



## THE VILLAGE SQUARE

*A monthly gathering place for all our news*

February 2022



We're fully into 2022 now, Lunar New Year was on the first of the month, the sun appears to be here to stay for a while despite winter being only half over, and things are slightly looking up with Covid. Suddenly everything seems to be red with hearts, which could mean only one thing—Valentine's Day is looming. I've expanded the definition of my valentines to include children, parents, and dear friends, because that feels richer than limiting it to one romantic partner. You might like Valentine's Day or hate it (I know people who do), but if nothing else, use it as an excuse to buy yourself some nice chocolates or other favorite treat and toast to yourself and all you do.

### MARIN VILLAGES NEWS

#### Please welcome Marin Villages' newest employee!

We are delighted to introduce you to **Karin Tucker**, our new Member and Volunteer Support Representative, who will be assisting BJ and Matt in the office. Welcome, Karin!



Karin was raised in Santa Rosa and has lived in Marin for nearly 30 years. She is the eldest of four daughters and her parents (now in their mid-80s) still reside in Santa Rosa. Karin graduated from the University of San Francisco with a BS in Accounting. She began her career with the accounting firm Arthur Andersen, where she met many of her current friends, as well as her husband. After getting married and starting her family, she chose to dedicate her time to her fast-growing family. She now has four young-adult children, two in high school and two in college. She has been active in her children's schools and sports, as well as St. Anselm Church in San Anselmo, and StoneTree Golf Club in Novato. She loves family time (the more family, the better), traveling (anywhere she can change money and speak a different language), golfing anywhere, snowboarding in Tahoe, and Mahjong with girlfriends.

### A very happy birthday to our February nonagenarians



We love our nonagenarians! This month **Mary Pat Cress** joins the group; **Charles Oldenburg** turns 93; and **Ruth Vogel** and **Harriet Cohen** hit 94 and 95, respectively, on the same day. Happy birthday to all, and may your day be as sweet as the cake!

### We're so close...

Our fall 2021 annual fund campaign is drawing to a close, and we want to thank everyone who has contributed so generously. We are so close to our ambitious goal, and raising an additional \$2,700 will put us over the top! You still have a little time to donate if you have not yet done so—and every donation counts. We could not be more grateful for the support of the more than 220 donors to date! Please use this link if you would like to contribute to our work:

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

### **COVID UPDATE**

We're starting to hear the term *endemic* used as the next step in how we refer to Covid. But what does that mean? Dr. Matt Willis, Marin County's public health officer, explains the difference between *endemic*, *epidemic*, and *pandemic* in this four-minute video, and tells us what endemic does and does not mean (hint: it does not mean that Covid's severity or danger will decrease, just as the flu's does not, from year to year—and we are still in a pandemic for now). Even though the caseload is still higher than any prior wave/variant, the good news is that the number of active cases in Marin is decreasing, and hospitalizations remain relatively low because as a community we are well-vaccinated and following safety precautions. Be patient. Marin health officials expect caseloads and restrictions to ease by the end of this month. Spring is on the way. <https://www.youtube.com/watch?v=HI60fXMZrpl>

## MARIN VILLAGES PROGRAMS

### **Not Home Alone Valentine's Day early dinner—FULL!**

Monday, February 14, 2:00 – 4:00pm

Pacific Catch, 133 Corte Madera Town Center, Corte Madera



Donnalee Wells, Marin Villages' hostess with the mostest, and other Marin Villagers will gather for a Valentine's Day early dinner, outside on the covered and heated patio. Always a fun time and a great opportunity to share a holiday with old and new friends. Space is limited for these events and **this one filled quickly**, but watch for future holiday *Not Home Alone* announcements in The Village Square and your local village newsletter!

