care in hospitals, nursing homes, and residential care facilities. She pivoted her career of nutrition instruction to teaching, getting a California Teacher Credential, and worked with students in special education at San Marin High School in Novato.

She has been involved with the Novato Village Steering Committee since 2016. Her original assignment was to plan the location and reserve the restaurant for the monthly luncheons. (Remember when we would gather at local restaurants and enjoy each other's company?) As time went by, the newsletter editor position opened up and Joanne thought she'd try it. She was experienced at doing newsletters as a student when she was in high school, and then when her children went to school, she stepped into the newsletter role at each school they attended in Novato.

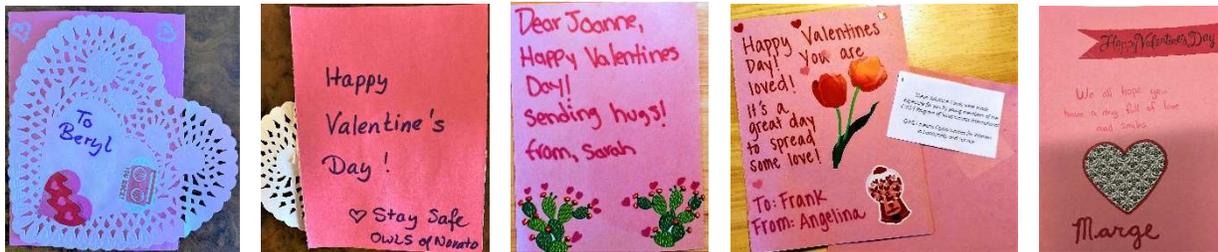
Novato Village has offered Joanne opportunities to share her time and skills with members and volunteers. She hopes you enjoy the newsletter and she can't wait to see you at Village luncheons again!

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## AND MORE...

### **Spreading valentine love**

High school women in the Soroptimist youth group OWLS (**O**pportunities for **W**omen in **L**eadership and **S**ervice) handcrafted beautiful valentines and sent them to all Novato Village members. We hope you enjoyed yours! Some examples on the next page...



**Did you know...** Marin Villages is on Instagram, Facebook, Twitter, and LinkedIn!

### **Mill Valley Public Library: eMagazines now available through Overdrive and Libby**

RBDigital, your days are numbered! At the end of March, the sun will set on RBDigital as a source of e-magazine checkouts but rise on an old friend: **Libby!** Yes, you can now read everything from *Us Weekly* to *Architectural Digest* on your computer, tablet, or phone through an app you're (hopefully) already familiar with. How does it all work? We'll show you! Just click here: <https://tinyurl.com/xs87rd9c>



If you're not already hip to **Digital Services (Digitally)**, it's our series of introductory videos on the many online services we offer. We walk through setup and arm you with tips and tricks to become instantly savvy e-experts. Browse all our episodes at this link: <https://tinyurl.com/2cnxxh6c>.

### **New Vaccine Appointment Hotline for Older Adults**

Starting March 1, Marin County older adult residents—age 75 & older—who have struggled to make their own COVID-19 vaccination appointments via the internet can call (833) 641-1988 to get assistance from a real live human being. This phone line will operate Monday through Friday, 8:00am – 5:00pm, and is targeting those do not have internet connectivity or an at-home computer, tablet or smartphone. If you know of an older adult who does not have reliable internet access and has been unable to secure a vaccine appointment, please share this information with them!

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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)