



# Novato Village

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

## April 2022 Newsletter

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### NOVATO VILLAGE STEERING COMMITTEE SAYS...

**April showers bring May flowers...we sure could use some showers!**



**Quote of the month:** *The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled the more I gain.*

~ Susan B. Anthony

**Susan B. Anthony** (February 15, 1820 – March 13, 1906) was an American social reformer and women's rights activist who played a pivotal role in the women's suffrage movement. Born into a Quaker family committed to social equality, she collected anti-slavery petitions at the age of 17. In 1856, she became the New York state agent for the American Anti-Slavery Society.

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### WELCOME, NEW MEMBERS!

Lee Clark, Angela Vanaman, and Chris Mall

We look forward to seeing you all at an event soon!

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### NOVATO VILLAGE EVENTS

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

Here's the April 2022 calendar of Novato Village activities... details in this newsletter!

**Thursday, April 7, 9:30am – Novato Village Walkers** at McInnis Park

**Monday, April 11, 3:00pm – Novato Village Steering Committee & Program Committee**

**Tuesday, April 12, 1:00pm – Book Lovers' Group**

**Wednesday, April 13 – 11:00am – The More You Know...**about Marin Center for Independent Living [on Zoom]

**Thursday, April 14, 1:30pm – CoffeeTea&Chat**, Dr. Insomniac's, 800 Grant Ave

**Wednesday, April 20, noon – lunch at Beso Bistro**, 502 S Palm Dr

**Saturday, April 23 – Village Viewers Movie Group** – time & location TBA

**Wednesday, April 27, 4:00pm – Happy Hour at CRAVE**, 340 Ignacio Blvd

## Food & Drink

### **CoffeeTea&Chat**

Thursday, April 14, 1:30pm

Dr. Insomniac's, 800 Grant Ave, Novato

Drop in to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is **not** required. If you need a ride, contact the Marin Villages office at (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org). For more information, contact Joyce Applen at (415) 497-5095 or [joyceapplen@gmail.com](mailto:joyceapplen@gmail.com).



*Coffee or your favorite beverage at Panera in March*

### **Lunch at Beso Bistro**

Wednesday, April 20, noon – 2:00pm

502 S Palm Dr, Novato

Beso Bistro offers us outdoor seating, weather permitting, and individual checks! Hooray! Hope to see you there. Check the menu at this link: <http://besobistro.com/menu.html>

**Please RSVP by Monday, April 18** so we can tell the restaurant how many guests we'll have for seating. **RSVP:** email Joanne Keenan at [jkeen@pacbell.net](mailto:jkeen@pacbell.net) or call (415) 883-5729. Joanne

does not arrange rides. If you need a ride, contact the Marin Villages office at [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633.



*Three tables with Novato Village folks at Las Guitarras in March*

### **Happy Hour at CRAVE**

Wednesday, April 27, 4:00pm

340 Ignacio Blvd, Novato

A new spot to enjoy meeting Novato Village members, volunteers, and friends. Enjoy cocktails or non-alcoholic beverages, delicious appetizers and starters—so many choices! **Please RSVP by Monday, April 25** so we can tell the staff how many guests we'll have for outdoor seating. Also, **please plan to pay with cash**, not credit cards. These are new requests that reflect the changes restaurants have made during COVID, so we appreciate your understanding. **To RSVP**, contact Marge Jackson at (415) 892-1238 or [marge-32@hotmail.com](mailto:marge-32@hotmail.com). Marge does not arrange rides. If you need a ride, contact the Marin Villages office at (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org).



*Check out the crowd at CRAVE in March—hope to see you there in April*

### **Education & Presentations**

#### **The More You Know...about Marin Center for Independent Living**

Wednesday, April 13, 11:00am

Zoom

Learn about services Marin Center for Independent Living has to offer. When power shuts down, will your respirator or CPAC work? Will your medication that must be refrigerated stay cold? Marin CIL has help for you. Do you need safety bars or other safety modifications done in your home, apartment, townhouse, or condo? MarinCIL can assess and assist. Does your

landlord need to modify your agreement to include such safety factors? MarinCIL can help you learn how to make that negotiation. And so much more...attend the Zoom on Wednesday, April 13. The link will be sent to all members on Monday, April 11.

