



Tiburon Peninsula Village

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

January, 2022 (!) Newsletter

Cherie Sorokin, editor



Need Help Making Any Resolutions?

If you are really short of ideas, here are the perennial Top 10. How many are on your list?

1. Exercise more
2. Lose weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Spend more money/spend less money
7. Quit smoking/drinking
8. Spend more time with family
9. Travel more
10. Read more

Not bad, but how about a little more creativity in these COVID times? How many of these might work for you?

1. Buy stock in Zoom
2. Join a better wine club
3. Buy only pants with no buttons or zippers
4. Figure out what day it is
5. Buy more masks and remember to wear them
6. Make plans to eat out (outside!) with friends
7. Remember to cancel plans to eat out (outside or inside) with friends until Omicron fades away
8. Sign up for more Marin Villages Zoom programs
9. Don't forget to sign in to Zoom programs I've signed up for
10. Get my booster shot!

Ever wonder where the New Year's resolution tradition came from? Some say the Babylonians back around 4000 BC should get the credit. Others date the practice as we know it today to the 17th century. Interestingly, the Babylonian resolutions were essentially promises to their gods in hopes of currying favor in the new year. The first use in English of the actual phrase "new year's resolutions" was evidently in 1813 in a Boston newspaper, and also had a slightly religious flavor, hinting that the purpose was to help erase or excuse prior misbehavior or sinning. Now resolutions are mostly secular. But whether religious or secular, we don't seem to be any better at keeping them! As long as the practice has flourished, it appears that the failure to keep resolutions has also flourished!



TIBURON PENINSULA VILLAGE EVENTS

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

Food & Drink

Tiburon Morning Coffee at Rustic Bakery

Thursday, January 13, 10:30am

(Always the second Thursday of the month)



- Dutch treat
- Join us at the tables in back outside unless the weather makes inside more inviting. Look for Cherie and the Marin Villages tent card on one of the tables.
- Masks are ok, but not required if you are fully vaccinated and we're outside
- Masks are required regardless of vaccination status to enter and order coffee, or to sit inside, etc.
- If you need a ride, please RSVP by calling the office! Otherwise no RSVP needed.

Mens' Coffee at the Sweetwater in Mill Valley

Wednesdays, January 5 & 19, 11:30am



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 and to see whether the group is meeting in person or via Zoom in January.

Other TPV events in January TBD



The Omicron variant makes planning ahead quite difficult, especially for any indoor events. So stay tuned. We may or may not have another TPV event in January besides the morning coffee on the deck outside Rustic. If we do, you will get a separate email invitation.

Walks!

Just about every local village except TPV has a walking group. But just because we don't have one is no excuse for not getting out there to exercise a bit. Check the calendar on our website for dates and locations. www.marinvillages.org

BOOSTERS ARE IMPORTANT!

If you haven't gotten your booster yet, better get a move on! Boosters help protect against serious illness from COVID even if you have a breakthrough infection. Marin Public Health is running a clinic up at Northgate Mall which is very efficient. Check out the availability at this clinic and other sites in Marin here:

<https://coronavirus.marinhhs.org/vaccinefinder>

Meanwhile, whether boosted or not, keep in mind this important guidance from Marin Public Health and other agencies:

1. Wear a mask when indoors (or even outdoors) regardless of vaccination status.
2. Avoid large indoor gatherings unless everyone must show proof of vaccination and wear a mask.
3. Exercise caution with small gatherings—make sure everyone is vaccinated and not recently exposed to COVID, and the location is well ventilated. Wear masks when not actively eating or drinking.
4. Consider asking folks who are coming to visit you to do a rapid COVID test before coming to your house.
5. Don't go out, or allow visitors in, if you feel ill.
6. Don't ignore cold- or flu-like symptoms. If you feel ill, take a home COVID test or call your doctor to get tested in a clinic or office, and self-isolate if the test is positive.
7. If you travel, test for COVID both before you leave and after you return home.

