



# Novato Village

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

## July 2021 Newsletter

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### NOVATO VILLAGE STEERING COMMITTEE SAYS...

**Independence Day, USA** – We wish you a Happy 4<sup>th</sup> of July, as we celebrate 245 years since the Declaration of Independence in 1776.



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### WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Norio Miyagi, Anabella Denisoff, Joanne Rowlands, Francesca Burr, Virginia McPherson

**Volunteers:** Lucky Ung and Rena Ribeiro

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

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

Some of 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. If you need a ride to an in-person event, please call the office!

## Food & Drink

### **Zoom Coffee**

Wednesday, July 14, 11:00am – noon

Our speaker will be **North Marin Water District representative Ryan Grisso**. He will share tips on saving water during the drought's mandatory water conservation, which started July 1st. Ryan will talk about home use, plant maintenance and landscaping, and other ways that water can \*leak\* out of your system. No need to RSVP; the Zoom link will be sent to everyone by email.

We thank Arann Harris from **FIRESafe MARIN** for his fire safety tips, and landscaping and home hardening information at June's coffee. Stay safe and be prepared!



*June 9 Zoom Coffee presenter Arann Harris from **FIRESafe MARIN***

### **\*In-Person\* Monthly Luncheon**

Wednesday, July 21, noon – 2:00pm

Sam's Place, Nave Shopping Center, 1545 S Novato Blvd, Novato

Hooray! We'll meet for lunch at Sam's Place, on the outdoor patio, for the first time since February 2020. Celebrate good times, come on!! No need to RSVP but we hope to see you there.



*Patio at Sam's Place*

**\*In-Person\* Happy Hour**

Wednesday, July 28, 4:00 – 6:00pm  
Rickey's, Inn Marin, 250 Entrada Drive, Novato

Join us as we *sit by the pool* at Rickey's and raise our glasses. Cheers! For more information, contact Marge Jackson, [marge-32@hotmail.com](mailto:marge-32@hotmail.com) or (415)-892-1238, or Beth Livoti, [llivoti@comcast.net](mailto:llivoti@comcast.net).



*We played Facts in Five at the Zoom June Happy Hour*

Exercise

**Novato Village Walkers—at the Indian Valley campus of College of Marin (COM)**

Thursday, July 1, 9:30am  
Indian Valley Campus, 1800 Ignacio Blvd., Novato

Our walk will be at the Indian Valley campus of the COM. We will start at the Indian Valley COM *free parking lot (on the left) just before you get to the large pay parking lot adjacent to the baseball field located at the very end of Ignacio Blvd.* The plan is to walk from the parking lot to Indian Valley Rd. The path is wide and will accommodate 6-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. Please RSVP to Pat Bailey at [pbailey49@aol.com](mailto:pbailey49@aol.com) or text or phone (415) 652-9073.



*Novato Village Walkers at McInnis Park levee on June 3<sup>rd</sup>*

Books

**\*In-Person\* Book Lovers' Group**

Tuesday, July 13, 1:00pm  
Panera, Vintage Oaks, 132 Vintage Way Suite F17, Novato

We're excited to announce that our next meeting will be AT PANERA!! Our book is a mystery by Nevada Barr, *Endangered Species*. Hoping everyone can make it! Questions? Please contact Marcia Sprinkle at [msprinkle1884@yahoo.com](mailto:msprinkle1884@yahoo.com).

## Groups

### **Village Viewers Movie Group**

Saturday, July 17, time TBD

Village Viewers will hit the theater on Saturday, July 17. The group will always meet on the third Saturday of the month, so mark it on your calendar. In July, we would like to see *Queen Bees*. It has a wonderful cast and should be light and funny. However, we don't know if it will be playing in a local theater. We will send out an e-blast closer to the date with the current information. We look forward to seeing you soon. Questions? Ask Joanne Lang, (916) 716-5800 or [jiangtpa@gmail.com](mailto:jiangtpa@gmail.com).

