

MARIN  
VILLAGES



Our Paths - Our Choices

## THE VILLAGE SQUARE

*A monthly gathering place for all our news*

### September 2021



If I had a dollar for every person who has told me California doesn't have seasons... Fall is a week away, and the signs are everywhere: in the light, the air, the energy on the street, the clothing, the landscape. While we might not need to start preparing for a cold and snowy winter, we'll still be pulling out sweaters and boots and stashing t-shirts and shorts further back in our drawers. Gardeners will be pulling up tomatoes and planting leafy greens or broccoli (a huge favorite to grow *and* eat in our house). Many of our deciduous trees will turn on a technicolor display, and leaves will gather on the ground faster than they can be swept away. Yep, fall is coming, so pour a mug of something warm and enjoy the show!

#### **MARIN VILLAGES NEWS**

##### **Ultimate Thrift Boutique Pop-up Shop coming soon!**

We're planning one of our biggest and best Marin Villages fundraisers ever, and hope you can make it! Our Ultimate Thrift Boutique Pop-up Shop takes place at the end of the month, and it's going to be amazing. More details under Marin Villages Programs below. See you there!

##### **Home sharing**

Home sharing is a way for older adults to find companionship, extra income, and an affordable place to live. Organizations like Home Match help interested older adults find matches that are compatible, and

assist in setting up the structure of sharing a home. This video, made by Kristi Denton Cohen, a Marin Villages member and volunteer, and the producer/director of our *Faces of 90* video, introduces the concept of home sharing and offers contacts for pursuing the idea.

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

### Calm app for Kaiser members

*Calm* is the #1 phone app for meditation and sleep, designed to help lower stress, reduce anxiety, and more. Kaiser Permanente members can access all the great features of *Calm* at no cost (a \$70 annual value), including The Daily Calm, exploring a fresh mindful theme each day; more than 100 guided meditations; Sleep Stories to soothe you into deeper and better sleep; video lessons on mindful movement and gentle stretching. To take advantage of this offer, please visit

<https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital>

### We're hiring!

We are looking for a member and volunteer services representative to help with day-to day activities, including answering incoming phone calls and emails as well as entering member service requests and volunteer opportunities. If you know someone who might be a good fit, please have them go to the job listing on Indeed.com and apply there.

[https://www.indeed.com/viewjob?t=membership+and+volunteer+support+representative&jk=1908b3faf858ceb7&\\_ga=2.266151055.1064815028.1631230456-1100469406.1630707490&from=gnav-util-viewjob](https://www.indeed.com/viewjob?t=membership+and+volunteer+support+representative&jk=1908b3faf858ceb7&_ga=2.266151055.1064815028.1631230456-1100469406.1630707490&from=gnav-util-viewjob) Please no calls or emails to the office.

## COVID UPDATE

### Go-bags

We've all been packing go-bags and preparing for emergencies, but have you factored COVID into those preparations? Here are a few hints from the County of Marin.

*In recognition of September as Disaster Preparedness Month, we invite you to take your 'go-bag' to the next level to make sure you are not just emergency ready, but COVID ready as well. In addition to food, water, sturdy shoes, and a radio (to name just a few), remember to add masks and hand sanitizer to your go-bag so you are prepared for any emergency during the pandemic. When creating or purchasing a First Aid kit, make sure to include a thermometer and antibacterial wipes.*

### Having your vaccine record handy at all times

Have you stored your vaccine record on your phone so it's always handy if you are out of the house? There are a few different ways to do it. You can take a photo and store it in your photos or Notes application on the iPhone; you can put it into a Google Docs file; and you can get a QR code from the State of California by logging into <https://myvaccinerecord.cdph.ca.gov/> and giving your name and dates of vaccine. They will text you a link to your unique QR code, which can be saved as a screen shot. If you would like help with any of this, please contact the office and they will put you in touch with a volunteer who can help! (415) 457-4633

