



THE VILLAGE SQUARE

A monthly gathering place for all our news

June 2022



The quote below was sent to us in the office. Happy June and happy beginning of summer!

"I asked an elderly man once what it was like to be old and to know the majority of his life was behind him. He told me that he has been the same age his entire life. He said the voice inside of his head had never aged. He has always just been the same boy. His mother's son. He had always wondered when he would grow up and be an old man. He said he watched his body age and his faculties dull but the person he is inside never got tired. Never aged. Never changed. Our spirits are eternal. Our souls are forever. The next time you encounter an elderly person, look at them and know they are still a child, just as you are still a child and children will always need love, attention and purpose."

~ Author Unknown

MARIN VILLAGES NEWS

A very happy birthday to our June nonagenarian



In a first since *The Village Square* started, we have only one 90+ birthday this month—**Barbara Kvam** turns 93! Happiest of celebrations, Barbara!

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.

Who are these people?



The **Marin Villages staff** rarely gets to be in the same place at the same time, between those who work at home and those who work both in the office and at home for either space or COVID reasons. But every now and then we do get to be together, such as at this birthday celebration for BJ a couple of months ago. From left to right: John, Karin, Matt, Danielle, and BJ. Now you know!

CalFresh

CalFresh, known federally as the Supplemental Nutrition Assistance Program or SNAP, provides monthly food benefits to individuals and families with low income. CalFresh benefits can help buy nutritious foods for a better diet, and stretch food budgets. The amount of benefit a household receives is dependent on household size, countable income, and monthly expenses, such as housing and utilities. To apply, go to www.getcalfresh.org.

Our Annual Fund Spring Campaign is still going!

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!

COVID UPDATE

The surge in COVID cases in the county is still going strong. In this video, Dr. Matt Willis explains the current surge, how the virus is evolving, and steps we can take to protect ourselves. Not surprisingly,

masks, vaccines/boosters, and testing remain our best defenses. Watch this five-minute video here:
<https://www.youtube.com/watch?v=qg558KV9qDo&t=2s>

Home test kits available for free!

Once again, the US Government will mail you free test kits, up to eight of 'em! If you fill out the form at the link below, they will be mailed to you at no cost, and should arrive at your house within a week.

<https://www.covid.gov/tests> A very good thing to have on hand!

Marin Villages has also 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

MARIN VILLAGES PROGRAMS

RESCHEDULED: What are You Doing about Estate Planning?

Wednesday, June 15, 10:00 – 11:00am

Zoom



This was rescheduled due to presenter illness, so there is still time to sign up! 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. 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/4450-zoom-event---estate-planning-and-planned-giving-with-attorney-ashley-garvey>

Fathers And Others Day Not Home Alone

Sunday, June 19, 2:00pm

Pacific Catch, 133 Corte Madera Town Center



Let's celebrate the "Pop stars" in our lives! Fathers, uncles, grandfathers and others. All members and volunteers are welcome! Join Not Home Alone hostess Donnalee Wells and other Marin Villagers for an early Fathers and Others Day dinner. 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 or text or call (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride. (415) 457-4633

Bocce Ball

Friday, June 24, 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.

A Celebration of Creativity

Sunday, August 21, 2:00 – 4:00pm

Scout Hall, 30 Mountain View Ave., Mill Valley



Mark your calendars! Mill Valley and Tiburon Peninsula Villages have joined forces to plan a "Celebration of Creativity" this summer. Between their two villages they have a truly amazing roster of talented artists and writers who will be displaying a rich variety of paintings, ceramics, photography, fabric art, sculpture, books and more. Please feel free to invite family, friends and neighbors. Carpools are encouraged.

