



Novato Village

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

May 2021 Newsletter

FROM YOUR NOVATO VILLAGE STEERING COMMITTEE

The month of May has many days for celebration. We hope you enjoy the succulents our team of OWLS and Novato Village volunteers share with you to wish you a Happy May Day on May 1. We also wish you a loving Mother's Day on May 9, hope you cheer our armed forces on May 15, and hope you enjoy a memorable Memorial Day on May 31.



WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Marilyn Sharp, Kiki & Ned Ongaro, and Susan Miglioli

We look forward to seeing you at an event soon!

Volunteers: Gerrda Focardi, Alicia Gonzalez, and Valerie Vogt

Thank you for giving your time and energy to our village. We look forward to seeing you all soon!

LOCAL VILLAGE EVENTS (open to all unless noted)

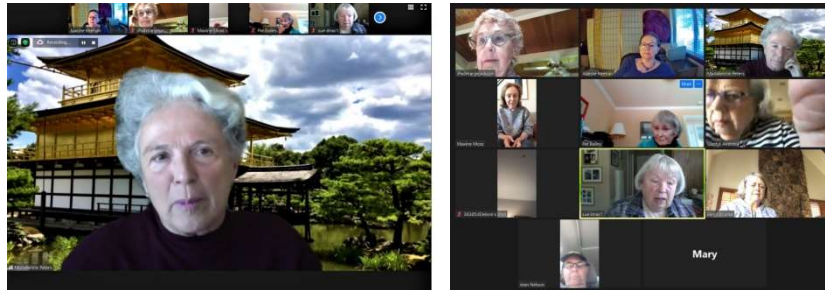
All the events below are offered on Zoom. If you are not yet comfortable with Zooming, we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. info@marinvillages.org or (415) 457-4633.

Food & Drink

Zoom Coffee

Wednesday, May 12, 11:00am – noon

Join us to chat about what you've been doing, or wish you could have been doing, this spring. Are you ready to be outside without a mask? Any experiences to share? No need to RSVP; the Zoom link will be sent to everyone by email.



April Coffee guest Madaleinne Peters from Soroptimist International of Novato enlightened us about the history of Soroptimist International, founded in 1921. The local Novato club is a small part of a huge organization involving thousands of women throughout the world. The name Soroptimist means “best for women,” and is what the organization strives to achieve.

Zoom Happy Hour

Wednesday, May 26, 4:00 – 5:00pm

Join us with your favorite afternoon beverage and we'll play the game *Facts in Five* once more. It was a popular activity at happy hours in the autumn. All you need is a pencil and a piece of 8½" x 11" paper. Fold the paper in half width-wise and make a grid with five rows across and five rows down, like a bingo card. No need to RSVP; the Zoom link will be sent to everyone by email.

Education & Presentations

Novato Village COVID Protocols—a Zoom to show you what's been updated

Wednesday, May 5, 3:00pm

Did you know that Marin Villages has updated the COVID protocols? Novato Village invites you to a Zoom presentation to review the changes so you know what you can expect. We'll cover ride updates, expanded home repair and garden services, and things we expect to open up in the near future, plus other services and social activities. So join us by Zoom—we'll send the link. See you Wednesday!

Exercise

Novato Village Walkers – Hamilton Levee

Thursday, May 6, 9:30 – 10:30am

7 Hamilton Landing (enter levee between Hangers 5 & 6)

The Hamilton Levee is a flat, open path; no mask **if** social distancing, but have your mask handy in case other walking groups get too close. Meet us at the levee wearing walking shoes and mask, and bring a water bottle, sunscreen, and jacket, hat if you wish. RSVP PLEASE so we don't start walking without you. If you are interested in walking with this group, please let Joanne Keenan know at jkeenan@pacbell.net or call/text her at (415) 309-5729. (Pat Bailey is away.)



We found wildflowers on our walk at Rush Creek in April.

Books

Book Lovers' Group

Tuesday, May 11, 1:00pm

Miwok Park, 2200 Novato Blvd, Novato

May's selection is *Dutch House* by Ann Patchett. **We decide to postpone reading *Caste* because it's hard to get at the library.** There are 2-3 copies among the members which we can share and schedule it in the future. Our group is strongly in favor of meeting in-person with masks since we're all vaccinated. We agreed to meet at **Miwok Park**, where it's a short walk, easy parking, won't be crowded, and people can distance as they want. Hope to see you all! Questions, contact **Marcia Sprinkle** at msprinkle1884@yahoo.com.

