

# Ross Valley Village

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

## October/November 2022 Newsletter

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Hello wonderful Ross Valley Village members and volunteers,

Earlier this month we held our Lunch for Eight event at Insalata's in San Anselmo. It was such a success it is happening again! Below are some photos from the event.



With love from the Ross Valley Steering Committee

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Say hello to our newest members, Lionel Aiken, Cecilia Alighieri, Barbara MacLennan, and Janet Carlson.

**Volunteers:** Welcome to our newest volunteers, Holly Burgess and Mona Steinberg!

We look forward to all our new members and volunteers at one of our future events!

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## ROSS VALLEY VILLAGE EVENTS

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

### Food & Drink

#### **Table for Eight**

Thursday, October 20, 12:30pm

Insalata's, 120 Sir Francis Drake Blvd, San Anselmo

#### TABLE FOR 8



**OCTOBER 20 @ 12:30 PM**

YOU PAY \$10; WE COVER THE REST!  
OUTDOOR DINING, WEATHER PERMITTING  
RSVP BY OCTOBER 14 TO [SUELLENLAMORTE@GMAIL.COM](mailto:SUELLENLAMORTE@GMAIL.COM)  
OR CALL 415 306-7159

**INSALATA'S**  
120 SIR FRANCIS DRAKE BLVD, SAN ANSELMO, CA 94960

As the name suggests, only eight members can attend, so sign up quickly before we are sold out! Suellen Lamorte and Kathleen Jackson will be hosting October's lunch for eight.

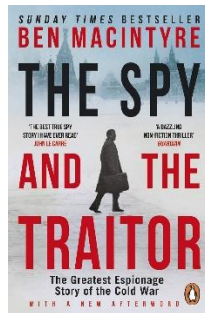
To RSVP, please email Suellen Lamorte at [suellenlamorte@gmail.com](mailto:suellenlamorte@gmail.com). If you are unable to use email, please leave a message on her phone at (415) 306-7159. The deadline for signing up is October 15, but sign up sooner rather than later, to guarantee your spot!

We would like to give preference to members who have not participated in the Insalata's luncheon in the past so that they can have this opportunity. We will put those wonderful women who were at the luncheon on August 25 (and would like to attend the one on October 20) on the waiting list.

## Books

### **Book Club**

Friday, October 14, 12:00pm



Our RVV book club is currently reading *The Spy and the Traitor* by Ben Macintyre. If you are interested in joining us to discuss this book, please RSVP to Kelly at [kellau55@gmail.com](mailto:kellau55@gmail.com).

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## OTHER MARIN VILLAGES EVENTS

### **Men's Coffee at the Sweetwater**

Wednesdays, October 5 & 19, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at the Sweetwater Music Hall's "Rock & Rye" patio restaurant twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman ([irvgubman@gmail.com](mailto:irvgubman@gmail.com) or (415) 250-6155).

### **Home Safety and Fall Prevention**

Monday, October 24, 2:00 – 3:15pm

Marin Villages Conference Room, 4340 Redwood Highway, Suite F-138, San Rafael



Please join San Rafael Village and guest speaker, Evan Edelist, as he talks with us about home safety factors outside and inside the home, and solutions to help protect you and others. He will identify where falls and safety concerns happen in the home. Evan is a Credentialed Professional Gerontologist (CPG) in San Rafael and a Volunteer for Marin Villages. Evan's company, Marin Gerontology, is a 501(c)(3) nonprofit healthcare and wellness organization providing older adults solutions for emergency management, environmental gerontology upgrades, and lifesaving hi-tech products and services. This event is in-person, and masks are required. RSVP is required since seating is limited; please use this link:

<https://marin.helpfulvillage.com/events/4648-home-safety-and-falls-prevention---in-person-event-with-evan-edelist> If you need a ride or help to sign up, please call the Marin Villages office at (415) 457-4633.

### **Eating Well to Stay Healthy**

Tuesday, October 25, 3:15 – 4:15pm

Zoom



Please join us as Dr. Wynn Canio, geriatrician at Marin Kaiser, does another informative presentation for our Marin Villages community. This time she will address the topic of nutrition. We know that good nutrition helps prevent chronic disease and it's never too late to make

improvements to support healthy aging. Join us to learn to choose healthy foods to help make every bite count. To register, please use this link:

[https://marin.helpfulvillage.com/events/4646-zoom-event-with-dr -wynn-canio---%22eating-well-to-stay-healthy%22](https://marin.helpfulvillage.com/events/4646-zoom-event-with-dr-wynn-canio---%22eating-well-to-stay-healthy%22)

**Bocce ball—note date change for October!**

Friday, October 21, 1:00 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Put on your soft-soled shoes and join other Marin Villagers at Albert Park for some light exercise and a few laughs. Look for the happiest group on the courts. That will be the Marin Villages bocce lovers! No experience necessary.

