

MARIN VILLAGES

Assisting Marin's older adults to remain active, connected and independent in the place they call home



Director's Corner by Lisa Brinkmann

I love to tell my "Marin Villages" stories to family and friends. Like the time I ran into a volunteer at the DMV and, in the course of our brief conversation, realized that she epitomized our mission. Over the past few years, she (and her family) has developed a real friendship with a member who lives close by. They now have dinners together, check in to see if everyone is o.k. and, appreciate the joy this member brings to her family. Neighbors helping neighbors.

And then there are the fun activities happening monthly. Happy hours are just that - happy! The Sip and Paint event was truly inspiring. Obviously, my artwork isn't, but watching how the attendees jumped in to create their own "masterpieces" was neat. Participating in this event helped me to cherish the diversity of our Villages and the simplicity of what we try to accomplish - to stay active and connected - at any age and with any ability.

And of course, just recently when I went to visit my buddy, Ruth, who had just been discharged the prior week from a 6-week rehab after falling in her backyard. Thinking that she could use the company, I was pleasantly surprised to find her at home in the middle of her monthly bridge game with friends. Oh yeah, and did I mention she's 101 years old?

We are developing a safe place for older adults from different backgrounds, with various levels of mobility, vision and cognition, and at all income levels, to meet up, hang out and pursue the interests they value.

I hope you will be able to join us at our 10th Anniversary party - "Celebrate Us" on September 8th - and share some stories of your own.



Welcome to our new June members

Mill Valley Village:
Kathleen Murtha
Gayle & Jack Burns
Pat Larson
Pat Konstantynowicz

Tiburon Peninsula Village:
Angela Fontana

Novato Village:
Joan Ripple

Ross Valley Village:
Adele Fishgold

San Rafael Village:
Laura Saunders
Mary Welch



Hello to our new June volunteers

Mill Village Valley:
Dagmar Zakim
Diane Curtis

Ross Valley Village:
Suzanne Carrie Will
Angie Jackson

San Rafael Village:
Kathleen Forder
Susan Clark

Twin Cities Village:
Sue Sommer
Catherine Way



In Memory



Rob Appleton, member of Twin Cities Village since 2017

Join us for some fun activities!!

We hope you will be able to join us at one of the many events celebrating our 10th year. To register, just click on the links below:

September 8 - [10th Anniversary Member and Volunteer Appreciation Party](#)

Let's celebrate us!! Please plan on joining us for this celebratory party - to honor the members and volunteers who have helped shape Marin Villages and allowed us to thrive these past 10 years. Click on the link above to rsvp!



Mark you Calendars:

October 26 - [Lighting Up October](#) - an Indian Dinner celebrating Diwali Festival

November 17 - [Celebrate Marin Villages 10th Anniversary](#)
Join us at a luncheon with comedian Josh Kornbluth

Events "Around the Villages"

Below is a glimpse of activities happening in our many local villages. For a complete listing of all of our events, please see our website calendar at www.marinvillages.org



Detect and Connect

Tuesday, September 10 10:00 -12:00
4340 Redwood Hwy, Ste F-138

Join us for this special workshop to gain insight into identifying symptoms and behaviors associated with mental health and/or dementia issues - an how to compassionately respond. We will also discuss resources available to individuals facing these issues.

This workshop was created specifically for Marin and Sausalito Villages to help members and volunteers support one another.

Please plan on arriving by 9:45 so we can start right away. Note: Directions - when arriving at 4340 Redwood Highway, drive to the very end of the parking lot. The conference room is facing East adjacent to the parking spots. We'll have a sign in front.

[Click here to sign up](#) or call the office at 415-457-4633

Age-Friendly Forum - Final Arrangements-Our Last Duck to Get in a Row
Friday, September 13 1:00 -2:00
Fairfax Library, 2907 Sir Frances Drake Blvd.

What are your thoughts and plans for the very end of your life? Would you want hospice services; would you consider Aid in Dying? What do you want to have happen to your physical body and is a funeral or Celebration of Life in your plans? Come learn all the questions you need to ponder and which answers speak to you.

Marin Villages Volunteer Training

Tuesday, September 17, 11am-12:30pm

Marin Villages Office

4340 Redwood Highway Suite F-142, San Rafael, CA

Contact Diane Castro, 415-457-4633, Marin Villages Office

Volunteer Training - for new volunteers, those thinking of volunteering, and volunteers needing a reminder class. Contact Diane Castro, 415-457-4633, Marin Villages Office to sign up or [click here](#).

Age Friendly- Twin Cities Villages Speaker's Series

Oops! Falls and How to Prevent Them

Wednesday, September 18 11:00 am -12:30 pm

Where: Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera

About one-third of the population over 65 has a fall each year. The risk of falls increases proportionately with age. What may contribute to causing them? What can you do to prevent them? Spend a little time learning about falls and you just might save yourself from a lot of misery later on. Presenter: Carol Zeller, RN, MSN. No rsvp required.

Let's Play Bocce

Friday, September 20

12:00 noon - 2:00 p.m.

Where: Albert Park, San Rafael Bocce Courts, 550 B St, San Rafael

Let's play! Newcomers and 'ringers' welcome. This is open to all bocce ball enthusiasts. Call the office to let us know you're coming or just show up!



A Celebration of Mill Valley Village Artists

Sunday, September 22 3:00 pm

Mill Valley Golf Course Clubhouse (267 Buena Vista Ave)

Join us for this fun get together. What better way to spend the afternoon than admiring the work of our fellow village artists. All are welcome so please invite family and friends.