Groups

Village Viewers Zoom

Wednesday, May 19, 4:00pm

Bring popcorn and join us for the next Village Viewers Zoom movie group. We'll be discussing ***Mank***. The story takes place in the 1930s when Hollywood is reevaluated through the eyes of scathing wit and alcoholic screenwriter Herman J. Mankiewicz as he races to finish *Citizen Kane*. 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, ilangtpa@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, May 18, 1:30pm

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



April Steering Committee meeting

MARIN VILLAGES EVENTS

Marin Villages' Spring Annual Fund Appeal

Marin Villages' spring annual fund appeal is underway—a major source of revenue for our organization!

As you know, Marin Villages has been busy since COVID started. Since March 2020, we've fulfilled **7,000** member requests, including **3,803** companionship calls, **1,122** errands for groceries and other needs, **905** rides to needed medical appointments, and more than 1,000 other service requests! We also got members and volunteers trained on Zoom early in the pandemic so that we could stay in touch and keep some of our groups going. Please consider a donation to help us all keep doing this good work. You can donate here:

https://marin.helpfulvillage.com/fundraising_campaigns/8-annual-fund-spring-2021-campaign—and pass it on to your friends! And then please join us at the event below...

Marin Villages Donor Recognition Event

Sunday, June 6, 5:00pm



Join us for a short program and a wonderful performance by Nancy Gilliland, who will entertain with songs from the Great American Songbook. Please RSVP here: <https://bit.ly/MVDonorEvent>
This will be a really fun event!

COMMUNITY EVENTS

Talking Tech 4 Seniors at Vivalon (new name for Whistlestop)

Monday, May 3 and ongoing



Back by popular demand! The first course of Talking Tech 4 Seniors went so well we decided to offer the course throughout the year. It's free and open to everyone from true beginners to those who already know how to use a computer. Everyone welcome!.

Why Zoom? Which apps are right for me? Want to demystify technology while creating more meaningful social connections? You'll learn tips and tricks to use a computer and mobile devices to access the internet to better connect with family, friends and virtual communities. Zoom opens a world of classes and activities for exercise, learning and fun. The internet and apps offer new options for online shopping, deliveries and so much more. Learn and feel safe. Our virtual classes over eight weeks start on Monday May 3rd with the very basics, and build up your tech knowledge as you go. Find out more here: <https://vivalon.org/about/vivalon-news-press/whats-new-at-vivalon/talking-tech-4-seniors/>. Sign up now to secure your spot! Please visit the website or call Guest Services for more information, to access the class schedule, and to sign up. (415) 456-9062

Marin Society of Artists Exhibit

Saturday, May 15 – July 3, gallery open Fridays through Sundays, noon – 4:00pm
1515 3rd Street (corner of "E" and 3rd) in San Rafael

Our own Novato Village member **Sue Lyttle** will be exhibiting 14 new paintings in a group art show called "10 Artists" at the Marin Society of Artists. Reproductions of older paintings will be available as well.



Three of Sue Lyttle's paintings

Is There a Doctor in the House? Telehealth and Bridging the Digital Health Divide

Thursday, May 27, 10:00am – 12:30pm

The Marin County Commission on Aging presents this special webinar designed to promote an understanding of telehealth—the new normal—and what the County is doing to provide wider access throughout Marin. Participant fee has been waived. During this webinar, you will:

- Learn about the emerging role of telehealth in our lives today, and what it will look like in the

future. **Speaker: Ariana Myers, VP Health, Donisi Health**

- Understand the rewards and challenges of providing virtual care to patients. **Speaker: Jose A. Chibras, M.D., Chief Medical Officer, Marin Community Clinics**

- Hear about the virtual strategies the County has deployed to insure delivery of vital services during COVID-19. **Speaker: Benita McLarin, director of Marin Health & Human Services**

- Become aware of the challenges and inequities the digital divide has created in Marin, especially in terms of access to healthcare. **Speaker: Dennis Rodoni, president, Marin County Board of Supervisors**

- Hear about “Digital Marin,” a project that’s already starting to bridge the county’s digital divide. **Speaker: Liza Massey, Marin County Chief Information Officer**

For more information, email TelehealthWebinar@gmail.com. You can register here https://zoom.us/webinar/register/WN_kDIhuf8mSW-Nlb0AaSrTDA

Seven-Minute Workout for Seniors—on YouTube

Seven-minute workouts are all the rage these days. This one is for seniors—all you need is a firm chair, not a recliner-type chair. This is a YouTube video program that is actually 10 minutes long because it includes the introduction of the two physical therapists that produce the video. You can skip the advertisement before the “main attraction.”

