

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

November 2021



We've set our clocks back, pulled on rain gear, and opened umbrellas for the first time in a while. November is here! Remember that with more time indoors, we all need to keep taking precautions against viruses—whether the common cold, the flu, or COVID. Despite the changes back and forth in masking rules, we can still elect to wear them when around others, and for sure keep washing those hands! Vaccinations against the flu and COVID are also important steps in staying healthy individually and as a community. November starts the rush towards the December holidays, but first a stop at Thanksgiving, to hopefully enjoy a meal with friends and family to remember all that we are thankful for. Stay cozy and warm, and maybe THIS year will be the one where you don't overeat on Thanksgiving!

COVID UPDATE

Marin's Indoor Mask Mandate Update

With apologies to Shakespeare, to mask or not, that is the question! Effective November 1, for fully vaccinated individuals, masks are no longer required by law in indoor public spaces in Marin but are still recommended because wearing masks is remains a critical tool for preventing the spread of the virus! Furthermore, Marin's change to the local mask mandate doesn't change the mandate established by the State of California, so masks are still required in many situations.

Everyone is required to wear masks in the following settings:

- Public transit
- Healthcare settings (including long-term care facilities)
- Adult and senior care facilities
- Indoors in K-12 schools, childcare, and other youth settings
- State and local correctional facilities and detention centers
- Homeless shelters, emergency shelters, and cooling centers

Masks are required for unvaccinated people and recommended for everyone in indoor public places, like:

- Retail
- Restaurants
- Theaters
- Family entertainment centers
- Meetings
- State and local government offices that serve the public

Additionally, individual businesses and organizations may decide to continue to require visitors to wear masks, and we are expected to respect those requirements.

Bottom line: At least keep a mask with you, if not on your face, whenever you go out! They are still going to be needed for some time.

Booster shots

A **Pfizer** (full dose) or **Moderna** (half dose) booster shot is recommended if you received your second dose at least **six** months ago, and you are:

- age 65 or older
- age 18+ and live in a long-term care setting
- age 18+ and have underlying medical conditions
- age 18+ and work or live in high-risk settings

A **Johnson & Johnson** booster dose is recommended if you received your first dose of the Johnson & Johnson vaccine at least **two** months ago, and you are:

- 18 or older

Safeway Pharmacies and Marin County Public Health have partnered to provide a **large-scale vaccine clinic at Northgate Mall**, located at the Center Court inside the mall during the hours below. Pfizer, Moderna and Johnson & Johnson booster doses and flu vaccines are available at this site. Use this link to schedule an appointment:

[https://mhealthcheckin.com/covidvaccine?clientId=1618386962737®ion=NorCal -
Dose3&assessmentType=3&urlId=%2Fvcl%2Fswymarinocovid](https://mhealthcheckin.com/covidvaccine?clientId=1618386962737®ion=NorCal-_Dose3&assessmentType=3&urlId=%2Fvcl%2Fswymarinocovid)

Tuesday – Wednesday, 1:00 – 7:00pm

Thursday – Saturday, 9:00am – 3:00pm

MARIN VILLAGES NEWS

A very happy birthday to our November nonagenarians!



Three cheers and warmest wishes our wonderful nonagenarians! **Bobbie Kettler** joins the club this month at 90, **Carol Anderson** turns 95, and **Margaret Moore** is hitting 96. Congratulations to all, and we hope your celebrations are joyous!

Free rides on Marin Transit for seniors and persons with disabilities

Marin Transit is offering free rides on local fixed-route service countywide for older adults (age 65 or older) and persons with disabilities. This will be a six-month pilot starting October 1, 2021 and running through March 31, 2022. **Paratransit, Catch-A-Ride, Dial-A-Ride, Connect and Muir Woods Shuttle will be exempt from the free fare offerings. This offering will be limited to Marin Transit fixed-route services and not valid on Golden Gate Transit routes.**

Seniors must have a valid Medicare Card, DMV ID card/license, valid LIFA Bus Pass, or senior ID from another California transit service. Persons with disabilities must have a DMV Disabled Placard ID, RTC card, Medicare card, valid LIFA Bus Pass, or ID card for persons with disabilities from another transit service. Personal service assistants will not be eligible for free rides and will continue to pay 50% off the adult cash fare (\$1) when accompanying a person with disabilities.

<https://marintransit.org/farepromotions>

We're Hiring!

We are looking for a part-time 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 it's you, or if you know someone who might be a good fit, please see the job listing for details: <https://marin.helpfulvillage.com/documents/4514/download>

MARIN VILLAGES PROGRAMS

Men's Coffee Group

Wednesdays, November 3 & 17, 11:30am
Sweetwater, Mill Valley



Gentlemen, meet with others to discuss life and enjoy coffee at the same time! Join the Men's Group on the first and third Wednesday of each month for discussion of various topics. Men from all local villages are invited to participate. Contact Irv Gubman (irvgubman@gmail.com) with questions.

