

MARIN
VILLAGES

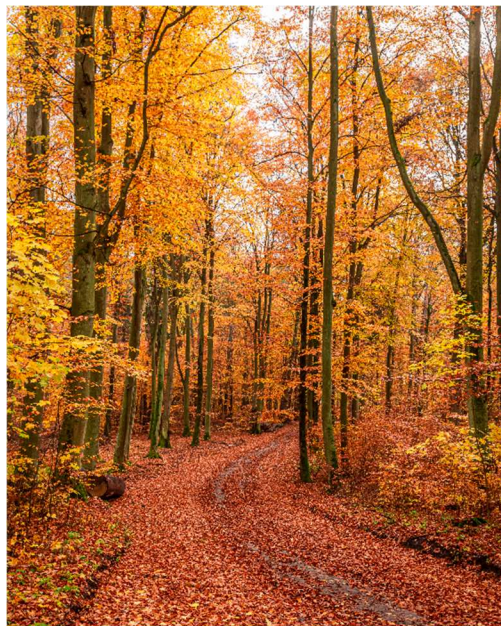


Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

October 2022



If September signals fall, for me October really embodies it. Even with lingering warm weather, the mornings and evenings are cooler, the days are shorter, and the light takes on that warm, autumnal glow. I'm seeing gardens transformed into spooky Halloween tableaux, getting emails for fall baking with apples, pumpkins, and spices, and going from sweater to t-shirt back to sweater in the space of a few quick hours. Even without snow on the horizon, it feels like the time to start thinking about cozying up at home and reading a few dozen great books. It's also, on a practical note, a great time to get your shots. Flu, COVID, even pneumonia (ask your doctor—that was a new one to me!)—the upcoming indoor season is going to mean more spread of all those viruses. So protect yourself and get those jabs! In my mind, getting a shot is a perfect excuse for a reward—treat yourself to something tasty or decadent that you normally wouldn't get afterwards and consider it a good day. *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

A very happy birthday to our October nonagenarians



Happy October birthdays! Members of our 90+ club are celebrating their fall birthdays with panache. **Helen Beck** turns 91, and **Sarah Haberman**, 92. **Jean Wanvig** is 94 this month, **Bruce Wrisley** is 95, and **Nida Devoto** turns a very impressive 97. Wishing you all a rewarding birthday month!

Pop-Up Thrift Boutique

That's a wrap! Yesterday, our Pop-Up Thrift Boutique sold the last of its gently loved donated items from our Pop-Up storefront at Northgate Mall. Months of planning, donation dropoffs, sorting, pricing, and merchandizing, led by volunteers from all six villages, literally doubled the amount raised in only our second year—to over \$58,000!

Our customers say it best: *"I was astonished by the variety and QUALITY of what was available, and, of course, the volume! It was a delight in every respect—wish it could be permanent (although I know the volunteers who put this together will be delighted when it's over!)."* ~A delighted Pop-Up customer

Well, we're delighted with the effort, and so very proud of all of us! Here are some shots of the beautiful items and displays.





Marin Villages launches a Legacy Circle

A legacy gift, such as a donation of cash, real estate or personal property, is one you can make at any level, and in a way that suits your estate planning. If you choose to join current legacy donors by designating Marin Villages as a beneficiary of your estate, you automatically become a member of the Legacy Circle and help ensure Marin Villages' future. There are many ways to do so, and no required dollar amount. Our generous donors give in many ways, if you'd like to find out more about our new Legacy Circle, or legacy gifts in general, call me at (415) 457-4633 *John Power, Marin Villages Executive Director*

Save the date!

Please save Wednesday, November 2 in the afternoon for our Volunteer Appreciation Party at the Marin Art & Garden Center. Details to come!

COVID UPDATE

You might have heard of the COVID drug Paxlovid that can be used early in the progress of the virus if you get COVID, and can both minimize symptoms and even prevent hospitalization. Dr. Matt Willis describes why it's a good idea to ask for it if you are over 50 and contract COVID.

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

MARIN VILLAGES PROGRAMS

Men's Coffee at the Sweetwater

Wednesdays, October 5 & 19, 11:30am

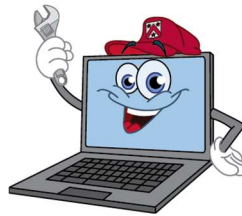


This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at the Sweetwater Music Hall's "Rock & Rye" patio restaurant twice a month. To get more information or to be put on the reminder list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

Technology/Computer help office hours

Wednesday, October 19th, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our volunteer tech support group for the answers to these and all of your other burning technology questions! Our previous meetings were informative and illuminating, and we look forward to continuing to help solve your frustrating tech problems. This is a space where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful tech volunteers. Even if you'd just like to sit in to learn a little more about technology, we'd love to have you participate! So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This opportunity is available to all Marin Villages members and volunteers. Please join us at this link: <https://us02web.zoom.us/j/89289995207>

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.

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)

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 or (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride. (415) 457-4633

COMMUNITY PROGRAMS

The 60th anniversary of the Marin County Civic Center

Thursday, October 13, all day
Civic Center

October 13 will mark the 60th anniversary of the opening of the Frank Lloyd Wright-designed Marin County Civic Center. In honor of this special and historic occasion, the County of Marin has organized a free day-long celebration for the entire community. The celebration orchestrated will include vintage cars, free docent-led tours of the building, a cake-cutting at noon, live music at lunchtime in the cafeteria garden, and a panel discussion about what it's like to work in a Wright-designed building. There will be architectural photography demonstrations, a building scavenger hunt, a screening of the 1997 feature film *Gattaca* that was partially shot on location at the Civic Center, and much more. Details of the event can be found here: <https://www.marincounty.org/depts/cu/history/flw-60-anniversary>

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.