## MARIN VILLAGES PROGRAMS

### Dr. Wynn Canio—Should I Have Surgery?

Monday, September 27, 3:00pm



Dr. Canio, geriatrician at Kaiser, will be back with us via Zoom to talk about all the issues we should consider when making decisions about whether or not to have surgery in later years. Please sign up here to receive the Zoom link. [https://marin.helpfulvillage.com/events/3239-zoom-event-with-dr - wynn-canio---%22should-i-have-surgery%3F%22](https://marin.helpfulvillage.com/events/3239-zoom-event-with-dr-wynn-canio---%22should-i-have-surgery%3F%22)

### Marin Villages' Ultimate Thrift Boutique Pop-up Shop

Thursday – Saturday, September 30 - October 2, 11:00am – 4:00pm

Northgate Mall, Terra Linda



Marin Villages' Ultimate Thrift Boutique Pop-up Shop is coming to town at the end of September! Great deals on curated treasures--and all sales benefit Marin Villages. Mark your calendars, plan on more than one visit, and tell everyone you know to join you. The shop will be located in the center of the mall—the Kohl's/Panera or Homegoods/Halloween Spirit Store entrances are closest. Click here for more information: <https://marin.helpfulvillage.com/events/3369-marin-villages-thrift-boutique-pop-up-shop>

### Bocce ball!

Friday, October 8, 1:00 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Everyone is welcome to join in whether as a roller or as an observer. This is as much a social event as a bocce game, so do not be shy about joining us if you have not played bocce before. If you are tempted to play, we are fortunate to have many who are ready to assist you in learning the game. The equipment you will need is simple: a good sun hat, sensible shoes, comfortable clothes, something to drink. Bring a snack to share with the group if you are able. For questions, please call Larry Meredith, (415) 860-2535. If you need a ride, contact the Marin Villages office, (415) 457-4633.

## COMMUNITY PROGRAMS

### **Age Friendly Marin Forum**

Wednesday, September 22, 10:30 – 11:45am

The Climate Emergency: Extreme climate change is here. Human activity is the main cause. Learn how our county, municipalities, neighborhoods and younger generations are addressing the issues and how you can engage in the discussion and the solutions. Register at <https://www.eventbrite.com/e/169539847247> The Zoom link will be sent to you by email from Eventbrite after registration.

### **Building Bridges Beyond Bias**

September 22, October 6, October 20, and November 3, 6:30 – 8:00pm

This four-part online series starts this month. It is designed for Marin County residents from all backgrounds to learn more about each other and to foster social connections and understanding, and not only confront biases but explore beyond them. Guest speakers include Laura Eberly of Mountaintop Coaching & Consulting; Alejandro Lara of Canal Alliance; Tahirah Dean of Legal Aid of Marin; and Dr. Jason Lau of Sonoma State University and the Marin Child Care Commission. Registration is required, at <https://marinlibrary.bibliocommons.com/events/search/q=building%20bridges>

### **Can Lifestyle Changes Reverse Early-Stage Alzheimer's Disease?** A Zoom event with Dr. Dean Ornish

Thursday, September 30th, 10:00am

Dean Ornish, MD, is known as “the father of lifestyle medicine” and the first to prove that lifestyle medicine can reverse the progression of many chronic diseases including coronary heart disease, early-stage prostate cancer, and cellular aging (by lengthening telomeres). Sausalito Village is hosting this event and opening it up to Marin Villages members and volunteers. To RSVP, please use this link: <https://sausalito.helpfulvillage.com/events/3024>

## **Dominican University Healthy Senior Program**

Fridays, October 1 – November 19

Dominican University has once again invited Marin Villages members to join their online Healthy Seniors Program. This program involves a weekly one-on-one online meeting with a student in the Occupational Therapy program to discuss relevant health and wellness issues such as healthy lifestyle changes; nutrition, health, and wellness; fall prevention; managing with chronic pain; and others that each individual might bring to the discussion. Participants will learn strategies, make adaptations, and explore habits and routines that support meaningful and healthy lifestyles. To learn more, please read the flyer, <https://marin.helpfulvillage.com/documents/4405/download>, and to sign up, email [healthyseniors@dominican.edu](mailto:healthyseniors@dominican.edu) or leave a message at (415) 458-3753.

