



Ross Valley Village

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

February/March 2022 Newsletter

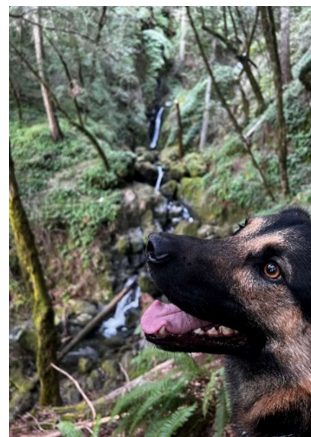
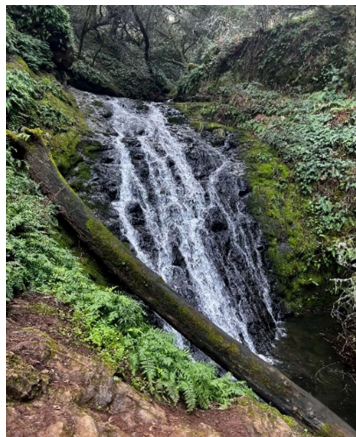
Wow, a lot has happened since our last newsletter! Firstly, there was all of that wonderful rain, and then we managed to visit with so many of you at the holiday party at Suellen Lamorte's house. Thank you Suellen for hosting once more.



A great time was had by all at the party. By having the party in conjunction with Twin Cities Village, many people attended, and new friendships could be made between members of the two villages.

We hope that some of you have managed to drive up to see the lakes in the Marin Watershed. Seeing so much water in the lakes is certainly reassuring, as well as beautiful to look at.





As a result of all the rainfall, Steering Committee member Helene Martel actually saw salmon in the creek in her property! Helene has not seen salmon in the creek for many years, making this extra special to see!

With love from the Ross Valley Village Steering Committee

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Say hello to our newest members: Jerry & Shirley Moretti, Anne Deichler, Pamela Freeman and Craig & Jackie Thomas

Volunteers: Give a warm welcome to our new volunteers: Joan Green, Tim Horn & Ida Hill!

We look forward to meeting all our new members and volunteers at one of our future events!

ROSS VALLEY VILLAGE EVENTS

Knitting Club

Our steering committee has paused efforts to initiate our knitting club due to the recent pandemic surges. If you are interested in meeting when things have settled down, please contact Kimberly at kimberly@kimberlyteal.com

Book Club

We recently read the book *Dangerous Women* by Hope Adams for our January book club; however, we had to postpone meeting due to the pandemic. If you're looking for a mystery thriller about a group of women sailing the ocean seas with a murderer amongst them, give this book a read. As a bonus tidbit, this book is actually based on a true story of the convict ship *Rajah* traveling to Tasmania in 1841. If you are interested in staying in the loop for future book selections and meetings, please contact Kelly at kellau55@gmail.com.

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 or text or call (415) 302-9244. If you need a ride, please call the office. (415) 457-4633

Understanding Age-Related Healthcare Concerns and Navigating the Healthcare System

Tuesday, February 15, 2:00 – 3:00pm

Zoom

Join us for this informative session with Dr. Wynne Canio and Dr. Gina Tucker-Roghi!

The sudden onset of symptoms of confusion and/or significant changes in behavior, especially in older adults, can signal a potential medical problem called *delirium*. Delirium is a treatable condition that is caused by an underlying medical issue, such as infection or chemical imbalance. Recognizing and treating delirium as soon as possible is vital toward avoiding complications and getting the patient back to baseline. This one-hour session offers information about the warning signs of delirium and how to access necessary evaluation and treatment.

In addition, the session will discuss *My Life Profile for Age-Friendly Healthcare*, an initiative of Dominican University's Occupational Therapy program. A life profile is a document that can speak for you if you are unable to speak for yourself, informing your healthcare provider about your important lifelong habits, preferences, and routines to ensure you feel safe and well cared for. (There is still time to sign up to create a life profile with a Dominican University Occupational Therapy student! Please call the office by February 5 to do so. (415) 457-4633.)

To register for the February 15 session, please use this link: <https://tinyurl.com/2p94y6b3>

COMMUNITY EVENTS

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=clRwK3p1RkxkN0szQnJzSG1wUHl0dz09>

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

ROSS VALLEY VILLAGE ANNOUNCEMENTS

Birthdays

Many happy returns to all our special members with February and March birthdays.

Elaine Nehm, February 7

Ruth Vogel, February 9

Barbara Otto, February 15

Nora Jones, March 11

James Campodonico, March 14

Kay Gillis, March 15

Become a volunteer!

Our Steering Committee is always looking for new volunteers to join our merry group in planning future events and parties. If you're interested in joining us, please reach out to Sarah Mansbach by email at sarah.mansbach@gmail.com, or by phone or text at (415) 926-1640.

Getting to know you

Meet Bronni Galin



Bronni was born and raised in a part of Brooklyn she calls "the high-crime area, then and now." She gave me a colorful description of how the nature of the crime scene has changed over the

years but remains a fabric of the area all the same. I would guess the roughness of those surroundings added to her spunky spirit and strength of character.

Bronni went to Brooklyn College to study cultural and physical anthropology. She became licensed as a marriage and family therapist once her children entered middle school. She still does part-time work in her field today. She was married for fifteen years and has two daughters. She credits a great deal of her strength and happiness to her thirty-plus years practicing meditation in the Zen Tradition. She is devoted to her original meditation group of decades-long standing as well as her family meditation group, which meets virtually every Saturday morning and includes her daughters, ex-husband, and cousin.

Living in Greenbrae, Bronni likes to walk along the creek for exercise with her trusty hiking poles while listening to NPR podcasts. She also does water walking with a beloved group of friends at the MV Community Center. She is continuously grateful for the many ways that Marin Villages facilitates her active lifestyle.

Bronni loves music and singing songs by classical composers like Shubert and Schuman. She is sight impaired due to macular degeneration (AMD) and also has limited hearing, but you wouldn't likely know that until she told you. Bronni is a consummate student and is currently studying programs and technologies that help her to communicate around her physical challenges. She is an absolute pleasure to spend time with and is looking forward to all of us getting back to in-person events.

AND MORE...

Recipe Corner

As it's been chillier in recent weeks, we thought we'd share an easy, delicious and warming soup that will be sure to warm you right up!

Recipe for Zuppa Toscana

Ingredients: 2-3 strips of bacon (diced), 1 cup yellow onion (diced), 1 lb Italian sausage with fennel, 4 cloves of garlic (minced), ½ tsp salt, ½ tsp pepper, 1 tsp Italian seasoning, 2 tbsp arrowroot flour, 32 oz chicken broth, 2 cups potatoes (cut into cubes), 4 cups chopped kale, 1 cup creamer, 1 tbsp nutritional yeast, 2 tbsp lemon juice

Instructions:

1. Add bacon pieces to a large pot and cook until bacon is crispy. Remove the bacon and keep the fat in the pot. Dice the bacon and set aside.
2. To the pot, add the onion, garlic, salt, pepper and sausage. Stir until sausage is cooked through.
3. Add flour to mixture and stir to combine. Add chicken broth and bring to a boil.

4. Reduce heat to simmer, add Italian seasoning, kale and potatoes. Cook covered until potatoes are tender.
5. Stir in creamer, nutritional yeast, and lemon juice. Cook for additional 5 minutes.
6. Serve with bacon bits on top! Bon appetit!

Have a recipe you're itching to share with us? You can send them to Kelly at kellau55@gmail.com to be featured in future newsletters!

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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