<https://www.youtube.com/watch?v=cYiH0p4hAm4>

NOVATO VILLAGE ANNOUNCEMENTS

Meet **Beth Livoti**, co-chair of Novato Village Steering Committee along with Roberta Dixon. Beth is the original founder of our village and was a key figure in its launch at the Buck Institute in 2015.



Beth spent her youth in Marin County, growing up in Mill Valley and San Anselmo. Her family has lived in California for several generations. Grandparents on one side of her family came from Boonville, home of the unique dialect called Boontling, a jargon spoken only in Boonville in Northern California. Her grandparents lived on and maintained the Bohemian Grove property in Monte Rio and managed the restricted campground for the Bohemian Club, an exclusive men’s club.

Beth and her husband, Dr. Louis Livoti, who is a nephrologist, met at a federally funded program that monitored the quality of medical care in dialysis units in northern California. Beth worked with the Patient's Committee and Lou was the president of the Board of Directors. They have many interests in common. They married in 1985 and Beth moved to the Sacramento area where Dr. Livoti had his medical practice.

While living in Sacramento, Beth, at age 42, completed a bachelor's degree in interior design at Sacramento State. She encourages people to pursue higher education at any age!

Lou and Beth moved back to Marin County when Lou retired. Novato became their home in 1997. Beth began volunteering for various Marin County non-profits: twenty years with Novato Independent Elders, six years on Marin County Commission on Aging, two years with Age-Friendly Novato, and she has been the manager of St. Anthony's annual rummage sale. She is currently on the Parish Council, as well.

Beth and Lou have a blended family of five adult children and two grandchildren, one in high school and one in elementary school. A couple of Beth's favorite hobbies are interior design and attending weekend garage sales. She has shared her hobby with Novato Village, overseeing several financially successful garage sales. We're grateful for Beth's dedication to older people, making their lives more enriched. Her special talent for managing successful garage sales has helped Novato Village's treasury, too!

AND MORE...

Novato Village and Soroptimist youth group OWLS (**O**ppportunity for **W**omen in **L**eadership and **S**ervice) teamed up again for the May Day succulents project. We hope you enjoy the gift and think of May Day as it was over a century ago, and is still celebrated in the traditional way in many European countries. The earliest known May celebrations appeared with the [Floralia](#), [festival of Flora](#), the Roman goddess of flowers, held from 27 April – 3 May during the [Roman Republic](#) era (Wikipedia). Although fading in popularity since the late 20th century, we have shared the tradition of giving of "May baskets," small baskets of sweets or flowers, usually left anonymously on neighbors' doorsteps—or in this case, given to our members in person.



OWLS work with volunteers from Novato Village Steering Committee to plant the succulents for Novato Village members—Happy May Day!

2021 Drought Water Use Prohibitions for Novato—Be Ready

On April 20, 2021 the Board adopted an Amended Emergency Water Conservation Ordinance 41 (Ordinance 41) for the Novato Service Area to include further non-essential water-use prohibitions and suspension of new connections to the system, to go into effect July 1, 2021. The Amended Ordinance 41 now specifically requests a 20% voluntary reduction in water use from May 1 to June 30, and **mandates a 20% (Novato Service Area-wide) reduction in water use from July 1 to November 1, to be achieved with non-essential water-use prohibitions.**

The adopted non-essential water-use prohibitions include a restriction on overhead irrigation unless the customer can maintain a 20% reduction from 2020 water use, irrigate between 7:00pm and 9:00am, and water only three days per week (assigned by odd and even addresses). Drip irrigation and hand watering would be exempt. Customers using less than 300 gallons per day would be exempt from the 20% reduction but would still have to adhere to the three-days-per-week requirement. Additional water-use prohibitions include pool filling (for new and refurbished pools drained or constructed after July 1, 2021), potable water use for dust control, car washing except for with a bucket and a quick rinse using a hose nozzle with an automatic shut-off, and golf course irrigation using potable or raw water other than for tees and greens. Recycled water use is exempt from the prohibitions, with the exception of the water-waste prohibitions in Ordinance 41. Below is link to the full Ordinance 41 and a summary of the water-use prohibitions.

Full version of ordinance: <https://nmwd.com/wp-content/uploads/2021/04/Ordinance-41-Water-Cons-Final-4.20.21-rev.pdf>

Summary of water-use prohibitions for 2021: <https://nmwd.com/wp-content/uploads/2021/04/Novato-Water-Use-Prohibitions-Summary-2021-V2-042221-w Logo-1.pdf>

For all customer questions and comments regarding the 2021 drought water-use prohibitions or to report a violation, please contact the District's water conservation hotline at (415) 761-8944 or email at waterconserve@nmwd.com.

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) for application forms and online donations.

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