## **Marin County Commission on Aging meeting**

Thursday, October 7, 10:00 – 11:00am

The past two years have been difficult. Sheltering in place, power outages, and wildfires have affected all of society but have disproportionately impacted older adults. This presentation will feature speakers from the state and community level who will share how services and policies for older adults have been reshaped as a result of recent emergencies. To join the Zoom meeting:

<https://us02web.zoom.us/j/88923639821?pwd=czhTU05lbk01bm1maXk3YUZ6SGFTUT09>

Meeting ID: 889 2363 9821

Passcode: 760090

Dial in number: (669) 900-6833

## **AgeSong Group**

The next Marin Villages AgeSong discussion group will begin in early October. AgeSong Marin discussion groups provide conversation and connection for seniors who wish to explore life's "third act." Throughout time, humans have been storytellers. It's those stories that help us maintain the memory of who we were and who we are now. Sharing stories and memories makes sense of our lives and helps us see patterns which integrate our life experiences. AgeSong offers a unique opportunity to connect with others and ourselves through our stories, and **Belvedere Community Foundation has made it possible for Marin Villages to offer this wonderful opportunity to our members for free.** For information please call AgeSong directly at (415) 234-5040, or Sue Steele at (415) 388-7832.

## **ESCOM Clubs, Classes, and Activities**

The Emeritus Students College of Marin (ESCOM) is a pioneer in the innovative use of community colleges for adults. The organization enhances the lives of its greater community with a diverse selection of clubs, events and classes offered online or at COM's Kentfield and Indian Valley campuses. To find out about their diverse club offerings, use the following link and then click on "Club Listings" to see the full list. <http://escom.marin.edu/clubs> Their latest newsletter with classes and activities can be

found at <https://myemail.constantcontact.com/ESCOM-Emeritus-Events--Calendars--Clubs-September-October-2021.html>

## CHECK THIS OUT...

It turns out that doing a specific meditation for twelve minutes a day has scientifically proven beneficial results for **staving off cognitive decline**. Read more here: <https://www.eatthis.com/secret-side-effects-of-meditating-just-12-minutes-per-day-says-study/>

Matt Linsky has a podcast called **70 Over 70** in which he's aiming to have a different type of conversation with his guests, all of whom are over 70. Check out this article about the podcast <https://www.nextavenue.org/70-over-70-max-linsky/> and his podcast website <https://pineapple.fm/70-over-70>, which includes his inspiring list of guests to date and has links to each episode.

It is actually physically impossible not to smile when you're listening to Pharrell Williams' song *Happy*. This is a cut of hundreds of people from all walks of life and from several different countries **getting their happy on** as they dance through the day. For my money, the Stormtrooper is the bomb. <https://www.youtube.com/watch?v=KnYjQHkHnD8>

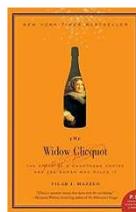
This video of the **25 Greatest Natural Wonders of the World** is a beautiful armchair travel experience. The narration gives you some interesting facts, but this could just as easily be enjoyed without sound. [https://www.youtube.com/watch?v=3SsK-cxli\\_w](https://www.youtube.com/watch?v=3SsK-cxli_w)

This leaves me a little speechless, but apparently it's true! How the airline Emirates filmed **an ad with someone standing on top of the Burj Khalifa**. Yes, standing on top. <https://www.emirates.com/media-centre/what-do-an-emirates-cabin-crew-tom-cruise-and-the-crown-prince-of-dubai-have-in-common/> And here is the actual ad. <https://www.youtube.com/watch?v=uQHhYRuaEtM>

