

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

April 2022



April showers? Only a few so far. But in our sunny, early-spring part of the world the flowers are definitely showing themselves, giving us all a new reason to smile. Is there anything more hopeful than watching leaves unfurl, flowers bloom, and nature seem to be waking from a long slumber? Whether you find your nature outside your window, surrounding you in a garden, or on walks or hikes, enjoy the restorative power of lingering glances or a long immersion in the natural world. The health benefits are many and proven. Happy April! *Danielle Farley, editor*

MARIN VILLAGES NEWS

A very happy birthday to our April nonagenarians



Our 90+ club is going strong! Welcome to the club this month, **Ginny Doyle**. Also celebrating their big days in April: **Solweig McStay** turns 91; **Odine Beattie** and **Mary Vezie**, 92; **Mary Levin** rings in 94; **Laurel Feigenbaum** is 95; and **Chris Vonk** turns 96. We wish you all wonderful celebrations!

AgeSong Marin

One of the many wonderful benefits of membership in Marin Villages is the chance to participate in **AgeSong Marin** discussion groups. These groups provide conversation and connection for seniors who wish to explore life's "third act." Our stories help us understand the change between who we were, and who we are now. Sharing our history makes sense of our lives and helps us see patterns which may integrate our life experiences. Marin Villages has run two groups and a third one will be starting in June. To quote one participant: "AgeSong was a lovely way to connect with other Villagers. I found the topics and the sharing to be thought provoking and enriching." For more information about AgeSong, please visit <https://www.agesongmarin.org>. To register for the program call AgeSong at (415) 491-5726 and mention that you are a Marin Villages member. This program is free for members due to a generous grant from the Belvedere Community Foundation.

Cuddle a dog, virtually!

Virtual Cuddle Club

Tuesday, April 26, 2:30pm

Zoom



Muttville, a cage-free senior dog rescue in San Francisco, invites all Marin Villages members to join in their Virtual Cuddle Club (VCC) to get a sneak peek at dogs in their adoption program! Whether you are considering adding a furry friend to your life or just want some heartwarming moments with lovable canines, join the next VCC on Zoom at the link below. The photo above is all actual dogs in their program. Pretty hard to resist, no? Zoom link: <https://us02web.zoom.us/j/81707851713>

Support for returning to the workforce

If you are considering looking for employment but are not sure how to start, Felton Institute has a job-readiness training program for low-income people 55 and older in Marin County and San Francisco. They begin by paying a training stipend of \$16.32/hr. for 12 hours a week of part-time community service training positions with nonprofit or government agencies. In addition, participants can take available courses, attend workshops, take full advantage of resources, and obtain specialized certificates, all while Felton Institute assists you in applying for employment outside of the program. To

apply, send your resume to scsep@felton.org. For questions, email scsep@felton.org or call (415) 474-7310 and ask for SCSEP.

A big thank-you

Marin Optometry recently generously donated 50 eyeglass cleaner solutions and cleaning cloths for our New Member Welcome Bags. Thank you so much for the thoughtful gift for our newest members!

The Thrift Boutique Pop-up Shop returns this fall!

We're waiting for confirmation on the exact date, but it's looking like early October at Northgate Mall again. Soooo... spring cleaning, anyone? If yes, please set aside gently loved items for Marin Villages. We are already planning in earnest and expect to begin collecting your donated treasures in July. We raised over \$25,000 last year through this effort!

COVID BOOSTER UPDATE

The second booster (also being called the fourth dose) of the COVID vaccine is here. But should you rush to get it? According to Marin County Public Health Officer Matt Willis in the video below, that depends. Please watch his four-minute explanation of whom the County is recommending get the second booster now, who can wait, and why it's not a great idea to wait for the next variant or surge to get the booster. Note that being fully vaccinated and having one booster means you are still well protected, but there are situations where the County is recommending you get the second booster now (being over age 65, having a chronic medical condition, etc.).

<https://www.youtube.com/watch?v=nf7Nx-7J2bo>

MARIN VILLAGES PROGRAMS

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. Please **bring cash** for your meal. All attendees must be COVID vaccinated, and masks are required. RSVP ASAP 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

Health & Fitness for Life!

Monday, May 3, 11:00 – noon

Zoom



Join Taylor Lewis and fellow Marin Villages members to learn ways to optimize your physical activity to feel better, move with fewer restrictions, and improve your quality of life. This discussion will give you insight into the foundations of strength, endurance, and flexibility. While regular physical activity and exercise should be customized based on the individual and their unique abilities and goals, you will get exercise strategies to consider that you can implement within the comfort of your own home or in your local gym. Taylor is a San Rafael-based personal trainer and doctoral candidate specializing in health and human performance for older adults. To register, use this link:

<https://marin.helpfulvillage.com/events/4230>

COMMUNITY PROGRAMS

Voter's Choice Act Educational Workshop

Thursday, April 14, 5:00 – 6:00pm

This virtual community workshop will help voters understand new services under the Voter's Choice Act (VCA). One primary change under VCA is a switch from Election Day polling places to multi-day, regional vote centers at spots around the county. Register here:

https://zoom.us/webinar/register/WN_3XDf_n3TQAuFDo3EzUYRQQ

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-gajylk-zuhktedi-u/>

Age-Friendly Marin Forum—Driving: An Intergenerational Dilemma for Us All

Wednesday, April 27, 10:30 – 11:45am

Owning and driving a car have been all-American obsessions, seen as our path to independence. We will explore why we drive and how we can creatively approach our mobility options. You will learn the warning signs of unsafe driving and when it might be time to stop it all together. Because of aging and the climate crisis, let's dive deep into our choices and options to get out and about in the world.