## Village Business

### **Novato Village Steering Committee Meeting**

Tuesday, July 20, 10:30am

1555 Indian Valley Rd, Novato

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

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## MARIN VILLAGES EVENTS

### **Marin Villages' Quality Rummage Sale and Fundraiser**

Friday and Saturday, September 24 and 25 – hours TBA

56 Madera Blvd, Corte Madera (former Max's restaurant adjacent to the Corte Madera Best Western)

We are planning our first-ever Marin Villages rummage sale. Come and join in the fun! We are collecting quality donated items from our members and volunteers and friends to make this fundraiser successful. Monetary donations accepted, also!

### What we want

We are accepting easily portable items (if you can carry it, we will take it!) and donors will receive a tax-deductible receipt. All items should be in good condition: nothing soiled or broken please.

<b>Women's clothing and shoes</b>	<b>Linens, tablecloths, placemats</b>	<b>Small exercise and sports equipment</b>
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Housewares--dishes, small kitchen appliances, utensils, baskets, garden	Small furniture items such as lamps and side tables	Small working electronics such as tablets, iPads, and e-readers.
Home décor and artwork	Bed and bath items	CDs and DVDs
Jewelry	Children's toys/clothes	Sports memorabilia

We are not accepting the following due to space limitations:

Holiday decorations	Large furniture or appliances	Mismatched glasses, cups, plates
Pianos	Skis, surf boards	Large exercise equipment
Child car seats	Silver plated serving pieces or pewter items	Books

Representatives from the local villages are collecting donations now! Please begin to look for and set aside gently used, clean, and functioning items that you would like to donate to raise funds for Marin Villages and let us know when you can drop them off or we can pick them up. If you would like to volunteer to help with this event, please contact your local village representative. We would love to have you join us setting up, selling, and cleaning up!

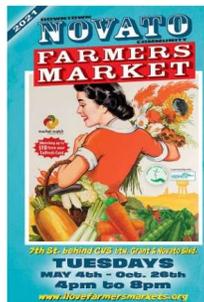
**Novato Village's representative** is Beth Livoti. [llivoti@comcast.net](mailto:llivoti@comcast.net) (415) 892-1043 (home) or (415) 246-3059 (cell)

## COMMUNITY EVENTS

### Downtown Novato Community Farmers Market

Tuesdays, all summer long, 4:00 – 8:00pm

7th St, Novato



The best of Northern California! Tuesdays through October 26th, the farmers market will be in full swing in the NEW location behind CVS, between 7th St. and Novato Blvd. Lots of FREE

parking! The market includes organic, locally grown produce; ready-made foods; and great activities for the kids! Join us every Tuesday this season for local fare and a lot of fun.

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## NOVATO VILLAGE ANNOUNCEMENTS

### **Cameo Bio – Meet Joanne Lang**

Meet Novato Steering Committee member Joanne Lang! She was born and raised in Los Angeles. She says, “I loved jumping hedges on my way home from my best friend's house. I loved going to Yosemite. My dad caught a trout once and the cafeteria in Curry Village made a beautiful platter for us with fruit around the fish. I'll never forget it. Today, I still go to Yosemite for family reunions.”



“I got married and moved to Inglewood and we bought our first home in Garden Grove. Then we moved to Corvallis, Oregon and lived there about 12 years. From Corvallis we moved to Santa Rosa until the kids were grown. Later I purchased my first home as a single person in Roseville and then made it to Novato to help my daughters.”

“I am really proud of my daughters and their families. I hope some of you get a chance to meet them some day. Before kids, I was really close to my grandparents. They were the best, which makes me want to be extra special for my four grandchildren: two girls, ages 4 and 6, and twin boys, who are 3 years old.”

“I moved to Novato about 3 years ago when my daughter had twins. Best thing I could have done...love living close to my family and being a part of their lives.”

“I had my own business in Roseville, which was really fun. I helped entrepreneurs build their businesses. Many of them didn't really need a full-time person and I filled in the gaps by doing computer work, phone calling, social media and organizing. I volunteered for the Chamber and enjoyed the support of a small business community.”

“How did I become involved in Novato Village and the Steering Committee? Well, Marge [Jackson] roped me in (lol). I was looking for something to do and to meet new people in a new place. I was having knee problems at the time and couldn't really work so Novato Village provided a place where I could help and still be at home. I love helping with Zoom, sending

emails, making phone calls, being one of the volunteer coordinators, helping with publicity and leading the Village Viewers. The Steering Committee just came with the territory, I think, and Marge invited me. Such a special group of people that really care about the senior community.”