COMMUNITY PROGRAMS

Driving Under the Influence of Dementia

Thursday, June 16, 10:00 – 11:30 am

The Redwoods, 40 Camino Alto, Mill Valley

This one-hour presentation focuses on the role dementia, memory and executive functioning play on older driver safety. The presentation is supported by current-day, real-life examples as well as academic studies that confirm the correlation between cognitive decline and older driver safety. This event will be held in-person and simultaneously on Zoom. To attend on Zoom:

<https://us02web.zoom.us/j/94879159054?pwd=Y0NzME9Zb2xuUGlybmdSdnFiUFJlOZ09>

Meeting ID: 948 7915 9054

Passcode: 3kbedP

Marin Library: Long COVID—An Overview

Thursday, June 16, 7:00 – 8:00pm

Zoom

Between 10-30% of people who get COVID develop long-term symptoms, known as Long COVID. This presentation will cover the basics of Long COVID: its symptoms, prevalence, and research done to date. It will cover promising treatments and give recommendations for what to do if you or a loved one has Long COVID. To register: <https://tinyurl.com/yckjecmd>

B Street Walking Tour

Saturday, June 18, 10:00am

Meet at 1125 B Street, San Rafael

We think of Fourth Street as the main street of San Rafael, but that wasn't always the case! In the 1880s it was a cattle run and B Street was the lively main street of town. This tour will revisit the past of San Rafael's businesses, resorts, and stables, talking about train depots, schools, saloons, elegant houses and the colorful other side of the tracks. There is a \$10 fee. Please contact Marcie Miller with any questions. Marcie3587@gmail.com

Age-Friendly Marin Forum: Is Cannabis Right for Me?

Wednesday June 22, 10:30 – 11:45am

Online event

With growing interest in its potential health benefits, marijuana use is becoming more common among older adults. UCSD School of Medicine researchers report that older adults use cannabis primarily for medical purposes to treat a variety of common health conditions, including pain, sleep disturbances and psychiatric conditions like anxiety and depression. Register at

<https://www.eventbrite.com/e/348939205557>

Summer concerts in the garden

Every Thursday in July, 5:00 – 7:00pm

Marin Art & Garden Center



Go to the Marin Art & Garden Center every Thursday in July for some feel-good music on the lawn! There will be food, drink, and special events each week. Click here to check out the bands:

<https://maringarden.org/summer-concerts-2022/>

Vision Impaired of Marin

Vision Impaired of Marin offers many different events and groups! See below for a few, and check out their website for more information. <http://www.bvim.org/> To participate in any of these events, contact them at (415) 459-5066 or info@bvim.org.

Talking Books Club

Friday, June 17, 10:00 – 11:30am

San Rafael Commons Lounge, 302 Fourth Street, San Rafael

Join us in a comfortable, fun atmosphere. Come with a book title, and we will vote. Books will be ordered through the National Library Service for the Blind and be delivered to your home. We can assist in registration for free audio books and a free talking books device.

Entertainment offered by Bread and Roses

Wednesday, June 22, 11:00am – noon

Zoom

Anyone who is vision impaired and their caregivers are welcome.

CHECK THIS OUT...

Queen Elizabeth celebrated 70 years on the throne last week, and no matter how you feel about royalty, it was quite something to see an entire country celebrate over several days. The celebrations went so far as **lighting up Stonehenge** with images of her over the years.

<https://www.cnn.com/style/article/stonehenge-queen-elizabeth-platinum-jubilee-2022/index.html>

And this monarch really does seem to have a great sense of humor. This spot was also done for the jubilee—**Paddington Bear and the Queen having tea**. I always wondered what was in her purse.

<https://www.youtube.com/watch?v=ZZRP70zMHgo>

Which brings me back to the **2012 Olympics opening ceremony**, where she appeared to jump out of a helicopter and into the opening ceremonies with none other than Daniel Craig—Bond, James Bond.

<https://www.youtube.com/watch?v=1AS-dCdYZbo>

It's June, which means the travel bug is hitting. After two years of little travel it's easy to remember all the well-known places we love, but here is a list of **lovely lesser-known (and less-crowded!) spots** in the US that merit a look as we make future travel plans. <https://www.nextavenue.org/5-sites-for-pandemic-sore-eyes/>

And speaking of travel, who wouldn't want the monotony of airport waiting rooms interrupted by a **surprise opera performance**? https://www.youtube.com/watch?v=mB_pZmmyTiE

Then there is this ever-happy group of **musicians on the streets of New Orleans**.

