



## THE VILLAGE SQUARE

*A monthly gathering place for all our news*

# January 2022



**Happy New Year!** Maybe not as happy as we'd like, with the Omicron surge, but here's hoping we're headed for better times, with COVID and everything else. There's always good news out there; we just have to seek it out. If you are on Instagram, [@upworthy](#) and [@good](#) post things that always brighten my day. Online, CNN's Saturday newsletter *The Good Stuff* includes many of their feel-good stories from the week (sign up here: <https://www.cnn.com/specials/us/the-good-stuff>) and a shamelessly sweet animal video at the end. Talk to friends who fill your bucket and for now avoid anything that does not. It's easy to have a holiday hangover around this time quite apart from the pandemic, so take extra care of yourself and of course reach out if there is anything we can help with.

### COVID UPDATE

Once again, the masking mandate for Marin County has changed, effective December 30. With Omicron dashing around making things miserable, we're back to masking in all public indoor spaces. Here is the text from the County regarding where masks are required.

*Beginning December 30, Marin County will align with the California Department of Public Health's order requiring all people, regardless of vaccination status, to wear masks in indoor public spaces and workplaces. **All previous exemptions for small groups of fully vaccinated people have been removed.** Masks are now required in **all** indoor public spaces, including gyms, fitness centers, office settings, employee commuter vehicles, religious gatherings, college classes and similar environments.*

In this January 5 video, Public Health Officer Dr. Matt Willis shares an update about the status of Omicron in Marin County, presenting a scenario regarding the risk of infection within our community and steps being taken to keep critical sectors functioning during this time of high case rates.

<https://www.youtube.com/watch?v=Okjm637ePYc>

See our COVID update on the Marin Villages website for more information about our operations.

[https://marin.helpfulvillage.com/editable\\_pages/10265-marin-village-covid-response-new](https://marin.helpfulvillage.com/editable_pages/10265-marin-village-covid-response-new)

## MARIN VILLAGES NEWS

A very happy birthday to our January nonagenarians!



The 90+ club at Marin Villages keeps growing and thriving. Celebratory birthday wishes this month to **Jeanne Baumgarten** and **Ana Maria Nicholson**, who are joining the 90+ club; **Earl Burgess** and **Cheryl Galatolo**, who turn 91; **Robert Hart** on his 93rd; **Elizabeth Atkinson**, turning 95; and **Gloria Potter** on the occasion of her 97th! Here's to all of you!



## Annual Fund appeal

Did you know we're at 88% of our goal for the **annual fund fall campaign**? THIS close! It's not too late to donate and help push us to the 100% mark! Please use the link below to donate online, or call the office to make a donation over the phone. (415) 457-4633

[https://marin.helpfulvillage.com/fundraising\\_campaigns/9-annual-fund-fall-2021-campaign](https://marin.helpfulvillage.com/fundraising_campaigns/9-annual-fund-fall-2021-campaign)

## And speaking of numbers...we're growing!

Our membership keeps increasing! Despite the pandemic, we added 126 new members in 2021, across all six villages. San Rafael Village added 36 new members last year, and continues to be the fastest-growing village, with fourteen new members brought on board in the last three months of 2021.

Novato Village is close behind with a total of 31 new members last year, including nine new members in the past three months. Marin Villages' total membership rose from 404 at the end of December

2020 to 454 at the end of December 2021. Welcome to all our new members, and thank you for adding to the vibrancy of Marin Villages!

### Dues increase

As you know Marin Villages is a bargain at any price! Dues are a major way we support our operations, and to address rising costs we are increasing our dues effective January 3. Dues have remained the same since 2019, and prior to that had not changed since 2013. This increase will help us to continue to remain responsive to our members' needs and respond in uncertain times such as COVID.

#### **The new dues structure is as follows:**

**Individual memberships:** \$450 annually or \$40/month

**Household memberships:** \$600 annually or \$55/month

**Complimentary membership:** for donors who give \$800 or more annually

This represents an increase of \$4 - \$10/month and takes effect for new members applying from January 3, 2022 forward. Renewing members will not begin paying the new dues until April 1, 2022.