## Exercise

### **Novato Village Walkers—meet us at McInnis Park**

Thursday, April 7, 9:30 – 11:00am

San Rafael

We will meet at 9:30am in the parking lot and walk approximately 1 – 1 1/2 hours out to the levee and back. The trail is wide, flat, and easy, with packed soil—but little or no shade. Bring a hat and water. All are welcome. Please RSVP so we know how many walkers to expect. Call Pat Bailey's mobile phone (415) 652-9073 or email [pbailey49@aol.com](mailto:pbailey49@aol.com) to RSVP or ask any questions about the location and parking.

Directions: drive south on Hwy 101, and take Lucas Valley/Smith Ranch Road exit. Drive east toward McInnis Golf Club (approx. one mile), go over the railroad track and under the flower trellis and park in the large parking lot on the right side. This is just before the small "McInnis Golf Club" sign on the right.



*Novato Village Walkers at Rush Creek Preserve in March*

## Books

### **Book Lovers' Group**

Tuesday, April 12, 1:00pm

Sandra Levitan's home

For April we will be reading *The History of Love* by Nicole Krauss. The next meeting will be held at Sandra Levitan's home in Hamilton. The address and directions will be sent during the week before the meeting. For those who wish to get ahead, in May, we will be reading *A Woman of No Importance* by Sonia Purnell. Happy reading to you! For more information, contact Diana Shima. [dianashima3@comcast.net](mailto:dianashima3@comcast.net)



*Book Lovers' Group—enjoy a variety of books and discussions*

## Groups

### **Village Viewers Movie Group**

Saturday, April 23—time and location to be announced

In March, we saw *Cyrano*, starring Peter Dinklage and Haley Bennett. It was a wonderful love story. We were all impressed with the actors and felt drawn into the movie. The April movie will be followed by a lunch or early dinner. The movie, time, and location will be announced the Wednesday prior to the event by email. Hope to see you there. Contact Joanne Lang, with questions or movie suggestions at (916) 716-5800 or email [ilangtpa@gmail.com](mailto:ilangtpa@gmail.com).

## Village Business

### **Novato Village Steering Committee & Program Committee**

Monday, April 11, 3:00pm

Beth Livoti's home—contact Beth for the address

Please contact Beth Livoti, [llivoti@comcast.net](mailto:llivoti@comcast.net) or (415) 892-1043 for more information.

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## OTHER MARIN VILLAGES EVENTS

### **Not Home Alone Early Easter Dinner**

Sunday, April 17, 2:00 – 4:00pm

Pacific Catch, Corte Madera Town Center



All members and volunteers are welcome! Wear your favorite Easter bonnet or bunny ears and hop on over to join Not Home Alone hostess Donnalee Wells and other Marin Villagers for an early Easter dinner at our new favorite venue with an outside 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, and masks are required. RSVP ASAP to Donnalee at [donnaleewells@comcast.net](mailto: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

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## COMMUNITY EVENTS

### **Dominican University of California's Leadership Lecture—Dr. Valerie Biden Owens**

Monday, April 18, 7:00pm

Angelico Hall, Dominican University, 20 Olive Ave., San Rafael



Join Dr. Valerie Biden Owens, Joe Biden's younger sister, trusted confidante, and lifelong campaign manager, and help celebrate the release of her new memoir, **Growing up Biden**. Valerie writes of the role of family, faith, and fate in shaping her life, and the power of empathy and kindness in the face of turmoil and division. To get tickets, please use this link: <https://email.extendedsession.com/t/t-l-qajylk-zuhktedi-u/>

### **Novato Theater Company**

May 19 – June 12

5420 Nave Dr.

One of Novato Village's members, Alice Rivas, is an usher for Novato Theater Company. She's happy to share that Novato Theater Company will be offering some exciting special events with the cast. Stay tuned and check the web site [NovatoTheaterCompany.Org](http://NovatoTheaterCompany.Org).



*A Doll's House, Part 2* was nominated for eight Tony Awards. Tickets on sale soon.