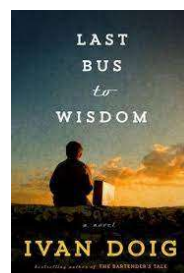
https://www.youtube.com/watch?v=_ZdMxFiUf9Q

Circling back to an article from a few months ago about the first all-black climbing team attempting to **climb Mt. Everest**, they made it to the top! Here is an interview with their eldest member, who at 62 achieved an amazing feat at any age.

<https://www.npr.org/sections/goatsandsoda/2022/05/21/1100363030/meet-the-cool-62-year-old-kenyan-on-first-all-black-team-to-summit-everest>

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

Books



Last Bus to Wisdom, Ivan Doig

Ivan Doig's last book is the tale of a boy who in 1951 is shipped off to his great aunt's in Wisconsin on a Greyhound bus when his grandmother needs surgery, and when that doesn't work out, ends up on an even more epic adventure back home to Montana with a stowaway—his great-uncle Herman the German. With lovely language and wonderful adventures, this story captivates and has you cheering for Donal and Herman as they experience the American West and its many colorful residents.

Danielle, Marin Villages staff

TV



We Own This City, Streaming on HBO Max

Based on the book *We Own This City: A True Story of Crime, Cops and Corruption* by Baltimore Sun reporter Justin Fenton, this gritty drama chronicles the rise and fall of the Baltimore Police Department's Gun Trace Task Force. It exposes the corruption and moral collapse that befalls an American city in which the policies of drug prohibition and mass arrest are championed at the expense of actual police work. This limited series is more important than ever, and helps us to continue to reflect on how we can improve policing in this country, while also accepting how they've failed us as citizens in the past and present. A must watch for those interested in examining the current state of America's justice system, warts and all. *Matt, Marin Villages staff*

Movies



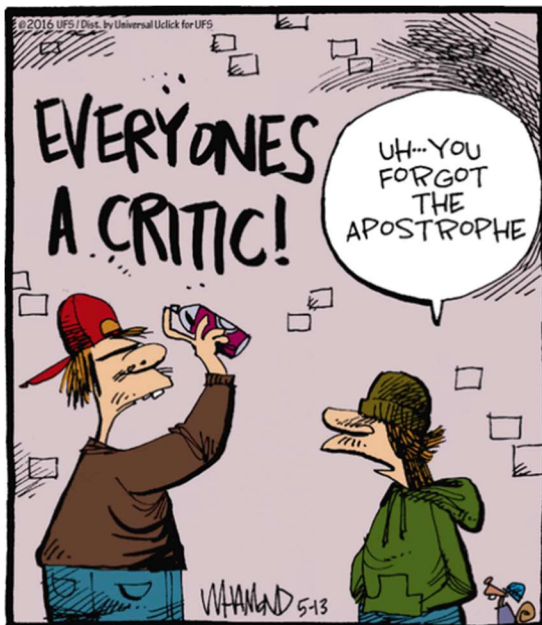
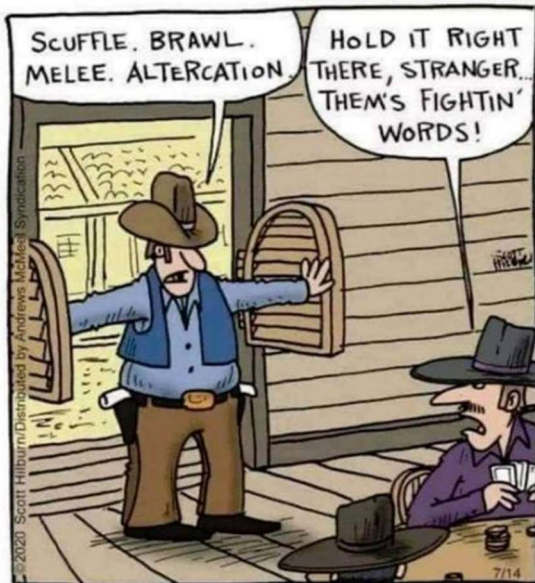
We Feed People, Disney Plus