### Free bus rides on Marin Transit!

From October 2021 through March 2022, all rides on Marin Transit local fixed-route service will be **free** for older adults age 65+ and for persons with disabilities. Senior/ADA riders may be asked to present proof of age or disability at the time of boarding.

## **MARIN VILLAGES PROGRAMS**

### **Aging and Adult Services briefing with Chloe Cook from Marin County Health and Human Services**

Monday, January 24, 11:00am – noon

Zoom



Find out what resources, services, and assistance are available to older adults and their family caregivers, either provided by the County or funded by the County through a network of private and nonprofit agencies. What help is available? Who qualifies? Whether you're a member needing additional care or in-home support, or are looking out for someone who does, join us and get your questions answered. To register, please use this link: <https://marin.helpfulvillage.com/events/3838-zoom-with-chloe-cook-from-marin-health-and-human-services>

## COMMUNITY PROGRAMS

### **Tai Chi for Arthritis and Fall Prevention**

Once or twice a week, see schedule below

These free online classes for people age 60 and older make it easy to learn Tai Chi form. The classes are taught in-person via Zoom and require a computer or tablet with Internet connection and a webcam. Enrollment is limited. Register at <https://www.sausalito.gov/departments/parks-and-recreation/programs-and-classes/adult-classes> or call (415) 289-4152. All classes are led by Tai Chi for Health Institute board-certified community instructors from Age Friendly Sausalito and Dominican University of California. For questions email [agefriendlysausalito@gmail.com](mailto:agefriendlysausalito@gmail.com) or call (415) 331-1393.

#### *Meeting 2x per week for 8 weeks*

Monday/Wednesday, 12:30 – 1:30 pm

January 17 – March 9

Tuesday/Thursday, 11:30am – 12:30pm

January 18 – March 10

#### *Meeting 1x per week for 16 weeks*

Saturday, 10:00 – 11:00am

January 15 – April 30

Sunday, 3:00 – 4:00pm

January 16 – May 1

### **Age-Friendly Forum—Getting Smarter about Getting Older, a Conversation**

Wednesday, January 26, 2022, 10:30 – 11:45am

We are living longer! Today, 28% of Marin residents are over 60 years old. This number is expected to increase to 34% by 2030. The number of people 80 and older is expected to triple between 2020 and 2050. As we start the new year, please join us on Zoom for a conversation about strategies and ideas that you are using to get smarter as you age! We will determine the topics we want to discuss together at the beginning of the meeting. Here are a few possibilities:

- Asking for and getting help
- Nurturing strong and stable relationships that continue to serve us (and letting go of those that don't)
- Hacks—simple, clever, and elegant tips, shortcuts, or techniques for accomplishing some familiar tasks more easily and efficiently
- Addressing ageism and the indignities of old age

<https://us02web.zoom.us/j/5202078153?pwd=L0hWUEtkMU9ETFRWUHNSMVJDavFkUT09>

Meeting ID: 520 207 8153

Passcode: 572332

## CHECK THIS OUT...

One of the stars of the movie *Nomadland* has turned his lifestyle into a YouTube channel that is hugely popular with people curious about **life on the road and less expensive ways of living**.

<https://www.nextavenue.org/bob-wells-youtube-star-from-nomadland/>

Older adults and children of older parents sometimes encounter **ageist views and behavior** during healthcare appointments and interactions with doctors and nurses, but there are ways of communicating constructively to level the playing field. Read full article here:

<https://www.nextavenue.org/ageism-from-doctors-and-nurses/>

I don't know about you, but I am itching to travel, and to explore lesser-known places. This video boat tour of Venice is mostly silent except for the slosh of water, but gets you off the beaten tourist track and features captions with things you will want to know; just turn on closed captions using the little CC button at the bottom right. If you have three hours—and who doesn't these days with Omicron in our midst?—the pace and beauty of this tour are mesmerizing. Make it full-screen, grab a snack and a drink, and **escape to Venice!** (The first two minutes have ads, but they go away. Also, you can pause and come back to it later and it should remember where you left off.)

<https://www.youtube.com/watch?v=riZWEoGKyU&t=105s>

**Hummingbirds** are amazing creatures, and this video is full of both fascinating facts and some ultra-slow-motion video that shows you what they are up to as they zoom past!

