



Twin Cities Village Voice

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

February 2022

EDITORIAL

by Sue Sommer

After the holidays I found myself being grumpy, and miffed that I was being grumpy. So many unpredictables were occurring, and we couldn't even metaphor-ize it all by calling it a tsunami—because there actually WAS a tsunami. So the grouching continued.

What fun is this? I thought. *Isn't it a time of new beginning? Readers all know about your dislike of winter, but can't you get over yourself?*

It was a good question, and the answer was aided by days during which the sun actually made an appearance. I stepped outside and clipped my roses to a dendroidal nub, apologizing and promising them that they will be strong and beautiful in a few months, that this was just a haircut—convincing myself of as much.

But I also took matters into my own hands. I turned on '60s music and listened to songs that I could accompany vocally. I sang in the car, in the garden, and, yes, in the shower—sometimes jazz, sometimes opera, often rock. I livened up my exercise/stretching routine by adding all '50s, and if I name the tunes, I'll risk giving you "earwoms" that have you humming them for the rest of the day—well, okay; if you insist: "Good Golly Miss Molly," "Let the Good Times Roll," "Searchin'" (these days often what I'm doing to find my keys). My list even includes songs of Frank Sinatra and Bobby Darin, whose lyrics actually mean something.

I started a 2,000-piece puzzle that is distracting in its intricacy—so many sections of similar colors; so many tiny details (do any of you also talk to [or swear at] the puzzle you're working on?). I put in a Spanish language CD—so glad I kept my old player—and am learning how to tell someone I have a headache in Spanish, and how to order a beer.

February will be better. Abraham Lincoln's birthday is Feb. 12, and on the 21st we celebrate our first president, though the date is somewhat skewed because Washington's birthdate is actually February 11, 1731 by the old-style Julian calendar, but it was changed to February 22, 1732 after the New Gregorian system was adopted by America. Other misguided ideas: he never chopped down a cherry tree; that was the figment of a biographer used to project the president's honesty. And the teeth? Not wooden at all—hippo teeth, filed down to fit the leader's mouth.

As for February firsts, the month boasts that Sir Francis Drake was the first Englishman to sail the Pacific in 1578. America's first Supreme Court meeting took place in 1790. In 1952, Princess Elizabeth became Queen of Britain and the Commonwealth, the first to have reigned this long, and astronaut John Glenn was the first American to orbit the earth, just a decade later.

It's the only month with fluctuating end dates, and its name is the most difficult to spell; its stone is amethyst, its flowers, violet and primrose; Zodiac signs are Aquarius and Pisces. Groundhog Day happens every February 2. Mardi Gras is on the 25th. (Omicron permitting). It's a month distinguishing Black History, American Health, Bird Feeding, Great American Pie, and it's International Boost Self-Esteem month. On the love front, it's Chocolate Lovers month, Creative Romance month, and National Weddings month.

And one more very important celebratory event occurs on the 14th... Valentine's Day.

Looking for some positive omens for the year, CBS's Steve Hartman visited a soothsayer just for the intrigue of it. The prophetess flipped tarot card after tarot card, slightly wincing at each one, and after the penultimate turn, she offered final card to the reporter. She smiled as Hartman turned it over—it was LOVE. They both smiled.

C'mon people now, smile on your brother, everybody get together, try to love one another, right now. Right now. Right now.

Amen to that.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Volunteer: Kathleen Daly

Kathleen lives in Corte Madera and will help with errands/shopping, home organizing/decluttering, office help/paperwork, pet care/dog walking, and Marin Villages admin support.

Welcome, Kathleen!

TWIN CITIES VILLAGE EVENTS

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

Food & Drink

Men's Coffee at the Sweetwater

Wednesdays, February 2 & 16, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets either via Zoom or at the Sweetwater Music Hall's "Rock N Rye" restaurant twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155). The group meets the first and third Wednesdays of the month.

Sip 'n' Chat—Cocktail Hour

Tuesday, February 15, 3:30 – 5:00pm

We're not sure if we'll meet in person, so watch for the announcement about the venue. See the photo from last month's virtual event below.



Back in our little Laugh-In squares!

Fun & Games

Bocce Ball

Friday, February 25, 1:15 – 3:00pm (weather and Omicron permitting)
Marin Bocce Federation, 550 B Street, San Rafael



Join in for some fun and exercise! Please wear soft-soled shoes.

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.

The mask mandate is back in force for indoor areas because of the Omicron variant, but at least things are open and available.

Be sure you scour the interesting *Village Square* for local news, updates, activities, stories, jokes, and more.

COMMUNITY EVENTS

Discover events and activities on other local websites

Libraries (marinlibrary.org)

Buck Center informational lectures and events (buckinstitute.org/events)

Age Friendly Corte Madera (agefriendlycortemadera.com)

Parks and recreation departments of our sister cities

TWIN CITIES VILLAGE ANNOUNCEMENTS

February birthday



Carol Robinson, February 1—Happy Birthday, Carol!

Assistance with "all things elder"

Live Long and Live Well—that's the motto of Marin County Aging and Adult Services. In the January 24 Marin Villages Zoom presentation, we learned that there are many more programs and agencies available to Marin County seniors than most of us are aware of, and the way to access information about them is to call (415) 473-4636 (473-INFO). There you'll get direct numbers for professional and caring advice about social and medical services, independent living, home and caregiver information, disability and benefits counseling, food delivery, legislation for seniors, and much, much more. To view the excellent one-hour presentation and PowerPoint by Chloe Cook, use this link <https://tinyurl.com/2c6ny374>, or contact Chloe at 473info@marincounty.org.