Coffees and Breakfasts:

[September 4 2:00 P.M](#) - San Rafael (call office for location)

[September 11 11:00](#) - Sweetwater, Mill Valley

[September 11 10:30](#) - Community Room, Nova Ro III, Novato

[September 18 9:30](#) - Barefoot Cafe, Fairfax

(click the date for more information)

Join us for a cup of coffee/tea, a little pastry and some good company.



Happy Hours: (click the date for more information)

[Monday, September 16 3:00](#) - St. John's Fireside Room, Ross

[Tuesday, September 24](#) - Left Bank, Larkspur



Book Groups: (click the date for more information)

[Book Chat](#), Monday, September 2 2:00 - 4:00

[Village Book Club](#), Thursday, September 26 12:30PM

[Great Books Club](#), Wednesday, September 25 12:30PM

[Read It Out Loud](#), Wednesday, September 18 2:00PM

[Book Lover's Club, check calendar, 2:30](#)

Sip and Paint

Marin Villagers enjoying a creative afternoon.
Thanks to membership coordinator, BJ Slater, for organizing this event.



Jim Bryant
Tiburon Peninsula Village



Susan York
Mill Valley Village



Rhea Wolkowitz
San Rafael Village



Eddie Rivero
Novato Village



Larry Meredith
Twin Cities Village



Lisa Brinkmann
Marin Villages

SAVE THE DATE

Mill Valley Public Library and Mill Valley Village Presents:
Elderhood: Louise Aronson
October 25th, 7 - 8:30pm
Mill Valley Public Library, 375 Throckmorton Ave, Mill Valley

Dr. Louise Aronson, author of the New York Times bestseller, "Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life", and UCSF Professor of Medicine, envisions a large-scale shift in society's and medicine's attitude toward aging. Louise will be in

conversation with Dr. Dawn Gross (Host, Dying to Talk radio show) for a Friday night "After Hours" library program, in collaboration with Mill Valley Village.

Have you had time to enjoy the Twin Cities Village Happy Hour?

It's every month at the Left Bank Brasserie in downtown Larkspur. Not only do we have a great time, but resident artist extraordinaire (and also the bartender/waiter), Brenden Hickey, memorializes these times through his artwork. Can you recognize who's who?



Around Town

We're in "Great Age" newsletter! [Click here to download](#) a copy or read online!

Commission on Aging monthly meeting

Thursday, September 5, 10am-12:30pm

Albert J. Boro Community Center (Pickleweed) 50 Canal St., San Rafael

The Commission is a 23-member advisory council to the Board of Supervisors that works closely with Aging and Adult Services on behalf of Marin's older adults. This month's topic is: *Insights into Medicare*

Speakers: Frank Nelson, HICAP Regional Program Manager, North Bay; Karen Albright, HICAP Counselor and Volunteer Coordinator; Diana López, HICAP Counselor. [Learn more.](#)

Marin's disaster readiness conference: building a coordinated response and creating resilient communities.

Tuesday, September 17, 8am-3:30pm

Osher Marin Jewish Community Center

200 N San Pedro Road, San Rafael

The Marin first Disaster Readiness Conference specifically for nonprofits and community-based organizations on September 17, 2019, will focus on setting the framework for a coordinated disaster response in Marin County. The goal of the conference is to create a responsive, cohesive and well-thought out response that spans across the County to support disaster and recovery needs in our communities.

[Register here](#)

Marin Senior Fair

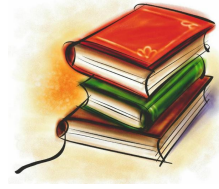
Wednesday, October 23, 9:00 am - 3:00 pm

Marin Center Exhibitor Hall, Avenue of the Flags, San Rafael

The Marin Senior Fair presents a fun and varied collection of vendors, activities, information, services, and entertainment of interest to retirees, older adults, their families and caregivers.

Reading Corner

If you have articles that you feel might be of interest to other members and volunteers, please feel free to send them to us.



Thanks to Gabe Gesmer, Sue Steele and Larry Meredith for their contributions. **Click on the underlined link to read!**

Health

[Loneliness is a serious risk to your parent's health](#) (Forbes)

[Delirium isn't "just part of getting older"](#) (NextAvenue.com)

[Finding the right support when Alzheimer's strikes your family is key](#) (Marin IJ)

[For older adults, surgery often poses risks that are not clear](#) (Washington Post)

Topics of Interest

[Preparing for extended power outages](#) (Marin County HHS)

[Older people need transportation. Why aren't they using Uber and Lyft](#) (NY Times)

[6 tips for preparing for the aftermath of a family hoarder](#) (NextAvenue.com)

[Simple changes to make your homes safe for aging in place](#) (House Methods)

[How California's housing crisis could hit older adults hard](#) (NY Times)

[The new art of dying](#) (Axios)

Fun

[Meet the next generation of entrepreneurs. They're all over 65](#) (MIT Review)

[7 insights on ageism that might surprise you](#) (NextAvenue.com)

Marin Villages 10th Anniversary Sponsors!

A huge "thank you" to our 10th Anniversary Sponsors! To date, the following individuals and organizations have stepped up to show their support of Marin Villages. Their generosity will help ensure Marin Villages is on good footing for another 10 years of service, fun and friendships.

If you'd like to be a sponsor, please contact Marin Villages at 415-457-4633

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**Celebrating our
10th Anniversary!**



We deeply appreciate the support of the following Sponsors-Thank You!

Platinum Sponsor:

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Tiburon Belvedere Rotary Club Foundation

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