



THE VILLAGE SQUARE

A monthly gathering place for all our news

May 2022



Happy May! Have you been enjoying the flowers? Taking time to stop and smell the roses is more than an age-old saying. The mental and physical health benefits are major! See the article below about forest bathing, which is one of the current terms used to extoll the healing benefits of nature. There is plenty going on in the world that we can't control, but we can help ourselves in little ways and big. And when it's more than you can do for yourself, Marin Villages is there to support you, so please contact us if you need something that one of our marvelous volunteers can provide! It takes a village (and maybe a forest, too, but at least we can start with a village). *Danielle Farley, editor*

MARIN VILLAGES NEWS

A very happy birthday to our May nonagenarians



Our illustrious group for May includes newest 90+ club member **Jean-Marie Campbell**—welcome to the club! **Ginna Fleming** turns 91 this month; **Eleanor Siperstein** hits 93; **Cyril Beattie**, 94; and **Nan Black** reaches **99**! Sending you all our best wishes.

Our Annual Fund Spring Campaign has begun!

We've launched our Annual Fund Spring Campaign and there is much to support! In addition to new members and new programs, we are offering most of our favorite events in-person again—coffees, happy hours, lunches, book discussions, film previews, support groups, visits to cultural attractions, and learning sessions—and in April we completed over 800 volunteer requests. We have started a new Stronger Memory pilot project and are working on ones about protecting from fall hazards and online scams. Please consider a gift of any size that will be put to good use immediately! This link allows you to donate online, https://marin.helpfulvillage.com/fundraising_campaigns/11-annual-fund-spring-2022-campaign or you can call the office at (415) 457-4633. Thank you!

A request for when requesting rides...

To all of our wonderful members—a gentle reminder that we need **at least 3 business days' notice** for all ride requests. In fact, **the more advance notice you can give us the better**. So please, let us know as soon as you can. The sooner you let us know, the better chance you have of getting yourself a ride. Thank you!

The Pop-up Thrift Boutique is coming this fall

The fabulous Pop-up Thrift Boutique is happening again this fall, in early October. We will start collecting gently loved items sometime in July, so until then, please put aside any items that are ready for a new home! We'll be collecting women's, men's and kid's clothing, shoes, jewelry, artwork, games, sports equipment, kitchenware, home decor, collectibles and more.

Personal COVID supplies available in the office



We have received a generous donation from MARIN VOAD in collaboration with the County of Marin of COVID test kits, KN90 masks, and hand sanitizer. These are available to all members and volunteers for free at our office Monday – Friday, 9:00 – 5:00. Please call the office to let us know that you will be stopping by to pick up your supplies. (415) 457-4633

Hitting 100—members, that is!

San Rafael Village has reached a centenary of sorts! Congratulations on crossing the 100 mark with the newest members last week. Let's keep the momentum going!

The County wants your thoughts

The County of Marin is updating its website and wants to make it as user-friendly as possible. They are asking that everyone who can please fill out an online questionnaire to tell them how they can help make their site the best it can be for us all. Please use this link to fill it out.

<https://www.marincounty.org/redesign/done-doing-updates/ddupdate04282022> As an incentive, they are offering the first 250 people a \$15 Target gift card for doing the survey!

COVID UPDATE

We have seen how effective the COVID vaccine has been in reducing the number and lessening the severity of cases, and now there are new treatments available for those who do get COVID. Per Marin County Public Health, oral antiviral treatments for COVID-19 are increasingly available in Marin County by prescription from a healthcare provider. MCPH recommends that **residents who are higher risk for serious outcomes** (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>) **should have home test kits available and test promptly for any COVID-19 symptoms and if positive, reach out to their medical provider to discuss a possible prescription for oral antiviral medication.** Medical providers across the county are equipped to review with patients whether treatment is indicated and prescribe medication in one of several Marin pharmacies that carry COVID-19 treatment. Both testing and treatment are time-sensitive to be fully effective.

MARIN VILLAGES PROGRAMS

Bocce Ball

Friday, May 27, 1:15 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Join us for some fun and exercise—and friendly competition! No prior bocce experience necessary, just soft-soled shoes and your presence. It's easy to learn the game, and equally easy to have a great time.

Staying Fit to Drive, with Dr. Wynn Canio

Tuesday, May 31, 4:00 – 5:00pm

Zoom



Driving is a major component of independence and critical in our spread-out communities where little is within easy walking distance. We all want to drive safely as long as we can, so this session will discuss medical conditions that affect driving, and what to do if you find yourself experiencing one of these conditions. Join us and learn more about this topic that affects every one of us! Register here: https://marin.helpfulvillage.com/events/4353-zoom-event-with-dr_-wynn-canio---%22staying-fit-to-drive%22

Estate Planning and Planned Giving

Thursday, June 2, 10:00 – 11:00am

Zoom

Join us to hear tips on estate planning and planned giving from an expert. Many of you have done estate planning but may be interested in knowing whether and/or what to update; others may want to learn how to get started. But it's something we keep putting off! Our speaker is Ashley Garvey, an associate attorney with Perkins Coie, where she advises clients in the areas of tax and estate planning, probate, and trusts. She'll address any of your general questions and touch on advance directives, powers of attorney and others, time permitting. This is a great place to start or update your planning!