INVITE TO WRITE



Word-count poems and stories are all the rage now; no doubt you've heard of the six-word poem stories. Here's a different take: send yours to ssommertime@sbcglobal.net.

Write two or three (or more) ten-word poems of two lines that make a statement or tell a story. Examples:

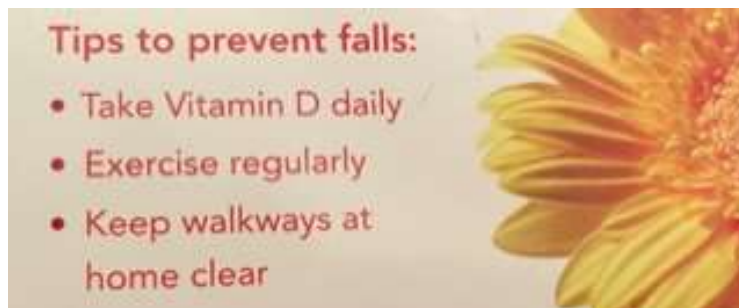
I shouldn't be writing this;
I've soggy leaves to rake.

Writing is fun and easy
Just spill your guts out!
(With apologies to Hemingway, who said you "just sit at a typewriter and bleed")

BITS AND PIECES

Hazard of the Month—Falling

Some important tips from Kaiser:



We know that ingesting too much salt is not good for us, but here are some helpful uses for it, according to the *The Old Farmer's Almanac*:

- ~ Add a tablespoon of salt to the water in your vase to keep flowers fresh
 - ~ A mixture of salt and vinegar will clean brass
 - ~ Boiling salt water poured onto weeds in cement or brick cracks will kill the weeds
 - ~ Pour salt onto spilled grease, let it sit awhile, and cleaning will be much easier
 - ~ Gargle with warm salt water (1/4 teaspoon salt to one cup water) to ease a sore throat
 - ~ Muddy footprints on carpet? Sprinkle them with salt; let dry, then vacuum
 - ~ Refresh household sponges by soaking them in cold salt water for ten minutes
 - ~ To "dust" silk flowers, put them in a bag with several tablespoons of salt, tie it tightly, and shake for two minutes
-

AND MORE...

Happy Valentine's Day—February 14



Love does not choose the blade of grass on which it falls
Zulu aphorism

Love laughs at locksmiths
English aphorism

Hold tight, everyone! Spring will be here before we know it.

*On the wind in February, snowflakes float still.
Half inclined to turn to rain, nipping, dripping, chill -- Christina Rossetti*

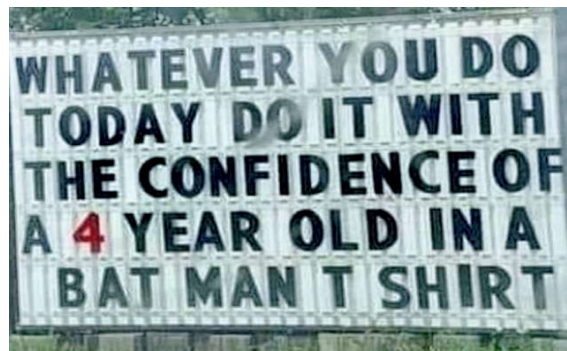
*Late February days; and now, at last.
Might you have thought that winter's woe was past;
so fair the sky was and so soft the air -- William Morris*

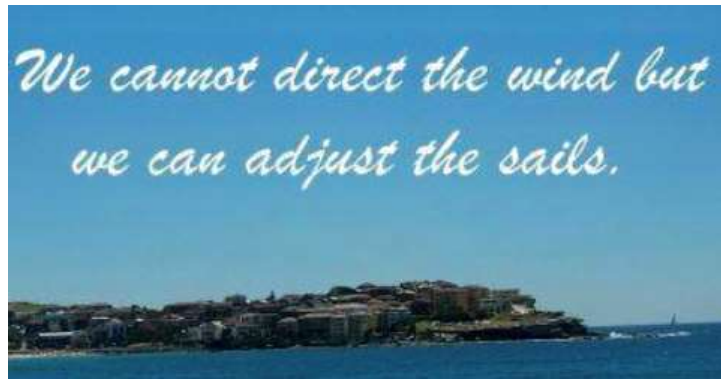
This little guy certainly is ready!



(Getty image)

The following photos were taken mid-January after the rains. Nature is ready, too!





HELP US HELP OTHERS

The belief that it takes a village to raise a child has become embedded in our culture. Not as embedded is the village it takes to provide a comfortable, nurturing, and safe environment for people as they age. You can help. We need more caring volunteers to be part of this thriving nationwide movement, a movement that's dedicated to strengthening bonds between generations and building strong, vibrant communities that provide continuity to all ages.

Marin Villages is looking for volunteers to provide a variety of support to older adults. If you know someone who is interested in volunteering, could use our services, 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).

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Affiliated with **Village Movement California** (state) and **Village to Village Network** (national)
villagemovementcalifornia.org www.vtvnetwork.org