



THE VILLAGE SQUARE

A monthly gathering place for all our news

March 2022



By the time this newsletter pops up in your inbox, we will be less than two weeks away from the vernal equinox, signaling the arrival of **SPRING!** The magic date is Sunday, March 20, but a week before that we set our clocks ahead an hour for Daylight Savings Time, so suddenly it's going to feel a lot lighter around here (unless you are an early riser). What to do with all that daylight? I'm heading into the garden. If digging in the dirt isn't your thing, how about walks with friends? Lunch on a sunny terrace? Bocce ball? Several of those activities can also be done with fellow Villagers—check your local village newsletters and our website for dates and times. https://marin.helpfulvillage.com/events/index_list Let's get out and enjoy this new season!

COVID UPDATE

While things are looking up in many ways, COVID is still with us, and there was a surge in hospitalizations and deaths in Marin County in the first six weeks of this year. The best defense is still a good offense—get your booster shots! With spring around the corner and Omicron fading to the background, we have reason to feel hopeful. But booster shots remain one of the best ways to keep yourself safe, along with the methods we've been hearing for two years now: good hand-washing, masking, social distance, minimizing time indoors with others, particularly if vaccination status is unknown, etc. We can be smart and hopeful at the same time!

Free N95 masks

The U.S. government is providing three free adult-size N95 masks to the public for anyone who needs them. This promotion has been in effect since February and they can be found at local pharmacies such as CVS or Walgreens. Grocery stores like Walmart and Sam's Club are offering them inside their pharmacies as well. The N95 mask offers more protection than any other face covering.

Scammers always find a way...

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare number? **Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits** in exchange for your personal or medical information. Do not give out your Medicare number for COVID-19 test kits! Remember, each household in the U.S. can also have four free COVID-19 at-home tests shipped directly to their home at no cost. Visit <https://www.covidtests.gov/> to order tests or learn more about testing. To learn more about COVID-19 scams, visit <https://oig.hhs.gov/fraud/consumer-alerts/fraud-alert-covid-19-scams/>

MARIN VILLAGES NEWS

A very happy birthday to our March nonagenarians



Wishing the happiest of birthdays to **Dody Smith**, who turns 90 this month; **Margaret DeRango**, turning 91; and **Polly Johnston**, who hits 93. Enjoy your celebrations—maybe outside with the longer days!

Free help with your taxes

AARP Foundation Tax Aide

Tuesdays & Thursdays, February 1 – April 14, 8:30am – 1:00pm
Mill Valley Recreation Center

Did you know that AARP offers in-person, free help with your taxes? Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. Email millvalleytaxaide@gmail.com or leave a message at (415) 322-9361 to schedule an appointment (no drop-ins, and masks are required). For more information about the Tax Aide program, click here: https://www.aarp.org/money/taxes/aarp_taxaide/

Home Match

Home Match Marin helps connect homeowners with people seeking an affordable place to live. Homeowners benefit from additional income, companionship, or help with chores such as grocery shopping, pet care, or transportation. There is a rigorous matching process to ensure compatibility; after a match is made, a Living Together Agreement is drawn up and staff continue to offer ongoing support. If this sounds like something that could suit your lifestyle, find out more information on their website: <https://covia.org/programs/home-match/>.

MARIN VILLAGES PROGRAMS

Do you have a friend who would make an excellent volunteer?

Marin Villages Volunteer Recruitment Event

Wednesday, March 16, 2:00 – 3:00pm



If you have friends who are interested in helping older adults and have wanted to volunteer but can't find an organization whose assignments are flexible or rewarding enough, volunteering with Marin Villages may be a perfect fit! Please have them join us for this lively and informative Zoom volunteer recruitment event. To register, they can use this link: <https://marin.helpfulvillage.com/events/4081>

New Marin Villages Pilot Program: Stronger Memory

Informational session on Zoom

Wednesday, March 16, 3:00 – 3:30pm

Flex your memory muscle in a 12-week guided course that you can do from home! Are you intrigued? Join us at this informational session to learn more and see if it's a good fit for you. To register, use this link: <https://marin.helpfulvillage.com/events/4084-zoom-event---new-pilot-program:-%22stronger-memory%22>