Register at this link: <https://marin.helpfulvillage.com/events/4354-estate-planning-and-planned-giving-with-attorney-ashley-garvey>

COMMUNITY PROGRAMS

End of Life Care at the End of Life and Dignity in Death

Monday, May 16, 4:00 – 5:30pm

Campbell Hall, 70 Santa Rosa Ave, Sausalito

Dr. Louise Aronson, author of the bestseller *Elderhood*, has prepared a special talk combining two major topics: *End of Life Care at the End of Life* and *Dignity in Death*. The facts of death in old age speak to different standards of care and attention to dying for older people, even as our country purports to have a single, universal approach. Polls find large gaps between what people want at the ends of their lives and what they get. This presentation is part of the Sausalito Village program, Being Mortal 2.0.

Register now at <https://sausalito.helpfulvillage.com/events/3346>.

Age-Friendly Marin Forum: Updates on the Marin County Area Plan and the CA Master Plan for Aging

Wednesday, May 25, 10:30 – 11:45am

Zoom

Join us to hear about the goals of the Marin County Area Plan, including actively advocating for the needs of older adults; improving access to information, assistance, and resources; promoting and leading efforts that create and maintain age-friendly, livable communities in Marin; and more. You can register at this link: <https://www.eventbrite.com/e/updates-on-the-marin-county-area-plan-and-the-ca-master-plan-for-aging-registration-329046526017>

Marin County Commission on Aging Forum: On the Road to 100! Meeting the Challenges of Longevity

Thursday, May 26, 10:00am – 2:00pm

The Key Room, Homeward Bound, 1385 North Hamilton Parkway, Novato

Aging is changing and it is changing California. The policies and investments we make today determine our future. Healthcare is not paying for the cost of aging and housing models have not kept up. Join us and help create a future that realizes the potential of living longer for generations to come. Lunch is provided by the chefs at the Fresh Starts Culinary Academy. *This is an in-person event and proof of vaccination is required.* Register and purchase tickets here:

<https://www.eventbrite.com/e/on-the-road-to-100-meeting-the-challenges-of-longevity-tickets-327414123457> If you need a scholarship, please call (415) 987-7023.

Vivalon Healthy Aging Center is open!

Check out the many classes, including *Talking Tech 4 Seniors* and in-person computer tutoring. Also, you can meet friends for lunch in the café. <https://vivalon.org/calendar/>

The YWCA has employment services and classes for you!

Whether you are interested in working for yourself or others, the YWCA has free classes and services for people 50 and over. If you are interested in working for yourself, this AARP/YWCA class might help (<https://marin.helpfulvillage.com/documents/5114/download>). If considering a job search and employment past 60, see this flyer (<https://marin.helpfulvillage.com/documents/5112/download>). This last flyer lists multiple classes they offer for older adults considering re-entering the workforce, including tech skills. (<https://marin.helpfulvillage.com/documents/5113/download>)

CHECK THIS OUT...



Have you been to the library lately? Libraries are a wonderful community resource, a treasure trove of useful information, great reading, free museum passes, access to newspaper subscriptions online, places to sit and read or relax, and classes. And almost all of it is available at no cost! If you haven't checked out your local library lately, see the list below for websites and just a sampling of their special features and things you might want to check out, in addition to, of course, the BOOKS! Many of the programs and resources are available online, as well as in-person. As a resident of Marin, you can access all the public libraries in the county.

Belvedere-Tiburon Library (<https://www.beltiblibrary.org/>)

Chess club, book clubs (Great Books, anyone?), phone and tablet use workshops, museum passes

Corte Madera Library (<https://marinlibrary.org/locations/MM/>)

Online workshops and events (poetry, backyard birds, book clubs), chair yoga for older adults, computers, printers, scanners

Fairfax Library (<https://marinlibrary.org/locations/mf/>)

Chair yoga for older adults, fabric and fiber makers' club, events for older adults, exhibits in their gallery space, and even a seed exchange!

Larkspur Library (<https://www.ci.larkspur.ca.us/296/Larkspur-Library>)

Book club, book lists, online learning resources (new language, perhaps, or a history refresher?), computer use, printing

Mill Valley Library (<https://millvalleylibrary.org/>)

Book clubs, writing workshops, computer classes, poetry workshops

Novato Library (<https://marinlibrary.org/locations/mn/>) and **South Novato Library** (<https://marinlibrary.org/locations/MH/>)

Spanish conversation groups, museum passes, computer use, printers, scanners

San Anselmo Library (<https://www.townofsananselmo.org/133/Library>)

Book bundles (you fill out a preference form and the magical librarians choose four or five books for you to take home—perfection), Art Talk Tuesday, discussion groups, lifelong learning

San Rafael Library (<https://srpubliclibrary.org/>)

Technology and art talks, book clubs and book club book lists, California State Park passes, Memory Lab (to create digital copies of your treasured photos, slides, negatives, and documents)

As you can see, there is something for just about everyone. And this list only scratches the surface! Contact your local library, or one further afield, to see how you can enjoy their services.