<https://www.youtube.com/watch?v=FPRswRWZ23Q>

If you haven't had enough *Nutcracker*, this five-minute version of the **Arabian (sometimes called Coffee) variation** is astounding—unbelievable strength and grace.

<https://www.youtube.com/watch?v=0vEPU8VTkAA>

Looking ahead to the **winter Olympics** next month, this 15-year-old will be the one to watch in the women's figure skating. Here she nabs two record-breaking scores in the free skate at a Grand Prix event in November. <https://www.youtube.com/watch?v=iCgWCChypBg>

So how DO you **pronounce Omicron**? Let's ask Star Trek. <https://www.youtube.com/watch?v=-GjMbMQGOpA>

The **Jerusalema Challenge** is a worldwide phenomenon where anyone can make a video dancing to the song *Jerusalema*, produced by Master KG and sung in Zulu. It's an infectious song and the thousands of variations on YouTube can keep you occupied for hours. Use the hashtag #jerusalemadancechallenge to see more, but here is a great one. <https://www.youtube.com/watch?v=euOJw3v7R6w>

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

### Books



#### **Island Queen**, by Vanessa Riley

Born into slavery on the tiny Caribbean island of Montserrat, Dorothy Kirwan Thomas bought her freedom—and that of her sister and mother—from her Irish planter father, then built a legacy of wealth and power as an entrepreneur, merchant, hotelier, and landowner that extended from the marketplaces and sugar plantations of Dominica and Barbados to a glittering luxury hotel in Demerara on the South American continent. This true story vividly portrays a remarkable woman who paved her own way despite the numerous overwhelming and painful obstacles she faced throughout her life. It's a long, colorful read, perfect for sheltering from Omicron and enjoying many cups of tea while staying warm and cozy at home. *Danielle, Marin Villages staff*

### TV



#### **All Creatures Great and Small, Season 2**, PBS Passport

If you read the beloved books by James Herriot in the 1970s (I still have my original edition!), you know how heartwarming his stories of being a country veterinarian in the Yorkshire Dales are. Even if you never read the books, the series, produced by Masterpiece Theater, is beautifully entertaining, filled with relatable characters and happenings. My family—none of whom have read the books—are hooked. Season 2 just began on Sunday, January 9, but it's worth going back and watching all of Season 1 first. The show requires you to be a PBS Passport member (\$5/month), but with all the other amazing shows also on offer with Passport, it's more than worth the price. *Danielle, Marin Villages staff*

## Movies



### **The Two Popes**, Netflix

At a key turning point for the Catholic Church, Pope Benedict XVI forms a surprising friendship with the future Pope Francis. Predominantly set in Vatican City in the aftermath of the Vatican leaks scandal, the film follows Pope Benedict XVI, played by **Anthony Hopkins**, as he attempts to convince Cardinal Jorge Mario Bergoglio, played by **Jonathan Pryce**, to reconsider his decision to resign as an archbishop as he confides his own intentions to abdicate the papacy. The performances of Pryce and Hopkins, as well as McCarten's screenplay, received high praise from critics, and all three men received nominations for their work at the Academy Awards, Golden Globes and British Academy Film Awards. It's a quiet study of two deeply thoughtful men who approached their religion from different perspectives yet allowed themselves to build a friendship through discussion, understanding, and empathy. *Danielle, Marin Villages staff*

## **HUMOR**

### New year's resolutions

**Make 'em or not, they're a part of January (and sometimes not much longer)**





## BEFORE WE GO

There probably is not a person on the planet who knew who **Betty White** was that doesn't miss her presence in our world. Here are two videos with some of her funniest scenes from *Golden Girls*. Note that her humor isn't always politically correct! [https://www.youtube.com/watch?v=XoD\\_sysXjIM](https://www.youtube.com/watch?v=XoD_sysXjIM) and <https://www.youtube.com/watch?v=cHEcaz-L7LA>

If you know someone who might be interested in Marin Villages or this newsletter, please forward it on to them. Word of mouth is one of our biggest sources of new members and volunteers! And, as always, if you have ideas for the newsletter, please send them to [communications@marinvillages.org](mailto:communications@marinvillages.org).