For our vision-impaired members

Marin Villages has formed a partnership with Vision Impaired of Marin. We now have trained and knowledgeable Marin Villages vetted volunteers who are available to support and resource our vision-impaired members to services specifically to meet their needs. Please contact BJ Slater at the Marin Villages office if you would like to speak with one of these volunteers. (415) 457-4633

Vision Impaired of Marin supports those struggling with their vision, offering programs, information, resources and activities. For more information on programs, visit their website, www.bvim.org. To contact them, call (415) 459-5066 or email info@bvim.org.

A sampling of October events:

Talking Book Club: October 15, 10:00am – noon, San Rafael Commons

Zoom entertainment: October 19, Time: 11:00am – 12:30pm

Art class: October 20 & 27, 10:15am – 11:45am, Marin Society of Artists

CHECK THIS OUT...

Queen Elizabeth's daily habits might well have contributed to her longevity—they certainly are consistent with current research into longer lives! <https://www.nextavenue.org/the-best-practices-of-queen-elizabeth/>

I've always been fascinated with **Irish dancing**, but on slippery rocks with waves crashing over their legs? Incredible. https://www.youtube.com/watch?v=goZ-rvaGz_Q

Twenty-two musicals in twelve minutes! James Cordon, Lin-Manuel Miranda, and Emily Blunt make this one-take medley look easy—and supremely entertaining. https://www.youtube.com/watch?v=a_TvKH-qEJk

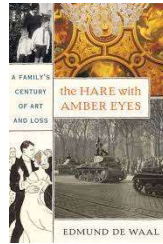
Remember the movie **Grease**? When the musical came to Antwerp, Belgium, they publicized it with this flash mob in the central train station—using everyday people of all ages. The joy on everyone's faces says it all. https://www.youtube.com/watch?v=s_hlvRNngGOQ

I'm not even sure where to begin with this video—on the list of legal things I can't even imagine being possible, let alone doing, this would have to be near the top. This guy's ability on a **mountain bike, traversing the Cuillin Ridgeline** on the Isle of Skye in Scotland, is breathtaking to the point of being unbelievable. https://www.youtube.com/watch?v=xQ_IQS3VKjA

Steve Martin's comedic talents are huge, but his ability on the banjo is something else, as well. Here he is at the NPR Tiny Desk concert with the Steep Mountain Rangers. <https://www.youtube.com/watch?v=ZyHipL45pwM>

BOOKS OR MOVIES WE CAN'T STOP THINKING ABOUT

Books



The Hare with Amber Eyes, Edmund de Waal

Ceramicist Edmund de Waal inherited a collection of 264 tiny Japanese wood and ivory carvings called *netsuke*. Curious who had touched and held them and how the collection had survived over time, he began to research it and discovered both the story of the *netsuke* and of his family, the Ephrussis, a 19th-century banking dynasty in Paris and Vienna who were as rich and respected as the Rothschilds. Yet by the end of World War II, when the *netsuke* were hidden from the Nazis in Vienna, this collection of very small carvings was all that remained of their vast empire. I didn't expect much from this book initially, and was thoroughly amazed at how captivated I became by de Waal's storytelling and the history of his family. A beautiful family memoir that covers everything from Proust to Japanese art to Vienna during the Second World War. *Danielle, Marin Villages staff*

Movies



Lunana: A Yak in the Classroom, Netflix

Young teacher Ugyen is sent to the most remote school in the world, a five-day trek from the nearest road, nestled in a Bhutanese valley populated by 50 people. His dreams of going to Australia postponed, Ugyen tries to hold back his frustration and do the job he was sent to do. The locals enfold him in their lives, going so far as to bring a yak to live in his classroom so he will learn to cherish the connection they have with their yaks—and so he has a supply of yak dung for fuel. Nominated for an Academy Award for Best Foreign Film in 2019, this quiet, visually stunning movie shows a part of Bhutan that is rapidly disappearing and modernizing. Local villagers play themselves unselfconsciously and as they were living at the time. Today, already, they have roads and electricity and the young girl from the village is now on Facebook and TikTok, leaving this movie as one of the last records of pre-technological life in Bhutan. *Danielle, Marin Villages staff*

TV



Midnight at the Pera Palace, Netflix

This eight-episode series was hard not to watch in one big binge. Set in Istanbul in 1919 and today, the plot is full of twists and turns that keep you thinking (and trying to remember details from past episodes). Beautifully shot in and around the Pera Palace—a hotel that was a luxurious transition point for travelers on the Orient Express between Europe and the East—the story centers on a young woman's unexpected time travel and the dangers of messing with history. Captivating characters (but which ones can you really trust?) and a complex story line offer a glance into Turkey's history, and how easily, if things had gone differently, the modern state of Turkey might not have come to be. A larger story about the fate of nations and how sometimes a few small events can tip the balance of a country's future. (In Turkish with English subtitles) *Danielle, Marin Villages staff*

HUMOR

Halloween in the 21st century





BEFORE WE GO

Last month's newsletter included a video of a Welsh men's choir, the **Treorchy Male Choir**. Here they sing the Carol of the Bells with **Julie Andrews**, whose voice continues to enchant decades later. This is from her television Christmas special in 1973. <https://www.youtube.com/watch?v=iUcNi8Xnzl4>

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.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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