

Tiburon Peninsula Village

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

February 2022 Newsletter

Cherie Sorokin, editor



Happy New Year again! 2022 is the Year of the Tiger, the Water Tiger to be specific. People born in this year are said to have great interpersonal relationships and be very family oriented. Water Tiger years occur every 60 years and the last ones were 1962 and 1902. Water Tiger years are supposed to be prosperous due to the tiger's strength, bravery and ability to exorcise evil.

According to the website PureWow (<https://www.purewow.com/wellness/year-of-the-tiger>), "The Year of the Rat (2020) was about survival, and the Year of the Ox (2021) was about anchoring ourselves in a new reality. The Year of the Tiger will be about making big changes. This will be a year of risk-taking and adventure. We're finding enthusiasm again, both for ourselves and for others. Everyone is fired up, generosity is at an all-time high, and social progress feels possible again."

Well, let's all hope that's true! I can't vouch for the accuracy of the website, but I love the idea of being fired up again!

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

Thursday, February 10, 10:30am (second Thursday of the month)

Rustic Bakery, Tiburon



- 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.

TPV Happy Hour on the deck at Sam's

Tuesday, February 15, 4:00pm



Weather permitting, save the date for another outdoor happy hour gathering on the deck at Sam's. The February forecast says it will be sunny and in the 60s, but bring a hat, scarf and jacket as it can be chilly in the late afternoon. TPV will host one drink for each person, and also offer appetizers. Second drinks and other food are on you!

Please RSVP to the office and be sure to let them know if you need a ride. And watch your email in case we need to cancel because of COVID variants or weather variants, or any other kind of variant. Fingers crossed the Fates will cooperate! (415) 457-4633

OTHER MARIN VILLAGES EVENTS

Mens' Coffee at the Sweetwater in Mill Valley

Wednesdays, February 2 & 16, 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 February.

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** on delirium and the initiative *My Life Profile for Age-Friendly Healthcare* by Dominican University's Occupational Therapy program.

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*. These symptoms are often misinterpreted as the onset of dementia or progression of a preexisting dementia. 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. Life profiles are an essential part of any hospital "go-bag" for older adults. It 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>

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

(415) 473-INFO program recording available



Did you miss our last Marin Villages Zoom program? It featured Chloe Cook from Marin County Health and Human Services doing a whirlwind tour of all the services available to older adults in Marin. If you didn't have a chance to see it, or even if you did and you want to watch again, you can use the following URL to access the hour-long video. <https://marinvillages.us14.list-manage.com/track/click?u=298bf212a03f85b6cabdc8b0c&id=fb1a91c3d6&e=34d3a44f02>

Pictured above are individuals who may answer the phone or respond to your emails to the INFO lines. Many are licensed social workers, but all are trained in helping to get you to the right person for assistance. The Info line, (415) 473-INFO, and the INFO line email address, 473info@marincounty.org, are the main way to access services offered by the county.

Of course, as Marin Villagers you have a second option. You can call our office, as Matt and BJ and John are great at keeping up with everything the County offers as well.

COMMUNITY EVENTS AND NEWS

Marin Commission on Aging

Thursday, February 3, 10:00 – 11:00am
Zoom

If you are interested in what's going on in the Canal area of Marin, the Marin Commission on Aging is hosting Omar Carrera, executive director of Canal Alliance, to speak about building community and creating opportunities in the Canal area. Use the Zoom information below to join the meeting.

<https://us02web.zoom.us/j/85661690388?pwd=TFVNSWJvdWFKOUJONEIRNnBSQTIVZz09>

Meeting ID: 856 6169 0388 Passcode: 797332 Dial in number (669) 900-6833

Avoiding Internet and Phone Scams

Friday, February 4, 4:30pm

Zoom

The Belvedere-Tiburon Library will host a Zoom event on how to avoid scam calls. You must RSVP to receive the Zoom link.

https://www.beltiblibrary.org/node/1481?event_id=2549&event_date=Fri,%202022-02-04%2016:30

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

Ferry Service! Tiburon has a new mid-day and weekend ferry service to SF and back. When the weather is a bit nicer and the Omicron surge is under control, let's plan a trip!

THANKS TO ALL OF YOU 

Heartfelt thanks to all of you who donated to our year-end 2021 annual fund campaign. You make it possible for us to keep Marin Villages doing what we do best: helping us all stay active, connected, and independent in the place we call home!

REMEMBER TO LAUGH A LITTLE

The phone kids have today when they are six.



The phone my kids had when they were six.

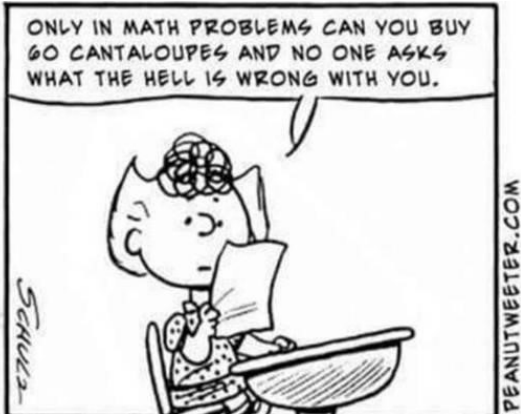


The phone I had when I was six.



**We've been
friends for so long,
I can't remember
which one of us is
the bad influence.**





And this video of Irish comedian Dave Allen on dying in Ireland
<https://www.youtube.com/watch?v=2GXbuTS0ni4>

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org