If you haven't heard of Chef José Andrés and World Central Kitchen, prepare to be amazed. This documentary by Ron Howard shows how Andrés went from being a celebrity chef to starting an incredible international nonprofit. World Central Kitchen's mission is simply to feed people, but especially people in the middle of natural and man-made disasters. They are currently cooking one million meals a day in and around Ukraine to help the Ukrainian people, and have been there since the

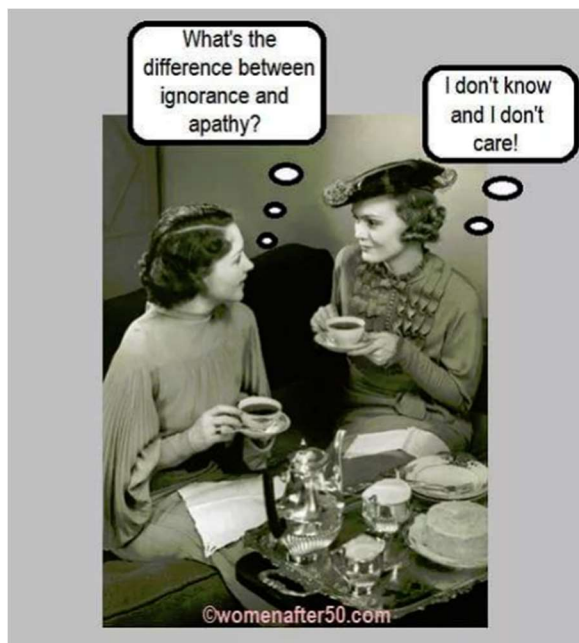
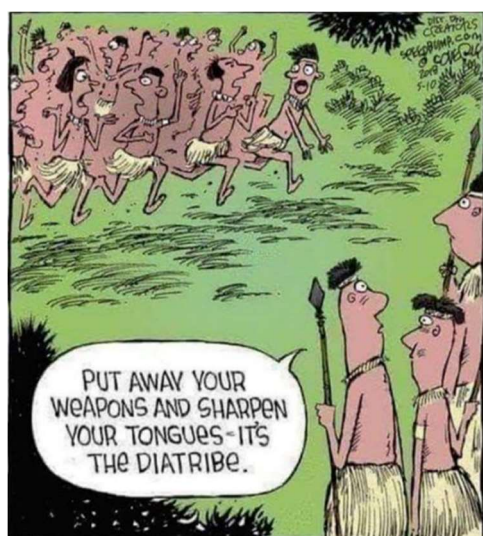
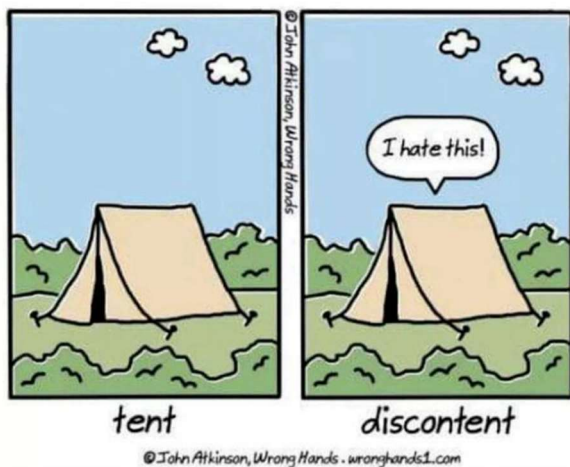
day after the invasion started. This is a story of a man who refuses to think things are impossible, and who defies a lot of odds to get delicious, nutritious food to people at dire times in their lives. *Danielle, Marin Villages staff*

HUMOR

The fun of language



DOWNTON TABBY



BEFORE WE GO

Kudos to this group of fifth-grade boys for coming up with the idea of doing **synchronized swimming without water**, choreographing a routine, and then getting it so right in their school talent show.

<https://www.youtube.com/watch?v=S59NCvIUfng>

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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