Not Home Alone – Thanksgiving

Thursday, November 25, 2:00pm

Donnalee Wells is inviting you to join her and other Villagers for Thanksgiving dinner outdoors on the covered, heated patio at The Club at McInnis Park! Always a fun time and opportunity to share the holiday with old and new friends. First come, first served, and space is limited to 20 guests. Cost will range from \$35 to \$48 or thereabouts, depending on your menu choice. RSVP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244.

Am I Depressed, or What? A Zoom presentation with Dr. Wynne Canio

Tuesday, November 30, 3:00 – 4:00pm



Sometimes we are down or sad for a few days. Usually this is because of something going on in our daily life. It is perfectly normal. Depression is an illness that can occur perhaps without any obvious cause and can go on for an extended period of time. It affects how we see ourselves and actually interferes with daily life. Come hear Dr. Canio help explain the differences and how to get help if you

need it. Please RSVP here: [https://marin.helpfulvillage.com/events/3586-zoom-event-with-dr -wynn-canio---%22am-i-depressed-or-what%3F%22](https://marin.helpfulvillage.com/events/3586-zoom-event-with-dr-wynn-canio---%22am-i-depressed-or-what%3F%22)

COMMUNITY PROGRAMS

TODAY!! Healthy Eating for YOU

Tuesday, November 9, 3:00 – 4:00pm

This online presentation sponsored by Village Movement of California will define what eating healthy really means as an individual. The program will discuss obstacles to eating a healthier diet and include options, tools and resources to promote healthy eating habits. RSVP at this link:

<https://villagemovementcalifornia.org/events/?eid=13704>

Marin History Museum Boyd Gate House reopening

Saturday, November 13, 1:00 – 4:00pm

1125 B Street, San Rafael

The Marin History Museum is reopening the Boyd Gate House with a special exhibit called *Great Heights*, featuring 18 aerial photos of Marin County from 1955 – 65. You can also learn about the history of the gate house and take a walk with historian Marcie Miller to the top of Boyd Park at 2:00. For questions, call (415) 382-1182 or email info@marinhistory.org.

Age Friendly Marin Forum—Getting Your Ducks in a Row for End-of-Life Planning

Wednesday, November 17, 10:30-11:45am

It's never too early for a heart-to-heart conversation with yourself and your family so you can put your end-of-life plan in place, including having an Advance Directive (an important legal form), a POLST-Physician Order for Life-Sustaining Treatment (an important medical form), and thinking through or even making your final arrangements. Speaker: Jody Timms, Ph.D., chair, Age Friendly Fairfax; retired resident services manager at The Redwoods; and former Commission on Aging representative, Town of Fairfax.

Join Zoom meeting:

<https://us02web.zoom.us/j/88202955648?pwd=RHpXTzJkQzNTUFNpQmt5YnBWT2srQT09>

Meeting ID: 882 0295 5648 Passcode: 572332

Join by phone at (669) 900-9128

Caregiver, A Love Story—free screening at Dominican University

Thursday, November 18, 5:30 – 7:00pm (movie begins at 6:00)

Angelico Hall, 10 Olive Ave, San Rafael



This short documentary challenges viewers to acknowledge the growing strain placed on family caregivers and to envision a new approach. A panel and group discussion follows the movie, and light refreshments will be served. Note that masks **and** proof of vaccination are required (please bring your vaccination card or digital vaccine record from the State and your ID). Use this link to RSVP: <https://dominican.universitytickets.com/w/event.aspx?id=1380>

CHECK THIS OUT...

How much do you know about the **history of Thanksgiving**? I can safely say I knew very little about what this fun video from the History Channel explains.

<https://www.youtube.com/watch?v=H9NDuxL4WA4>

Anybody else needing a **Cole Porter fix** like I was? Here's *Anything Goes* from the 2011 Tony Awards show. <https://www.youtube.com/watch?v=qo6lPifGnGA>

While we're looking back, this is from the 1950s, but the woman describing the **handy features of her newly designed kitchen** really resonates today. Preparing food for the family has not changed as much as we might think! https://www.youtube.com/watch?v=PZC_v00UI44

Cokie Roberts was a news fixture for so many years, both on NPR and on cable television. Now her husband of 53 years has written a book about her—she was amazing on air and off. Read more here: <https://www.nextavenue.org/my-wife-cokie-roberts/>

The Wildlife Photographer of the Year Award, organized by the Natural History Museum in London, yielded some **stunning nature photographs** for the 57th year running. <https://www.cnn.com/travel/article/wildlife-photographer-award-winner-2021-scli-intl-scn/index.html>

Debbie Blount enrolled in college in her early 60s in order to **play on the golf team**. Now she's living the college life and showing her fellow students and teammates that anything is possible in life. <https://www.cnn.com/2021/10/15/us/college-golfer-63-years-old-debbie-blount-cec/index.html>

An amazing mashup of **dance scenes from movies** over the past 70 years or so, all set to the music of *Footloose*, by Kenny Loggins. So many memorable actors, dancers, and scenes! <https://www.youtube.com/watch?v=0rLhJZTHYo4>

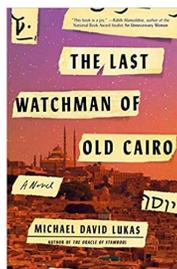
The Holderness family's YouTube collection of song parodies is full of well-known songs adapted to the

times. Their **Thanksgiving version** parodies the song “All About That Bass” by Meghan Trainor, and in this case, it’s all about that baste. <https://www.youtube.com/watch?v=XWe4GpTaO8I>

BOOKS OR MOVIES WE CAN’T STOP THINKING ABOUT

Thank you to those who have been sending recommendations for this section—please keep them coming! We can all use great indoor suggestions in the months ahead. Please send a summary of the book, movie, or TV show you are recommending, along with *your personal review* of it, and your name and village affiliation. Send all ideas to communications@marinillages.org.

