



# Novato Village

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

## February 2022 Newsletter

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### NOVATO VILLAGE STEERING COMMITTEE SAYS...

*"Do not grow old, no matter how long you live. Never cease to stand like curious children before the Great Mystery into which we were born." ~Albert Einstein*

We wish you a Happy Valentine's Day!



Welcome, Year of the Tiger!



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### WELCOME, NEW MEMBERS!

**Members:** Lorna Cunkle and Dody Smith, and Arlene Van Craeynest

We look forward to seeing you all at an event soon!

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## NOVATO VILLAGE EVENTS

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

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

- **Thursday, February 3, 9:30am – Novato Village Walkers** at Las Gallinas Valley Sanitary District
- **Tuesday, February 8, 2:30pm – Book Lovers' Group** – location to be confirmed
- **Wednesday, February 9, 11:00am – The More You Know...about making life's final plans (on Zoom)**
- **Thursday, February 10, 1:30pm – CoffeeTea&Chat**, Creekside Bakery, Novato
- **Tuesday, February 15, 10:30am – Novato Village Steering Committee & Program Committee**
- **Wednesday, February 16, noon – Lunch at Mary's Pizza Shack**
- **Saturday, February 19, time & location TBA – Village Viewers Movie Group**
- **Wednesday, February 23, 4:00pm – Happy Hour at Rickey's**

### Food & Drink

#### **CoffeeTea&Chat**

Thursday, February 10, 1:30 – 3:00pm

Creekside Bakery, 1719 Grant Ave, Novato

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](mailto:info@marinvillages.org). For more information, contact Marge Jackson at (415) 892-1238 or [marge-32@hotmail.com](mailto:marge-32@hotmail.com).



*CoffeeTea&Chat was a lot of fun in January!*

### **Lunch at Mary's Pizza Shack**

Wednesday, February 16, noon – 2:00pm  
121 San Marin Dr, Novato

Mary's Pizza Shack offers legendary pizza, homemade pasta, fresh salads and hearty sandwiches based on Mary's original recipes. A family-owned restaurant, Mary's is committed to serving the best Italian comfort food in our community. Check the menu at this link:  
[https://www.maryspizzashack.com/menu\\_category/dine-in/menu\\_location/novato/](https://www.maryspizzashack.com/menu_category/dine-in/menu_location/novato/)

**Please RSVP by Monday, February 14** 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](mailto: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](mailto:info@marinvillages.org) or (415) 457-4633.



*January's lunch at Aurora Ristorante Italiano was enjoyed by all.*

### **Happy Hour at Rickey's**

Wednesday, February 23, 4:00 – 6:00pm  
InnMarin, 250 Entrada Dr., Novato

A favorite location, Rickey's at the InnMarin welcomes Novato Village members, volunteers and friends. Enjoy cocktails or non-alcoholic beverages, delicious appetizers and starters—so many choices!

**Please RSVP by Monday, February 21** so we can tell the staff how many guests we'll have for outdoor seating. Also, **please plan to pay with cash**, not credit cards. These are new requests that reflect the changes restaurants have made during COVID, so we appreciate your understanding. **To RSVP**, contact Marge Jackson at (415) 892-1238 or [marge-32@hotmail.com](mailto:marge-32@hotmail.com). Marge does not arrange rides. If you need a ride, contact the Marin Villages office at (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org).



*Lucia Tison serenading Virgil Casseli and Tom Nelson*



*Novato Village welcomes you to Happy Hour!*

## Education & Presentations

### **The More You Know...about making life's final plans**

Wednesday, February 9, 11:00am – noon

Zoom – link will be sent by email to all Novato Villagers

Our guest speaker, Andy Martinez, is experienced in advising individuals and families in the steps of pre-planning end-of-life arrangements. He is a staff member of Valley Memorial Park Cemetery & Funeral Home. Rather than being unaware of what needs to be done, you can use this Zoom presentation to learn and take your time creating arrangements that best suit your needs and preferences. If you've never thought about it, or don't know where to begin, please join us and learn. It will set your mind at ease.

## Exercise

### **Novato Village Walk at Las Gallinas Valley Sanitation District**

Thursday, February 3, 9:30 – 11:00am

310 Smith Ranch Road, San Rafael

We will enjoy a flat, packed-gravel, wide path around Pond 1 (or if more adventuresome we will walk around Pond 2 as well) at Las Gallinas Sanitary District. The walk around Pond 1 will take

about 45 minutes. For those who want to walk a little further, walking around Pond 2 will take at least another half hour

### Directions

From Hwy 101 in San Rafael, take the exit for Smith Ranch Rd east approximately 0.7 miles. Drive over the railroad tracks and turn left just after passing under the vined trellis to stay on Smith Ranch Rd. (If you go through the park entrance, you have gone too far). Follow Smith Ranch Rd 0.8 miles to treatment facility. Park on the left. There are 10 parking spaces; however, this is a popular walk so carpooling is recommended. Also, traffic on Hwy 101 south from Novato to Smith Ranch Rd may be heavy at 9:00am so please leave enough time to get to the start of the walk by 9:30am. Please RSVP: [pbailey49@aol.com](mailto:pbailey49@aol.com) or (415) 652-9073.

