



Novato Village

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

January 2022 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

We wish you a happy, healthy New Year!



WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Barbara Wein, Ken Klein, Virgil Caselli

Volunteers: Natacha Dennoun

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

NOVATO VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

Here's the January 2022 calendar of Novato Village activities... details in this newsletter!

Thursday, January 6, 9:30am – Novato Village Walkers at Hamilton Levee

Tuesday, January 11, 1:00pm – Book Lovers' Group

Thursday, January 13, 1:30pm – CoffeeTea&Chat, Rustic Bakery, Novato

Saturday, January 15, time & location TBA – Village Viewers Movie Group

Tuesday, January 18, 10:30am – Novato Village Steering Committee & Program Committee

Wednesday, January 19, noon – Lunch at Aurora Restaurant

Wednesday, January 26, 4:00pm – Happy Hour, location TBA

Food & Drink

CoffeeTea&Chat

Thursday, January 13, 1:30 – 3:00pm

Rustic Bakery, 1407 Grant Ave., Novato – indoors or outdoors, depending on the weather

Drop in to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is **not** required. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org. For more information, contact Marge Jackson at (415) 892-1238 or marge-32@hotmail.com.



Novato Village members & volunteers at December's CoffeeTea&Chat

Lunch at Aurora Ristorante Italiano

Wednesday, January 19, noon – 2:00pm

8 Commercial Blvd A, Novato

Since 2007 Aurora has been serving authentic Italian cuisine. It's a casual, warm eatery with traditional Italian mains, desserts & regional wines, plus outdoor seating. Mask required. Staff required to disinfect surfaces between visits. Check the menu at this link:

<https://auroranovato.com/collections>

Please RSVP by Monday, January 17 so we can tell the restaurant how many guests we'll have for seating. Also, **please plan to pay with cash**, not credit cards. These are new requests that reflect the changes restaurants have made because of COVID, so we appreciate your understanding. **RSVP:** email Joanne Keenan at jkeen@pacbell.net or call (415) 883-5729. Joanne does not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633.

Happy Hour

Wednesday, January 26, 4:00 – 6:00pm

First Happy Hour of the new year, so save the date! The location will be determined closer to the date and announced by an email to all. We'll have details very soon...*can't wait to see you!*

Exercise

Novato Walkers - Hamilton Levee Walk

Thursday, January 6, 9:30 – 10:30am

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

We've enjoyed the Hamilton Levee going both north and south. This time we will head north towards Bel Marin Keys. 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, jacket, hat, and bring a water bottle, sunscreen, and walking sticks if you wish. RSVP PLEASE so we don't start walking without you. If you are interested in walking with this group, please let Pat Bailey know at pbailey49@aol.com or text or phone (415) 652-9073.



Novato Walkers on the Rush Creek trail – Mt. Burdell in the background

Books

Book Lovers' Group

Tuesday, January 11, 1:00pm

Beth Livoti's home – call (415) 892-1043 for directions

We voted on reading Michael Moore's *Dude, Where's My Country?* for our meeting on January 11, 2022. We discussed the different books we had read (different authors and genres), which included authors Louise Penny, Kristin Hannah, Mary Roach, William Boyd, and others. New member, Lorna, shared an intriguing review of William Boyd's *Sweet Caress*, an author we were not familiar with—a possible choice for 2022?

****PLEASE BE PREPARED TO SUGGEST ONE OR TWO TITLES and THE MONTH THAT YOU CAN HOST at January's meeting. If you can't bring a copy of the book(s) that you're suggesting, please bring the exact title and author info. It'd be very helpful if you'd research library availability of your choice(s). For more information contact Marcia Sprinkle by email. msprinkle1884@yahoo.com**

Groups

Village Viewers Movie Group

Saturday, January 15 – time and location to be announced

In December, we saw *House of Gucci* starring Lady Gaga and Adam Driver. It was a sad story of greed and the Gucci family. The acting was superb. There is talk of a possible Oscar for Lady Gaga according to Billboard. We then enjoyed a delicious lunch at Moylan's Brewing Company.