Not Home Alone St. Patrick's Day Early Dinner

Thursday, March 17, 2:00 – 4:00pm

Pacific Catch, Corte Madera Town Center



Wear your favorite splash of green and follow the rainbow to the pot of gold at Pacific Catch. Join Donnalee Wells and other Marin Villagers for a St. Patrick's Day Early Dinner outside on a covered and heated patio. First come, first served, and space is limited to 20 guests. Please **bring cash** for your meal. All attendees must be COVID vaccinated. Masks required. RSVP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride. (415)-457-4633

COMMUNITY PROGRAMS

Voter's Choice Act webinar

Thursday March 10, 11:00am

Zoom

California Secretary of State Shirley Weber joins Marin County Voter Registrar Lynda Roberts to encourage community discussion and inform voters of their options for the upcoming election on June 7. To register, use this link. https://sos-ca.gov.zoom.us/webinar/register/WN_M_qR5XKLRneXsX0eXNEngw

Age-Friendly Marin Forum: Eating Well for Aging Well—Nutrition for 50+

Wednesday, March 23, 10:30 – 11:45am
Zoom

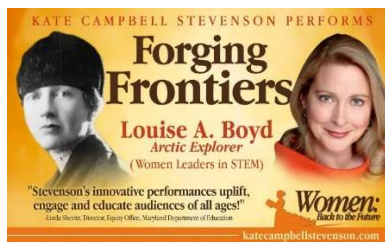
Bring your questions and your own strategies for eating well. We will help you understand how food and nutrition can impact aging, and about changing appetites and tastes. Register here to get the Zoom link.

<https://www.eventbrite.com/e/288881671857>

Forging Frontiers: Louise A. Boyd, Arctic Explorer

Wednesday, April 6, 7:00 – 8:00pm

Guzman Lecture Hall, 50 Acacia Ave., Dominican University campus, San Rafael



Marin Villages is one of the sponsors for this event! **Kate Campbell Stevenson** brings to life one of San Rafael's most prominent 20th-century citizens in her newest one-woman musical, *Forging Frontiers: Louise Arner Boyd—Arctic Explorer*. *Forging Frontiers* includes special recordings Boyd made on her

voyages—eerie and fantastical silent films featuring the crew, excursions exploring Greenland, challenging weather conditions, Arctic pack ice, glaciers, and capturing the death of an iceberg. The cost of the event is \$25 and tickets can be purchased here:

<https://www.dominican.edu/events/forging-frontiers-louise-boyd-arctic-explorer>. If you need a ride, please call the office (415) 457-4633

CHECK THIS OUT...

I've always been a cat person, no apologies. This video of **two jaguars falling in love** at The Big Cat Sanctuary in Australia was so heartwarming. https://www.youtube.com/watch?v=GAvuqF_uLNw

And if that weren't enough, those two love-cats created **this little bundle of everything**.

https://www.youtube.com/watch?v=bY4q_f1Ou88 If you have some time and are a fellow cat person, The Big Cat Sanctuary has lots and lots of videos of their cats; when on the page for this video, just click in the box below the video to the left that says "The Big Cat Sanctuary" for the full list.

Given our experience with drought, this Dutch pavilion from Expo 2020 in Dubai that **makes water from the air** is reason to have hope. Amazing innovation!

<https://www.cnn.com/travel/article/netherlands-pavilion-expo-2020-dubai-spc-intl/index.html>

Mel Brooks, interviewed recently, talks about life, love, comedy, show business, Ann Bancroft, and Carl Reiner. He's 95 and just wrote a book, *All About Me*. <https://www.nextavenue.org/all-about-mel-brooks/>

The news from Ukraine is heartbreaking right now. Here is a reminder that **Ukraine's culture and history** are deeper than war and occupation. Ukrainian Shumka Dancers performing in Alberta, Canada. <https://www.youtube.com/watch?v=oTsuN1iJduU> And one hour of aerial footage of this beautiful country, set to calming music. <https://www.youtube.com/watch?v=D7SIK16o82o>

Here's one to make you smile in a week that has had a lot of tears. Turnaround Arts is a program of the John F. Kennedy Center for the Performing Arts that works with struggling schools, infusing the arts to bolster reform efforts. **Children from multiple cultures, all in America, dancing, singing, and reminding us that we are all connected by so many things**. And the song *Love Train* isn't bad, either.