### Books

#### **Book Lovers' Group**

Tuesday, February 8, 2:30pm (note time change)

Zoom – watch for an email to confirm details

The book for the month is John Steinbeck's *Cannery Row*, a novel published in 1945. A slice of life, it is set during the Great Depression in Monterey, California, on a street lined with sardine canneries that is known as Cannery Row. For more information contact Diana Shima at [dianashima3@comcast.net](mailto:dianashima3@comcast.net).

### Groups

#### **Village Viewers Movie Group**

Saturday, February 19 – time and location to be announced

In January we saw Steven Spielberg's *West Side Story*, starring Rachel Zegler and Ansel Elgort. Of course, the fan favorite was Rita Moreno who not only acted in the movie but also was an executive producer. Folks, she is 90 years young. We were so inspired by her. Great movie and we highly recommend it. The February movie will be followed by a lunch or early dinner. The movie, time and location will be announced Wednesday prior to the event by email. Hope to see you there. Contact Joanne Lang, with questions or movie suggestions at (916) 716-5800 or email [jangtpa@gmail.com](mailto:jangtpa@gmail.com).

### Village Business

#### **Novato Village Steering Committee & Program Committee**

Tuesday, February 15, 10:30am – noon

Location or Zoom to be confirmed

Please contact Beth Livoti, [llivoti@comcast.net](mailto:llivoti@comcast.net) or (415) 892-1043 for more information.

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## OTHER MARIN VILLAGES EVENTS

### **Not Home Alone Valentine's Day early dinner**

Monday, February 14, 2:00 – 4:00pm

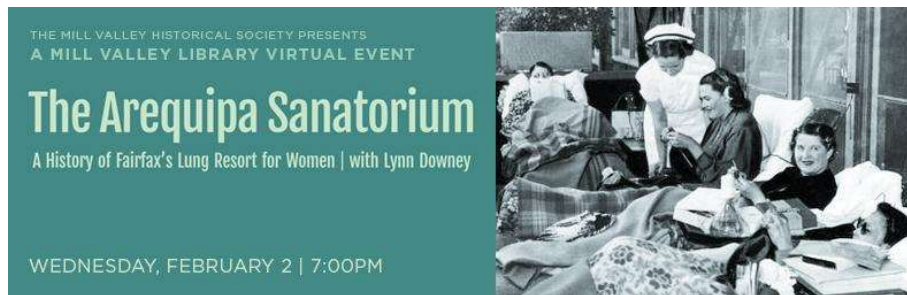
Pacific Catch, 133 Corte Madera Town Center, Corte Madera



Join Donnalee Wells, Marin Villages' hostess with the mostest, and other Marin Villagers for a Valentine's Day early dinner. We will be outside on the covered and heated patio. Always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served, and space is limited to 20 guests. You will be able to order off the regular menu. Please BRING CASH for your meal. All attendees must be COVID vaccinated, and masks required. RSVP ASAP to Donnalee at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or text or call (415) 302-9244. If you need a ride, please call the office (415) 457-4633.

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## COMMUNITY EVENTS



### **The Arequipa Sanatorium: A History of Fairfax's Lung Resort for Women, with Lynn Downey**

Wednesday, February 2, 7:00pm

Zoom

As San Francisco recovered from the devastating earthquake and fire of 1906, dust and ash filled the city's stuffy factories, stores, and classrooms. Dr. Philip King Brown noticed rising tuberculosis rates among the women who worked there, and he knew there were few places

where they could receive affordable treatment. In 1911, with the help of wealthy society women and his wife, Helen, Brown opened the Arequipa Sanatorium in Fairfax. Join us for an evening with author Lynn Downey as she brings to life this little-known slice of Marin County history. In her illustrated talk Downey will share research for her book about the sanatorium, including archival records and interviews with her own grandmother and other former patients. Registrants will be sent a Zoom link upon registration. Use this link to register:  
<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eizxvwm5c97cd56d&oseq=&c=&ch=>

Lynn Downey is a historian and author, and a Marin County native. Her 2019 book, *Arequipa Sanatorium: Life in California's Lung Resort for Women* won the WILLA Literary Award from Women Writing the West.