In January we are hoping to see *Being the Ricardos* with Nicole Kidman and Javier Bardem. This is about the lives of Lucille Ball and Desi Arnaz. We will enjoy a nice lunch after the movie. The time and location will be announced by email. The movies are not yet posted so look for my email closer to the date. Hope to see you there.

Contact Joanne Lang, with questions or movie suggestions at (916) 716-5800 or ilangtpa@gmail.com.

Village Business

Novato Village Steering Committee & Program Committee

Tuesday, January 18, 10:30am – noon

NOVA RO II, 1130 *Seventh Street*, Novato

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

COMMUNITY EVENTS

Commission on Aging: Under the Weather—Climate Change Impacts on Older Adults

Thursday, January 6, 10:00 – 11:00am

On Zoom

Climate change has been identified as the biggest global health threat of the 21st century (Lancet, 2009). In a 2019 assessment conducted by the Area Agency on Aging, it was one of the most frequently indicated concerns of all older adults in Marin. This presentation will show that while temperature fluctuations, extreme weather events, and climate change impact all populations, they disproportionately impact older adults. It will cover the impacts of California's wildfires and smoke on health and COVID outcomes; the mental health aspects of disasters

associated with climate disruption; and the impacts of extreme heat on mood, behavior, and cognition.

Featured presenters include Dr. Mary Prunicki, director of Air Pollution and Health Research, Stanford University School of Medicine; and Dr. Robin Cooper, associate clinical professor, University of California, San Francisco.

Join Zoom meeting - closed captioning available

<https://us02web.zoom.us/j/81902006054?pwd=aE1nT3VUOFI2VFNrZVEzU0NJVXNBQT09>

Meeting ID: 819 0200 6054

Passcode: 542097

Dial in number (669) 900-6833

11:15 a.m. Commission on Aging business meeting: members of the public are encouraged to attend!

All public meetings and events sponsored or conducted by the County of Marin are held in accessible sites. Requests for accommodations may be made by calling (415) 473-4381 (voice), 711 (TTY) or e-mailing disabilityaccess@marincounty.org at least five business days in advance of the event. Copies of documents are available in alternative formats, upon written request.

MARIN VILLAGES NEWS

New masking mandate

Seems like we blink and the rules change again—a good illustration of how unpredictable the COVID virus can be. The State of California decided to **reinstitute the mask mandate for all public indoor spaces**, including retail and restaurants, from December 15, 2021 to January 15, 2022. This will override Marin’s “strong recommendation” to wear masks and make them mandatory again for that time period, whether you are vaccinated or not.

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 at

<https://marin.helpfulvillage.com/documents/4514/download> for details.

NOVATO VILLAGE ANNOUNCEMENTS

The Novato Village December 15th Holiday Luncheon at Ghiringhelli's was well attended and so much fun! Novato City Council member Eric Lucan stopped by to say hello. Music was provided by Arthur Javier.



New member Alan Parry's 90th birthday photos – flowers and CLUB 90 pin!



New member Shirley Printz's 91st birthday flowers!



Novato Villagers, do you know someone who would appreciate a hand-crafted baby blanket? *The funds collected go to Marin Villages as a donation from you!* Contact Joyce Applen at (415) 497-5095 for more information.



AND MORE...

Meet Linda Henderson, Novato Village Steering Committee Member



Novato Village Steering Committee member Linda Henderson was born and raised in Montana. She was the youngest of the three children in her family. Montana was a wonderful place to grow up. She spent much of her youth riding horses and camping out with her family. This is probably where she developed her love of the outdoors.

Linda has carried this love into her adult life and still enjoys camping, hiking, kayaking, white water rafting, skiing, and playing golf. Last fall she camped and rafted the Colorado River through the Grand Canyon. Many of her dear friends do not understand this passion and simply ask, “Why?” Her answer is, “Because I still can and who knows what next year will bring.”