### **Understanding Age-Related Healthcare Concerns and Navigating the Healthcare System**

Tuesday, February 15, 2:00 – 3:00pm

Zoom



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. 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. To register, please use this link:

<https://tinyurl.com/2p94y6b3>

### **Did you miss our last Zoom program about the services available to older adults in Marin County?**

If so (or if you'd like to see it again), it's not too late! Chloe Cook from Marin County Health and Human Services did a whirlwind tour of all the services available to older adults in Marin. You'll be surprised at how many of you qualify for help and advice (hint: **all of you**)! You can access the hour-long video here:

<https://marinvillages.us14.list-manage.com/track/click?u=298bf212a03f85b6cabdc8b0c&id=fb1a91c3d6&e=34d3a44f02>. Or start by calling the County at (415) 473-INFO (4636).

## COMMUNITY PROGRAMS

### **Advancing the Science: The Latest on Alzheimer's and Dementia Research**

Monday, February 14, 10:00 – 11:30am

Zoom

Join this webinar put on by the Alzheimer's Association and the California Villages Movement to learn about the latest Alzheimer's and dementia research, updates on dementia risk reduction, and hands-on tools to help you incorporate these recommendations into a plan for healthy living. Register here: [https://alz-org.zoom.us/webinar/register/WN\\_ARICD4RTTgm1Lb2tv5hAOg](https://alz-org.zoom.us/webinar/register/WN_ARICD4RTTgm1Lb2tv5hAOg)

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

Monday February 21, 3:30 – 4:30pm

Zoom

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

### **Employment after 50 in Marin—an Age-Friendly Marin forum**

Wednesday, February 23, 10:30 – 11:45am

Zoom



This forum will discuss some of the challenges in the workforce for more mature Marin residents, the increasing job opportunities, and the employment resources available. Learn how you can compete with confidence for part- and full-time jobs; get the training, coaching, and job-seeking tools you need to consider today's in-demand jobs; and build your financial resilience. Register for this free event to

get the Zoom link: <https://www.eventbrite.com/e/age-friendly-marin-forum-employment-after-50-in-marin-registration-264469323867>

If you are interested in employment-related classes, the YWCA offers a series of classes beginning this month: <https://fiftyplus.ywcasf-marin.org/class-calendar>

## CHECK THIS OUT...

This seventeen-minute tour of **fifteen unusual (or even unbelievable) places on Earth** reminds us how amazing our planet is. <https://www.youtube.com/watch?v=pFoty21X370>

We've seen Sven dance before in his self-styled Electro Swing, but this video adds some fun light effects and a **little disco mood**. <https://www.youtube.com/watch?v=Rc0DXN0GtGo>

Is there any better sound in the world than a **baby laughing**? Here are 43 seconds of unbridled joy. You're welcome. <https://www.youtube.com/watch?v=384Btgljdvs>

This story about **Black mountain climbers** achieving something that has traditionally not been part of the Black experience, and at which only a few people are successful anyway, will have you cheering for their current (like right now!) Everest climb. <https://www.cnn.com/travel/article/full-circle-everest-black-mountain-climbers-intl-hnk/index.html>

**Harpo Marx and Lucille Ball** in a skit together? Too good to be true. Except somehow it is true. <https://www.youtube.com/watch?v=79EnDc-Ucv8>

If I could go back and do something differently, it would be to learn Bollywood-style dance. If you've never seen the incredible choreography and colorful visuals of a **Bollywood movie dance scene**, this is a great place to start. Starring Priyanka Chopra when she was a huge star in India but was just becoming known in America. <https://www.youtube.com/watch?v=tzRFLMn4kpM>

If you like word games, the newest trend is called **Wordle**. It's a simple premise—you have six chances to guess a five-letter word. After you enter your guess, the game tells you whether each letter is not in the word (it turns grey), is in the word but in a different spot (letter turns yellow), or is in the word in that spot (it turns green). A handy keyboard at the bottom keeps track of the letters you've guessed. Only one word is released each day, so you can return each day for five minutes of word fun! <https://www.powerlanguage.co.uk/wordle/> If you've traveled a lot and know your airports, here is a version using three-letter airport abbreviations (like SFO for San Francisco). <https://airportle.scottsheapflights.com/>