### **Living with Alzheimer's and Dementia: Managing the challenges of patients, families and our healthcare system**

Monday February 21, 3:30 – 4:30pm

Zoom

There are 690,000 Californians living with Alzheimer's disease, a devastating illness with physical, emotional, and financial tolls on individuals, friends, families, caregivers, communities and health systems. The California Master Plan on Aging has identified reimagining Alzheimer's and dementia care as a focus point. Dr. Andrew Budson and Dr. Wynnelena Canio will review how families and caregivers can care for themselves and manage issues with memory, language, vision, behavior, agitation, aggression, incontinence, sleep and more, as well as discussing methods and challenges of providing care.

<https://us06web.zoom.us/j/85887379075?pwd=clRwK3p1RkxkN0szQnJzSG1wUHI0dz09>

Meeting ID: 858 8737 9075 Passcode: 369660 Call-in: (669) 219 2599

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## **NOVATO VILLAGE ANNOUNCEMENTS**

### **Free COVID-19 Test Kits Are Now Available**

The US Government website has opened early to order your free at home COVID-19 Test Kits. Each household will receive four test kits per order. You can order them at this link: <https://special.usps.com/testkits>. It's a very easy process. They will start shipping later this month.

### **A Special Request...**

One of our Novato Village members loves to knit but she can't get out of the house to buy yarn. If you have some yarn to donate to her, she will make you a knit cap as a thank you.



Please take the yarn to the Marin Villages Office, 4340 Redwood Highway, Suite F-142, San Rafael, and let BJ Slater or Matt Dawe know it is for “the knitter from Novato Village. ” BJ or Matt will take your contact information and you will get your knit cap (one size fits all) in a week or so. If you can’t make the trip to the office, a volunteer will pick up the yarn if you let BJ know by a phone call (415) 457-4633 or email [info@marinvillages.org](mailto:info@marinvillages.org) that you have some yarn to donate.

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## AND MORE...

### **Meet Pat Bailey, Novato Village Steering Committee member**

Pat was born and spent her first 18 years in Wilkes-Barre, PA. “Not much happening in Wilkes-Barre,” she thought. After graduating from a Catholic High School and nursing school, she moved to New York City with 18 of her classmates. She lived on the Upper East Side of New York City, and enjoyed all that New York City had to offer: Central Park, theater, ballet, and even opera. She spent summer weekends in the Hamptons and winter weekends skiing in Vermont. After six years in the city, a nurse friend convinced her that she needed to see the Golden Gate Bridge in person. Pat says, “So here I am many years later, still enjoying the Golden Gate Bridge view, as well as all that California has to offer.”



Shortly after her move to San Francisco, she wasn't sure she wanted to stay. Pat said, “The weather in San Francisco was not warm enough for me in summer and I found it difficult to make friends.” Pat added it was the late 60s and she just wasn't the "hippie type." She finally made wonderful, conservative nurse friends working at UCSF ICU and began enjoying the treasures the Bay Area and California had to offer, including hiking, biking, sailing, snow skiing and traveling throughout the state and even to Mexico and Hawaii.

Pat’s nursing career was expanded during the next few years by completing her studies for a Bachelor and Master of Science in Nursing at UCSF (with scholarships offered to RNs at that time). While living in San Francisco, Pat moved to various locations including Twin Peaks, the

Marina, and Pacific Heights, then moved to the East Bay, and eventually to Marin County. This time period also included many different nursing jobs, including hospital nursing, ICU, home care, hemophilia specialist at Children's Hospital, and clinical research monitor and manager of research projects including cardiac devices, oncology, neurology and dermatology.

Unfortunately, both of Pat's parents passed away during her second year in California but she had one wonderful trip to Hawaii with her mother and her favorite aunt. After that, her sister and brother-in-law became her companions on many travels throughout the US and Hawaii. According to Pat, "They were wonderful travelers."

She notes, "The beauty of Marin always attracted me and Tiburon was my first stop in the county. That was followed by moves to Corte Madera, San Rafael, and 14 years ago, to Novato to live with my husband, Ellis Sullivan."

"I enjoyed my entire 50+ year nursing career and retired in March 2021 because of COVID concerns for traveling as a clinical monitor. Throughout my professional career, and maybe because of it and wonderful friends, I have enjoyed the pleasures of travel—biking in Europe and Ireland; big ship and river cruise sailing in the Mediterranean, Central and Eastern Europe, China, Australia, and New Zealand; land travel in South America and North Africa; and snow skiing in France, Switzerland, and many places in the US. I knew I wanted to keep busy so I wouldn't miss work, and fortunately, I found Novato Village as a member and volunteer to meet this need."

Pat became involved in Novato Village and the Steering Committee with Marge Jackson's and Beth Livoti's encouragement. She comments, "This has been a wonderful experience. I enjoy my member and volunteer calls to 'stay-in-touch,' leading monthly walks, sending greeting cards, giving occasional rides, and helping and participating in various activities. I hope all members and volunteers are enjoying Novato Village as much as I do."

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## 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](http://www.marinvillages.org)) for application forms and online donations.

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**Marin Villages** 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903  
(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)