As an adult her working career always included education and finance of some sort. Linda was a teacher and bank manager in Montana and Idaho. In 1989 she was offered a job with the US Department of Education and moved to Novato to work in San Francisco and Washington, DC. She was blessed to have traveled a great deal for her job and has visited every state in the United States and all of its territories. She remained with the Department of Education for over 20 years.

As a retiree she has continued to travel at every opportunity. Linda is also an ardent volunteer with Marin Villages and Novato Village, the food bank, St. Anthony’s Church, and her grandchildren’s schools. As a volunteer she has given her time and talents to building homes for the homeless in Mexico and teaching English in the mountains of Guatemala.

She is the mother of two and stepmother of three now-adult children. They have blessed her with eight perfect grandchildren. Don’t ask her about them or she will drag out her phone and start showing multiple photos and videos!

Article: 10 Worst Things to Carry in Your Wallet...

With identity theft rampant, keep only the essentials in your pocket or purse
by Katherine Skiba, *AARP*, December 7, 2021

In an episode of “Seinfeld,” Jerry’s neurotic friend George Costanza has so much stuff jam-packed into his wallet that it’s ridiculed as a “filing cabinet.” The wallet bulges with everything from Irish currency to a coupon redeemable at Orlando, Florida-area Exxons to filched packets of Sweet’N Low. Walking down the street, Costanza the pack rat tries to stuff one more thing inside and the billfold explodes, scattering its contents to the wind.



Jon Clay, vice president of threat intelligence for Trend Micro, a global cybersecurity firm, mentions the episode when talking about what consumers should not carry in their wallets lest they lose the valuable information. In an era in which identity theft is epidemic, the lessons of the old sitcom remain timely.

Pickpockets—and ne'er-do-wells who say “finders keepers” when they stumble on a lost wallet—aren’t after just your cash. When it comes to personally identifiable information, it may be that the original crook profits by reselling it, Clay says.

Worse, the crook may bring in accomplices and share the loot. After a lost wallet was pocketed in June at a casino in Davenport, Iowa, the thief kept the \$800 inside and an ID card. Later, the rightful owner’s name and personal information was exploited to set up an online bank account to obtain a debit card and checks, and with accomplices, the first crook and his cohorts went on a spending spree at a half dozen merchants, later peddling some of their \$5,600 in purchases on Facebook Marketplace, authorities said.

“We all think we are being careful, but it takes one second for a criminal to steal our wallet or purse,” says AARP’s Amy Nofziger, who oversees its Fraud Watch Network helpline, (877) 908-3360.

“Limit what you carry to ensure you don’t put yourself at a greater risk,” she says. “Even though we hear about online crime every day, there are still many criminals waiting to get ahold of your personal belongings. They look for your wallet and purses at gyms, grocery stores and your car.”

How to keep your wallet safe:

Since many merchants accept digital wallets, Clay says he’s apt to carry just a single credit card because he’s only encountered some gas stations that won’t let you pay with a digital wallet. These contain digital versions of your credit and debit cards, and you pay with a smartphone. Examples include Apple Pay, Samsung Pay and Google Pay.

A resident of Colorado, Clay also relies on the myColorado mobile app to store his driver’s license, vaccination record, vehicle registration and proof of auto insurance. So unless he’s traveling out of state, he avoids carrying those.

Even if you’re not as tech-savvy as Clay, your wallet can be leaner, and with respect to cybercrooks, meaner. Take some time to declutter and potentially spare yourself from some time and trouble cancelling accounts and obtaining new cards. First, consumer advocates say, make photocopies (or take smartphone photos) of the front and back of all your cards, so you know whom to contact if they go missing.

Here are the 10 things that he suggests you remove from your wallet and store in a safe place, such as a fireproof lock box or a safe deposit box depending on how often you need to access them:

- Social Security card
- COVID-19 vaccination record card, which carries your date of birth and hints at where you live
- Multiple credit cards and credit-card receipts

- Checkbook, or even one blank check
- Work ID card
- Passport or passport card
- List of your passwords
- Gift card not fully redeemed
- Birth certificate
- Library card. It sounds benign, but a crook can always check out lots of books and sell them for a buck or two apiece, Clay warns.

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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