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

### Books



#### **Dangerous Women**, by Hope Adams

Nearly two hundred condemned women are put on a sailing ship bound for Australia. One of them commits murder on board; how do they discover who it is before she strikes again? The Ross Valley Village Book Club recently read this book and recommends it! “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.” *The Ross Valley Village Book Club*

### Movies

*February is Black History Month, so although this movie came out in 2016, it is worth revisiting (or seeing, if you have not yet!).*



#### **Hidden Figures**, Disney+ (free), Amazon Prime (\$3.99)

Hidden Figures is the incredible story of Katherine G. Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe)—brilliant Black women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big. *Danielle, Marin Villages staff*

### TV

*In honor of Black History Month, the following television shows, which were recommended in the NAACP Legal Defense Fund’s newsletter, are ones I plan to watch but have not yet. Danielle, Marin Villages staff*



### **Colin in Black and White, Netflix**

The drama series from Colin Kaepernick and Ava DuVernay explores Kaepernick's high school years and the experiences that led him to become an activist.

### **High on the Hog: How African American Cuisine Transformed America, Netflix**

Chef and writer Stephen Satterfield traces the delicious, moving throughlines from Africa to Texas in this docuseries.

### **Self-Made: Inspired by the life of Madame C.J. Walker, Netflix**

The inspiring story of trailblazing Black entrepreneur Madam C.J. Walker who built a haircare empire that made her America's first female self-made millionaire. (This also stars Octavia Spencer, so you know it's gotta be good.)

## **HUMOR**

### Love is in the air... or is it?

#### **Realistic expectations are critical**



#### **Shout out to man's best friend**

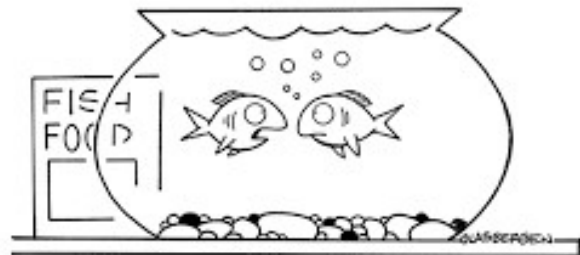


### One for me and one for me

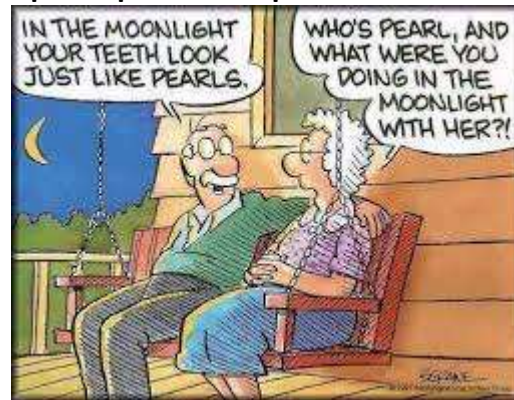


### Big fish in a small pond

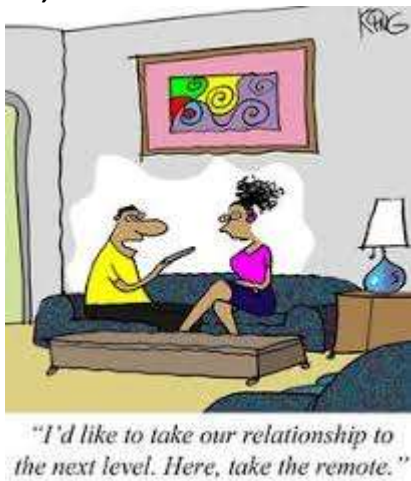
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glasbergen.com



### Apostrophes are important!



### Ah, modern love



## BEFORE WE GO

There is something about the combination of recovering things you lost on an airplane and the **cuteness of this dog** that makes this video irresistible and watchable over and over.

[https://www.youtube.com/watch?v=NK-T\\_t166TY](https://www.youtube.com/watch?v=NK-T_t166TY)

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).

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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)