You've probably heard the term **forest bathing**, a practice that has been shown to improve physical and mental health, and is prescribed for stress-related conditions in Japan. This article shows you how you can incorporate the health-promoting aspects of forest bathing into your day, indoors or outdoors, no matter where you live. <https://www.cnn.com/2022/04/22/health/forest-bathing-wellness/index.html>

Switzerland Tourism smartly hired Swiss tennis legend Roger Federer to promote tourism to the country, and he teams up with **Robert DeNiro** (<https://www.youtube.com/watch?v=wXcBGfXXL4w>) and **Anne Hathaway** (<https://www.youtube.com/watch?v=lyhpSZBuYoE>) in a couple of hilarious ads. As if I needed a reason to want to travel to Switzerland...

What happens when you stuff four Broadway stars into a car with James Corden? **Broadway Carpool Karaoke**, of course! Lin-Manuel Miranda, Audra McDonald, Jesse Tyler Ferguson and Jane Krakowski

sing some classic Broadway songs from *Les Miserables* and *Hamilton*. And of course James Corden gets into the action. <https://www.youtube.com/watch?v=YshgmStEZh0>

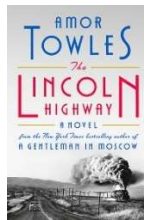
The Oscar-winning Pixar short **Bao** speaks to many truths about growing up, parenting, and aging. Touching, relatable, and hopeful. <https://www.youtube.com/watch?v=f5CcgFTO274>

This video made my hands sweat—watching **ibex scale a nearly vertical dam** to get the nutrients they need from the water running over the stones and concrete.
<https://www.youtube.com/watch?v=RG9TMn1FJzc>

Sweet **Olive and Mabel**, the lovely labs of Scottish sportscaster Andrew Cotter, join him on a Zoom call to discuss how business is going. https://www.youtube.com/watch?v=nFVHaus_pjl

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

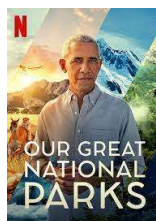
Books



The Lincoln Highway, by Amor Towles

In June, 1954, eighteen-year-old Emmett Watson intends to take his eight-year-old brother, Billy, and head to California where they can start their lives anew, after losing both parents and their farm. But two friends show up who have hatched an altogether different plan for Emmett, one that will take the four of them on a fateful journey in the opposite direction to the city of New York. The wonderful cast of characters and vivid snapshot of life in 1950s America for those on the fringes make for a terrific read. The pages fly by, and you'll find yourself caring deeply about what is going to happen to each character by the book's end. *Danielle, Marin Villages staff*

TV



Our Great National Parks, Netflix

Narrated by former President Barack Obama, this stunning docuseries shines the spotlight on some of the planet's most spectacular national parks. There are only five episodes, each of which is a treasure both in the content and photography. What I appreciated is the hopeful aspect of the narration and the life-giving breath of the parks. *Sue Steele, Mill Valley Village*

Movies



House of Gucci, Amazon Prime Video

Based on the 2001 book *The House of Gucci: A Sensational Story of Murder, Madness, Glamour, and Greed* by Sara Gay Forden, the movie tells the tale of Patrizia Reggiani's rise from secretary in her father's trucking business to the powerful wife of a Gucci heir. Lady Gaga embodies the role of a woman whose motivations shift as her life evolves, first seemingly in control of her situation and then increasingly out of control, but desperately trying to wrestle it back. Terrific acting—though also criticized as campy by some—by a stellar cast (Adam Driver, Al Pacino, Jared Leto, Jeremy Irons) keeps the movie rolling to its tragic conclusion. This view of a major fashion house before celebrity worship and creative director Tom Ford catapulted it into popular culture induces both fascination and a bit of wistfulness for a more low-key past. *Danielle, Marin Villages staff*

HUMOR

The great outdoors

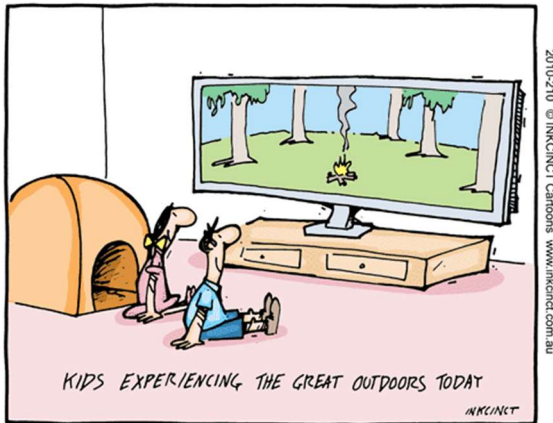
Are you Team Indoors or Outdoors?



It's important to get out there...



Yeah, but the marshmallows just don't roast the same



Hmmm...



BEFORE WE GO

Irving Berlin had it right—we all need a little sunshine!

https://www.youtube.com/watch?v=q_4CgHT95-E&list=RDA2oVx_Bgux4&index=5

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.

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