**Not Home Alone Halloween early dinner and costume party**

Monday, October 31, 2:00pm

The Club Restaurant at McInnis Golf Center, San Rafael



All Villages members and volunteers are welcome! Costumes are fun but optional. Join your hostess Donnalee Wells to celebrate Halloween with other Villagers at one of our favorite venues, The Club Restaurant at McInnis Park Golf Center. There will be a set menu that includes a chicken, fish, or vegetarian entree, dessert and coffee. The price, including tip and tax is \$30. Drinks may be purchased separately from the bar. First come, first served, space is limited. RSVP is required. Please bring \$30 **cash** for your meal. No separate checks or credit cards. All attendees must be vaccinated. Please RSVP to Donnalee Wells by email, phone, or text: [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride (415) 457-4633.

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## COMMUNITY EVENTS

### **Age Friendly Marin Fall Park Outing to Stafford Lake**

Tuesday, October 11, 10:00am – 1:15pm

Stafford Lake, Novato



Join us for a shaded picnic lunch at beautiful Stafford Lake Park. This can be a great place to enjoy birds flitting in the trees, floating on the lake, or foraging along the shore. Marin County Parks Naturalist Shannon Burke will share some of the seasonal highlights of this park as well as other destinations that you might like to explore on your own. For those interested, we'll take an easy walk following the flat, paved pathway that runs along the lake (you determine how long you wish to walk).

There is a free Vivalon shuttle leaving from Bon Air Center at 9:30, and a picnic lunch available for \$6. Or you can drive yourself and/or bring your lunch! The van will depart Stafford Lake for Bon Air Center at 1:15. To RSVP, please use this link: <https://www.eventbrite.com/e/age-friendly-marin-fall-park-outing-to-stafford-lake-novato-registration-424904921057>. To reserve a van seat and/or lunch, call or email Age-Friendly Marin Coordinator Sara Robinson at (240) 838-0868 or [SRobinson@MarinCounty.org](mailto:SRobinson@MarinCounty.org).

### **The Best Ways to Safely Age in Place at Home**

Thursday, October 13, 4:00 – 6:00pm

650 Bugeia Lane, Novato

The Marin Home Care association is an organization of home-care providers working to educate the Marin community about licensed home care choices. Our mission is to provide consumers with convenience and peace of mind by assisting them in finding the licensed home care provider (home care, home health, or hospice) that will best meet their needs. The guest speaker is Lori Frugoli, Marin County district attorney. The event is co-sponsored and hosted by Valley Memorial Park Cemetery and Funeral Home. There will be refreshments, and the guest speaker's presentation begins at 5:00.



## ESCOM

Looking for something to do and to stimulate your brain? Check out Emeritus Students College of Marin (ESCOM). ESCOM is a program of the College of Marin, which provides engaging lifelong programs for active adults in Marin County and beyond. It's free to join. If you're interested in looking at what ESCOM offers, use this link: <https://escom.marin.edu/>

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## ROSS VALLEY VILLAGE ANNOUNCEMENTS

### Birthdays

Many happy returns to all our special members with October and November birthdays.

Joan Green, October 5  
Jerry Moretti, October 17  
Patricia Fusco, October 24  
Shirley Moretti, November 4  
Craig Thomas, November 20  
Kathy Bucedì, November 23

### Join the Steering Committee!

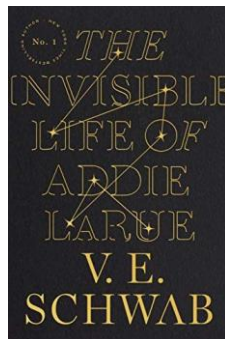
Our Steering Committee is always looking for new volunteers to join our merry group in planning future events and parties. If you're interested in joining us, please reach out to Sarah Mansbach by email at [sarah.mansbach@gmail.com](mailto:sarah.mansbach@gmail.com), or by phone or text at (415) 926-1640.

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## AND MORE...

### Recommendations Corner

#### **Books**



One of our steering committee members just read *The Invisible Life of Addie LaRue* by V.E. Schwab and very much enjoyed reading this thrilling fictional novel that follows Addie LaRue through centuries. The hardest thing about reading this book was having no more pages to read at the end!

Summary: France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name.

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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-marin-villages---donate> to contribute.

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**Marin Villages** 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903  
(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)