<https://www.youtube.com/watch?v=aUXSVnGsYyY>

BOOKS OR MOVIES WE CAN'T STOP THINKING ABOUT

Books



The Arctic Fury, by Greer Macallister

A dozen women join a secret 1850s Arctic expedition—and a sensational murder trial unfolds when some of them don't come back. Eccentric Lady Jane Franklin makes an outlandish offer to adventurer Virginia Reeve: take a dozen women, trek into the Arctic, and find her husband's lost expedition. Four parties have failed to find him, and Lady Franklin wants a radical new approach: put the women in charge. A year later, Virginia stands trial for murder. Based partly on real events, it's a book about strong women and a fascinating story! *Karin, Marin Villages staff* [Note: Maybe read this book and then attend the April 6 event above?]

Movies



Tick, Tick...Boom!, Netflix, Amazon Prime, Hulu

Rent was the very first Broadway musical I saw—actually on Broadway, that is—in the late 1990s. If you're a fan of Rent, Broadway, the 90s I think you'll enjoy the movie adaptation of Jonathan Larson's autobiographical musical *Tick, Tick...Boom!* Larson wrote *Rent*, but didn't live to see it open on Broadway. *Tick, Tick...Boom!* is an account (his own account) of the life he led as a young musical theater composer/lyricist/playwright in 1990s NYC. For fans of musical theater, it's worth seeing Broadway legends as simply extras in the Sunday brunch scene alone. It's directed by another Broadway legend, Lin-Manuel Miranda. (After you watch it, you're going to want to see *Rent* again.)
John, Marin Villages staff

TV



Around the World in 80 Days, PBS Masterpiece

[Anyone noticing an adventure theme in this newsletter? Totally unplanned!] Jules Verne's classic adventure novel gets a new treatment on PBS Masterpiece. As with all their shows, the cast is perfectly chosen, the production is eye-popping, and the story takes you to a different time and many different

places. This version is darker than some of the others that have been produced over the years, and doesn't shy away from world conflicts, the downside of human nature, or racism and sexism. The inclusion of a woman and a Black man in the adventure adds a wonderful depth to the story, and you will find yourself drawn to these characters and their motivations. The series has been such a hit they've planned a second season for next year with new adventures. *Danielle, Marin Villages staff*

HUMOR

When bunnies do bunny ears...



Timing. Is. Everything.



It's a matter of perspective



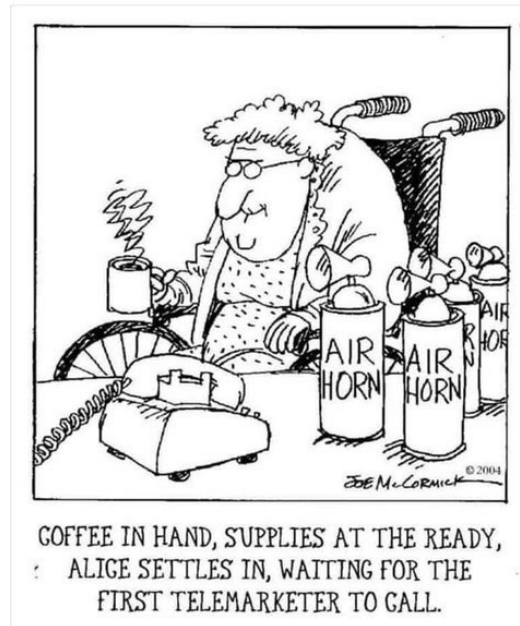
It's good to know your plants



Listen closely. Can you hear it?



When you get that spring energy vibe...



BEFORE WE GO

Does anyone NOT relate to this song about losing things (starting with our glasses)?

<https://www.youtube.com/watch?v=Ch993THMi4U>

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.

If you know someone who could use our services or is interested in volunteering with an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvilleages.org) for application forms. We always welcome donations to support our work! Please visit this link to contribute. <https://www.marinvilleages.org/pages/10049-marin-villages---donate>

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