“I don't know where I would be without this group. It has given me an outlet to volunteer and enjoy the social events. It really kept me going through COVID and kept me smiling.”

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## AND MORE...

### Heat waves can trigger rolling power outages...some ideas from PG&E and CAISO

Flex Alerts happen when heat waves occur. We are urged to voluntarily conserve energy by Pacific Gas and Electric Company (PG&E) and the California Independent System Operator (CAISO), which runs the energy grid.

Here are ways to reduce power usage during Flex Alerts. PG&E is urging Californians to take several energy-saving measures during the day, including:

- Pre-cool your home or workspace by lowering your thermostat. Turn it off if you will be away from home.
- Use a fan instead of air conditioning when possible.
- Use major appliances, like your dishwasher or washer and dryer, early in the morning.
- Charge your electronic devices before the late afternoon.
- Set your pool pump to run overnight instead of during the day.
- Keep your refrigerator full (with bottles of water if nothing else) and unplug your second refrigerator if you have one.
- Adjust your thermostat to 78 degrees or higher, after cooling your home to below-normal levels in the morning.
- Don't charge your electric vehicle until after 9:00pm.
- Draw drapes and turn off unnecessary lighting.
- Limit the opening of refrigerators, a major user of electricity in most homes. The average refrigerator is opened 33 times a day.
- Avoid using major appliances, such as your oven. Instead, cook on the stove, use a microwave, or grill outside.
- Consumers are asked to visit PG&E's website for more information about why supply-related rotating outages might happen.

[https://www.pge.com/en\\_US/residential/outages/planning-and-preparedness/safety-and-preparedness/find-your-rotating-outage-block/find-your-rotating-outage-block.page](https://www.pge.com/en_US/residential/outages/planning-and-preparedness/safety-and-preparedness/find-your-rotating-outage-block/find-your-rotating-outage-block.page)

## Updated Covid-19 response: Marin Villages services and activities as of June 21, 2021

COVID guidelines have recently changed. Masks are not required for those fully vaccinated except in certain specific facilities (e.g., medical facilities, public transportation). Masks are required in indoor and business settings for those who are not fully vaccinated. Marin Villages services and activities and COVID protocols are aligned with updated regulations and guidance from Marin Public Health and the CDC.

<https://coronavirus.marinhhs.org/BeyondTheBlueprint#masking>

- **Rides.** Because the pandemic continues to limit the availability of volunteer drivers, priority will be given to filling requests for rides to medical or medically-related appointments, e.g., trips for doctor and dentist appointments, including podiatry, physical therapy, and chiropractic appointments and appointments for lab work and vaccinations.
- **Programs and Gatherings.** Local villages may offer in-person activities and gatherings indoors or outdoors.
- **Office.** Our office in Terra Linda is open.
- **Protective Protocols.** Wearing of masks, practicing of social distancing, limitations on sizes of gatherings, etc. are no longer required in CA, except in certain circumstances for people who are not fully vaccinated. Vaccination is highly encouraged for all members and volunteers. Members and volunteers are free to confirm vaccination status with each other. Members and volunteers who wish to continue wearing masks are free to do so, even though guidelines have changed.
- **Vaccination Assistance.** COVID research has demonstrated clearly that vaccines save lives. Protect yourself and our members and volunteers! Our volunteers are available to help schedule appointments for members who need assistance. Please call the office if you need help.
- **Information on Vaccination Status.** While we strongly encourage all members and volunteers to be vaccinated against COVID-19, vaccination is not required for Marin Villages membership or volunteering. We are relying on members and volunteers to act in good faith in disclosing their vaccination status and observing any invitations or requests that may be limited to those who are fully vaccinated. We do not share information on COVID vaccination status unless requested to do so by a member or volunteer in connection with a Marin Villages activity or service.

Our aim is always to help protect the health, safety and wellbeing of our members and volunteers.

## Thank you

...to these creative O.W.L.S. from the Soroptimist youth group who made the July flag and Declaration of Independence gifts for Novato Village members.



We appreciate Novato Village member Sue Lyttle's connection with these young ladies.

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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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**Marin Villages** 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903  
(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)