While this is on YouTube, it's not a video, but four hours of soothing **jazz café music** you can leave on in the background of whatever you are doing today. Close your eyes and you might be transported to a café in Paris! <https://www.youtube.com/watch?v=BvnkN7yFRPg>

## BOOKS, TV, OR MOVIES WE CAN'T STOP THINKING ABOUT

### Books



### **The Widow Clicquot**, by Tilar J. Mazzeo

The French word *veuve* means widow, and indeed, it was the widow Clicquot who created the Veuve Clicquot champagne empire after her husband's early death. Navigating political and financial flip-flops in the late 18<sup>th</sup> century and early 19<sup>th</sup>, she not only developed techniques to improve the production of this temperamental wine, but she brought champagne to the world outside France in an era that lacked the modern communications, transportation, and technology we take for granted today. An amazing story of a great businesswoman and a drink that still captivates us today. If you love champagne (and I do) and stories of strong women (ditto), you'll love this book. *Danielle, Marin Villages staff*

## TV



### **Somebody Feed Phil**, Netflix

Phil Rosenthal, creator of *Everybody Loves Raymond*, gets in front of the camera himself this time, traveling the world and trying the local cuisine, all while making friends with locals and expats and giving us a taste of each city or country. His self-deprecating humor and openness to every experience (and food) that comes his way make you want to simultaneously visit whatever city he's in, eat whatever he is eating, and hang out with him and his newfound friends. It is impossible to get to the end of an episode without smiling. *Danielle Machotka, Marin Villages staff*

## Movies

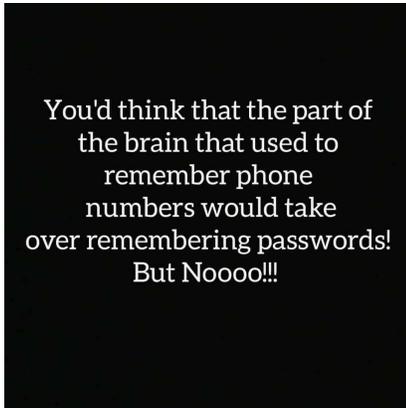


### **Respect**, in theaters and on Amazon Prime Video

*Respect* follows the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom. Novato Village's Village Viewers Movie Group saw the movie in August, and organizer Joanne Lang says, "We saw *Respect* and think it could be up for some Academy Awards. The singing was the best; the portrayals of Aretha Franklin and others were amazing. I know this movie was controversial as to authenticity of the facts by people who knew Aretha. For those of us enjoying the movie, it was impressive." Starring Jennifer Hudson, Forest Whitaker, and Marlon Wayans. *Joanne Lang, Novato Village*

## HUMOR

### On getting older...



Once they added letters, I was out.



And reciting phone numbers.



Fortunately, I'm also old enough to forget it most of the time.

WHEN WE'RE YOUNG,  
WE SNEAK OUT OF OUR  
HOUSE TO GO TO  
PARTIES.

WHEN WE'RE OLD, WE  
SNEAK OUT OF PARTIES  
TO GO HOME.

COVID sort of helped with this one.

ONE MINUTE YOU'RE **21**.  
STAYING UP ALL NIGHT DRINKING  
BEER, EATING PIZZA AND DOING  
SKETCHY STUFF JUST FOR FUN.

**THEN...**

IN A BLINK OF AN EYE YOU'RE  
**50**. DRINKING WATER, EATING  
SALAD AND YOU CAN'T DO ANY  
SKETCHY STUFF, BECAUSE  
YOU PULLED A MUSCLE  
PUTTING ON YOUR SOCKS.

I actually really like salad. And water.

## BEFORE WE GO

If ecstatic baby goats and high-speed tail-wagging are not your thing, this video won't be for you. However, if you need a mood lift of any kind, you will want to see this.

<https://www.youtube.com/watch?v=YdSmuP4AC3Q>