OTHER COMMUNITY EVENTS

Marin Commission on Aging Presentation on Climate Change

January 6, 10:00am

On Zoom

Climate change is one of the most frequently indicated concerns of all older adults in Marin according to a recent survey by the Commission on Aging. The January 6 presentation will show that while temperature fluctuations, extreme weather events and climate change impact all populations, they disproportionately impact older adults. By attending, participants will understand the impacts of California's wildfires and smoke on health and COVID outcomes; learn about the mental health aspects of disasters associated with climate disruption; and understand the impacts of extreme heat on mood, behavior and cognition.

Featured presenters: 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.

Use this link to attend:

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

Meeting ID: 819 0200 6054 Passcode: 542097 Dial in number (669) 900-6833

Town of Tiburon Diversity Inclusion Vision Event

Monday, January 24, 5:00pm

Either in Tiburon Town Hall or by Zoom, depending on the health advisories

Contribute to our community by bringing your ideas on how to acknowledge and celebrate diversity to the vision event organized by the Diversity and Inclusion Events subcommittee of the Tiburon Diversity and Inclusion Taskforce. Some early community feedback includes ideas to celebrate the diverse art, cultural events, holidays, handicrafts and traditions of all members of our community. Other ideas include organizing forums of movie and speaker events or relevant webpages. What visions do you have for these community events? Details in the Town's online Tiburon Talk coming after the holidays,

(<http://www.townoftiburon.org/218/Sign-Up-for-Tiburon-Talk>), and in the Ark.

LOOKING BACK: JUST A FEW MEMORIES OF TIBURON AND MARIN VILLAGES 2021 EVENTS

Coffee(s) at Rustic



Happy Hour(s) at Sam's



Zooms with Dr. Canio, Dr. Willis, Nancy Gilliland



And BJ, Matt, and John



Our first Pop-Up Thrift Boutique



Halloween finery!



Celebrating Matt's birthday at Salt and Pepper



TPV holiday treats, with stockings designed by Julie Friedman



AND MORE...

A big round of applause and thank you...

...to our intrepid TPV and other Marin Villages volunteers for everything they have done and continue to do to make it possible for TPV members to stay active, connected and independent in the place they call home!

REMEMBER TO LAUGH A LITTLE

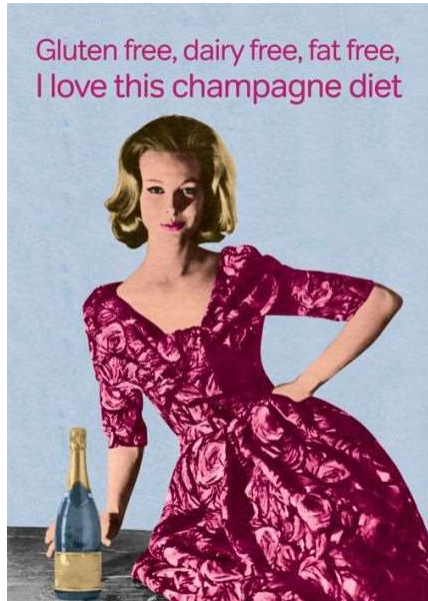
Time flies!



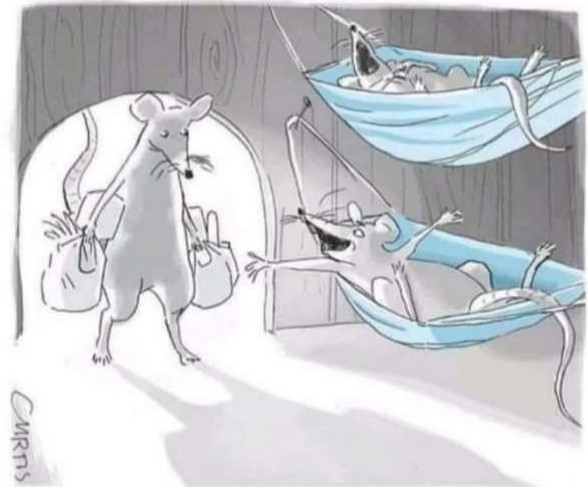
Me, too!



Calories don't count, do they?



There's always a bright side...



"FREE HAMMOCKS, all over town. It's like a miracle!"

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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