Register here: <https://www.eventbrite.com/e/314768138977>

Marin County Commission on Aging Forum

Thursday, May 5, 10:00 – 11:00am

Come hear program progress updates on the **California Master Plan for Aging** and the **Marin Area Agency on Aging Plan**. Marin County's Area Plan is filed with the California Department of Aging and receives funding from the State for nutrition and meal programs, transportation, fall prevention programs among many others. The California Master Plan serves as a blueprint for government at all levels to build environments that promote an age-friendly California. This forum will discuss broad goals and the local resources.

Zoom link:

<https://us06web.zoom.us/j/83820291566?pwd=a1ZTUE9Mc0ZMVGRmcWRKTUYvdIZOQT09>

Meeting ID: 838 2029 1566; Passcode: 662153; Call-In: (669) 219-2599

CHECK THIS OUT...

Museum security guards spend more time with the art they watch than anyone. The Baltimore Museum of Art saw this as a wonderful opportunity to have seventeen of their guards curate a **unique exhibit**. <https://www.cnn.com/style/article/baltimore-museum-guards-exhibit-trnd/index.html>

It seems that most of our lives we internalize the message that doing nothing means we're being lazy. The truth is that doing nothing for at least part of the day has **tremendous mental health benefits**. <https://www.nextavenue.org/the-mental-health-benefits-of-doing-nothing/>

Can you help but love a **hippo and rhino friendship**? Even if it means the hippo thinks he's a rhino and needs hippo lessons... <https://www.youtube.com/watch?v=DvdfMYWmhSs>

This lovely trio from Georgia, **Trio Mandili**, has captivated imaginations around the world, singing songs from their culture while walking around the countryside filming themselves and life around them. https://www.youtube.com/watch?v=nyLRfKJ86_M

Here's a song that needs no introduction. The Andrews Sisters singing **Boogie Woogie Bugle Boy** in the movie *Buck Privates* (fun fact: this film was Abbott & Costello's first big box-office hit).

<https://www.youtube.com/watch?v=8of3uhG1tCI>

These **kids and their singing and dancing** bring an instant smile to my face. And the message to never quit is something we all need at times. <https://www.youtube.com/watch?v=teQD7xclmT8>

The **dinner roll dance** from Charlie Chaplin's movie, *The Gold Rush*? Classic. I first saw this as a child (when the film was already 50 years old) and have never, ever forgotten it.

<https://www.youtube.com/watch?v=4DLdMa98JdM>

BOOKS, MOVIES & TV WE CAN'T STOP THINKING ABOUT

Books



Taste, by Stanley Tucci

Stanley Tucci's memoir about growing up in an Italian-American family, eating better than any of his friends, and carrying that love of all things food into his adulthood will make you both nostalgic and hungry. He spins tales of meals that seared themselves in his memory, people who shared food and knowledge with him, and family love and loss. For those of you who saw his film *Big Night*, he includes the recipe for timpano (!), the centerpiece of the film's climactic meal and his family's Christmas Day feast each year. But equally delicious-sounding and far less work are recipes from his parents and grandparents, as well as his definitive formulas for drinks like Negronis and Martinis. It's funny and personal, and should not be read on an empty stomach. *Danielle, Marin Villages staff*

TV



Inventing Anna, Netflix

A journalist with a lot to prove investigates the case of Anna Delvey, the Instagram-legendary German heiress who stole the hearts of New York's social scene and stole their money as well. But is Anna New York's biggest con woman or is she simply the new portrait of the American dream? Anna and the reporter form a dark, funny love-hate bond as Anna awaits trial and our reporter fights the clock to answer the biggest question in NYC: who is Anna Delvey? The series is inspired by the New York Magazine article "How Anna Delvey Tricked New York's Party People" by Jessica Pressler, who also serves as a producer. *Karin, Marin Villages staff*

Movies



Belfast, Amazon Prime, Apple TV+, YouTube

Kenneth Branagh wrote and directed this semi-autobiographical film, which chronicles the life of a working-class family and their young son's childhood during the tumult of the late 1960s in the Northern Ireland capital. Seen from the perspective of a nine-year-old boy, it's an uplifting reminder of the power of childhood, when anything is possible, tempered with the brutal realities of The Troubles. In addition to stellar acting (Judi Dench, Jamie Dornan, Caitriona Balfe, and lovely Jude Hill as Buddy), the film is beautifully shot and manages to find a balance between the terrors of events that are out of our control and the power and solidity of love and family. *Danielle, Marin Villages staff*

HUMOR

Engaging in a little April showers wishful thinking...





BEFORE WE GO

The award-winning animated short **Snack Attack** deftly deals with perceptions, stereotypes, and inferences that we all make, at all stages of our life. A gentle reminder we can all use!

https://www.youtube.com/watch?v=38y_1EWIE9I

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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