Director: Gillian Eichenberger

Cast: Nora – Alison Peltz; Torvald – Mark Clark; Emmy – Jannely Calmell; Anne Marie – Shirley Nilsen Hall

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## NOVATO VILLAGE ANNOUNCEMENTS

### New members welcomed at a get-to-know-you reception on March 14

Membership Chair Marge Jackson and Steering Committee Chair Beth Livoti invited the newest Novato Village members to an afternoon tea at Beth's lovely home.



### Have some time to volunteer for our village, or know someone who does?

The Marin Villages office is doing a heroic job of matching increasing member requests to volunteers skills and availability, but could use more volunteers! If you are already a volunteer, BJ, Matt and Karin would be delighted to help match you up with the right assignments. If you or a friend are not yet a volunteer, but have a few hours a month, they would love to hear from you. They have many types of assignments, from friendly phone calls to dog walks and more. We hope you will give them a call at (415) 457-4633. Thank you!

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## AND MORE...

### Tips for Healthy Aging and Living Well Later in Life

Carbon Health Editorial Team, October 26, 2021

[This is just part of a longer blog on Carbon Health's website. To read the entire blog, including more details on the healthy tips, please visit <https://carbonhealth.com/blog-post/8-tips-for-healthy-aging>]

They're not called the "golden years" for nothing. Many people envision their 60s, 70s, and beyond as a period of fewer obligations, with more time to pursue their passions and interests — a time of self-fulfillment and purposeful engagement with the world. However, our senior years are also a time when our good health is likelier to be threatened by illness and problems (many of which are avoidable). In this post, we'll share some tips for maintaining your health into your golden years—because it's never too soon or too late to start making changes that will improve your health outlook in later life.

***Maintain a healthy diet***

A healthy diet is one that includes a wide variety of foods that nourish us and provide the proper amounts of necessary nutrients. Be sure to include fruits, vegetables, grains, protein sources, and healthy fats in your daily diet. Limit highly processed foods and foods that contain a lot of added sugar or sodium. And be sure to drink plenty of water!

***Take medications and supplements as prescribed***

Make sure to take any medications exactly as they are prescribed by your healthcare provider. If your doctor determines that your diet is lacking in a certain vitamin or other nutrient, they may also recommend supplements. Before starting to take a supplement (or making a drastic change in the way you eat) be sure to talk to your doctor about how it might affect you, as well as your health goals.

***Limit alcohol and tobacco consumption***

Using tobacco greatly increases your risk of developing many types of cancer, as well as other severe, life-threatening heart and lung conditions. If you smoke cigarettes or vape, talk to your doctor about ways to quit. It is never too late to see health benefits from quitting smoking or vaping. Also, consider limiting alcohol consumption to one serving for women and two servings for men per day.

***Stay active and exercise regularly***

Regular physical activity can go a long way in strengthening your bones, muscles, tendons and ligaments, so you can continue doing the things you want to do. Regular exercise can help seniors maintain balance and agility (thus preventing dangerous falls and delaying mobility problems) for longer. An exercise does not need to be extreme to be effective and can include activities like walking, basic strength training, or simple yoga.

***Get enough sleep***

There are many benefits of getting a good night's sleep, including balanced moods, improved cognitive function and memory performance, and cell repair. (Is sleep escaping you? [There may be a medical reason.](#))

***Stay connected with friends and family***

Connecting with loved ones can ward off feelings of loneliness and isolation, improving mood and mental health.

***Do something meaningful each day***

Maintaining a sense of purpose can get more complicated as we age—as change accelerates and losses add up. But studies show that this is a defining feature of both physical and mental health for seniors. (Learn more about [maintaining meaning, purpose, and mental health as you age.](#))



***Maintain an open and honest relationship with your primary care provider***

It is important to schedule routine checkups and screenings as you age, since specific health risks arise at various points in life. Routine checkups can help prevent serious health issues and extend your physical well-being. (Learn more about [what to expect at a yearly medical exam](#).)

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## HELP US HELP OTHERS

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.marinvillages.org](http://www.marinvillages.org)) for application forms. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marinvillages---donate> to contribute.

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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)