Books



The Last Watchman of Old Cairo, Michael David Lukas

A novel about families, religion, tradition, tolerance, and history that spans a thousand years at the storied Ibn Ezra Synagogue in Old Cairo. A blend of fact and fiction make for a lovely story of a family of Muslims who guard the synagogue from the 11th century to the current day. Starting with the original watchman, Ali, moving to the late 19th century and two British sisters who attempt to rescue sacred texts that are starting to disappear from the synagogue, and finally telling the contemporary story of Joseph, an American of Jewish and Muslim parents who are both links to the synagogue, the novel pulls you effortlessly into Egypt, Jewish-Muslim relations over time in Cairo, and how expansive the definition of family can be. *Danielle, Marin Villages staff*

Movies



Into the Darkness, Amazon Prime

Through a family and the relation between father and son, the film describes the dilemmas of the Danish population during World War II. The father, a successful businessman, tries to make the best of the situation but ends up in a problematic collaboration with the Germans. His son reacts against the increasing oppression and persecution of Jews and communists by joining the rising resistance movement. In Dutch with English subtitles.

Kathleen Forder of San Rafael Village says, “What I especially enjoyed about this movie was the depiction of the emotional and psychological impact that the Nazi occupation had on a family in Denmark. This is not really a ‘war’ movie, but rather a story of one family and how all of their lives, regardless of their choices, descended into darkness with the Nazi occupation. Very well done production.”

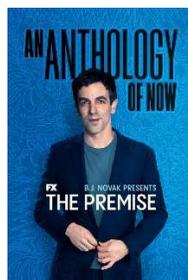
TV



My Grandparents' War, PBS

Follow leading Hollywood actors as they re-trace the footsteps of their grandparents and learn how World War II changed the lives of their families and the world. Combining key moments in history with compelling personal stories, this is a four-part series that takes a fascinating journey into the past to understand the extraordinary impact of World War II on the families of four British actors.

Kathleen Forder of San Rafael Village says, “This was very endearing, to see how well the program was able to connect with the history of the grandparent. In some cases, finding additional photographs, awards, letters from fellow military, interviewing people who knew the grandparent, or visiting the areas where the grandparent served. It was fascinating.”



The Premise, Hulu

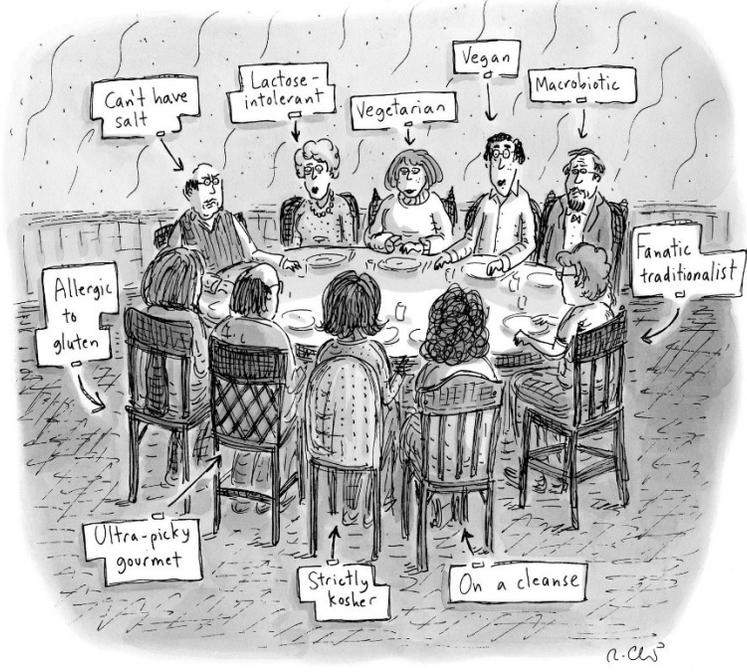
B.J. Novak's *The Premise* is a bold and provocative half-hour anthology of standalone stories about the times we live in. The curated collection of character-driven episodes challenges our shared morality tales, choosing art over argument, as it engages with the most relevant and meaningful issues of the modern era. *Alice Bachelder* of Ross Valley Village says, "*The Premise* offers thought-provoking little dramas, different each time, on issues of our time. Writing and acting are excellent.”

HUMOR

Some Thanksgiving humor, of course...

Is this how it all ends?

THE LAST THANKSGIVING



I'm with Granddad on this one



