



Tiburon Peninsula Village

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

November 2022 Newsletter

Cherie Sorokin, editor



Wow, it's November already. Seems to me that the 4th of July was just yesterday. In any event, hope everyone enjoys great food and drink and good company this month, especially on the 24th, but really every day.

Speaking of food and drink...



We had a great time on the deck of Sam's this past Tuesday. Might be our last happy hour for the year outside on the deck, but the weather was still grand in October!

Are you boosted?

Don't mean to nag, (ok, I really do mean to nag), but if you haven't gotten your new COVID booster, there's no time like the present. Marin Public Health recently noted that of those people dying of COVID in Marin, it's the over-65 crowd that hasn't been boosted that are contributing to COVID being the leading cause of preventable death in our community in the past six months. Here's what they found:

- For the past six months, COVID deaths have been about evenly split between residents of long-term care facilities and people living in the community. This is a shift from the prior pattern, where two thirds of deaths were among facility residents.
- Among residents living in the community (not in a care facility) who died from COVID, 35 percent were not fully vaccinated, and the average age of death was 10 years younger than that of facility residents (77 versus 87 years, respectively.)
- This means that deaths among unvaccinated older adults who are infected in the community are a major contributor to ongoing and preventable COVID-19 mortality in Marin County.

Not a "club" you want to join! Get boosted!

Earthquake? What earthquake?

Did you feel the earthquake on October 25th? Not too much shaking in Tiburon, but a good reminder that it's important to be prepared for such events. Have you looked around your house or apartment to see how many things might fly off of shelves or fall on top of you if we have a major quake? Do you have sufficient water, food, and medicine to last you a week if our roads in and out of town are disrupted? What about pet food, if you have pets? What about working flashlights or solar lights if electricity is off for a while? Don't get complacent! Quakes come without warning!

Money helps

Help us help you and others

Did you know that about 1/3 of our Marin Villages budget is supported by individual donations? That's why every fall (and spring) we launch a fundraising campaign soliciting contributions to support our work. Contributions from our members, volunteers, and many individual donors in the community really help us keep this organization humming. Watch for our fall fundraising

letter from John Power, our executive director, which will be coming shortly by mail. Your support is important and appreciated!

Our Pop-Up really popped up this year!

Congratulations to us all on such a successful Pop-Up Thrift Boutique this year. We made more than twice what we made last year, and once again we had ZERO left on Tuesday when the sale was finished. Quite an accomplishment given how much we started out with at the beginning of the sale.

I know many of you donated goods and also worked as volunteers before, during, and after the sale. It is wonderful to not only experience the camaraderie of our own members, volunteers, and donors in putting together this event, but to also hear from buyers how much they appreciated our efforts. So many people told us how impressed they were with how the store looked, the quality of the goods for sale, the great bargains, and the cheery helpfulness of our volunteers. A lot of work, but you just have to love a win-win-win event! We cleaned out our closets, we made it possible for others to re-use things we no longer needed, and we supported the great work of Marin Villages in the process!

Leave a Legacy!

Another way to support Marin Villages is by joining our Legacy Circle. The way to join is by remembering us in your estate plans and letting the office know you have done so. Last time I updated my estate plan, I included a testamentary gift to Marin Villages. A number of other members have done the same. Come join us in the Legacy Circle! Call John in the office for more information. (415) 457-4633

TIBURON PENINSULA VILLAGE EVENTS

All Tiburon Peninsula Village events are open to both members and volunteers from all villages, but if you are a member and need a ride to any of the events below, please call the office. (415) 457-4633

Food & Drink

TPV Morning Coffee

Thursday, November 10, 10:30am
Rustic Bakery, Tiburon



- Dutch treat

- Join us at the tables in back outside unless the weather makes inside more inviting.
- Masks are ok, but not required if you are fully vaccinated and we're outside
- We do still recommend masks when you go indoors to order coffee
- If you need a ride, please call the office! Otherwise no RSVP needed.

Post-Thanksgiving brunch—RSVP required

Saturday, November 26, 10:30am

Salt and Pepper, Tiburon



- During November, Tiburon restaurants are donating a portion of their sales to the SF-Marin Food Bank. Let's help them out!
- \$15 per person, with TPV covering the rest of the brunch cost. Please bring cash to pay your portion.
- Hoping the weather will still be ok for us to be outside in the open back area of this restaurant, but bring a mask in case we have to meet inside.
- Come with tales of your Thanksgiving with friends and family or from our Marin Villages Not Home Alone event.
- RSVP to the office no later than November 19. NOTE: I will make an advance reservation for 8 – 10, but need to confirm our number on November 19.

Fun & Games

Dominos at Diana Bradley's home

Wednesdays at 5:00pm

TPV member Diana Bradley is hosting a weekly gathering to play dominos for an hour each Wednesday at her home on Peninsula Road in Belvedere. Please call Diana directly if you are interested. (415) 435-0737

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, November 2 & 16, 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 restaurants and coffee shops around Mill Valley 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).

Tech Help from Marin Villages

Wednesday, November 16, 4:00 – 5:30pm

Zoom

Did you know we have a tech help group on Zoom monthly where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful Marin Villages tech volunteers? Even if you'd just like to sit in to learn a little more about technology, you are welcome to participate! Bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. Here is the Zoom link, but also watch for announcements in the Village Square email in case there is a change in date or time. <https://us02web.zoom.us/j/89289995207>

Not Home Alone Thanksgiving Early Dinner

Thursday, November 24th, 2:00pm

Location to be determined



All members and volunteers welcome! Thanksgiving will be here before we know it! Come join your hostess, Donnalee Wells, and other Marin Villagers for an early Thanksgiving Dinner at a wonderful local restaurant, to be determined. Always a fun time and a great opportunity to share the holiday with old and new friends. Cost will range from \$35 to \$50 or thereabouts, depending on your menu choice. Please bring CASH for your meal. Save your spot now! First come, first served, and space is limited to 20 guests. All attendees must be vaccinated. RSVP is

required. 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

And more!

Check out the Marin Villages calendar on our website (www.marinvillages.org) and watch for more announcements of programs in the monthly *Village Square*, which is emailed on the second Tuesday of the month. There's lots to do and practically a group for everything! You just need to look. Have an idea for something that interests you, but we don't yet have a group for? Call Cherie to suggest it! (415) 789-5305

OTHER COMMUNITY NEWS & EVENTS

There's always something going on at the Tiburon Library

Photos on the Mac

Tuesday, November 1, 10:00 – 11:00am

At the library

Learn how to manage your photos on a Mac computer. RSVP to the Library on their website under events.

https://www.beltiblibrary.org/events/list?tribe_filterbar_location_type_custom%5B0%5D=202

Chess Club

Wednesdays, November 2, 9, 16, 23, and 30, 6:00 – 7:30pm

In person at the library

New Yorker Discussion Group

Monday, November 7, 10:00 – noon

At the library

Intro to iPhone

Tuesday, November 15, 10:00 – 11:00am

At the library

RSVP for this event to the Library on their website under events.

https://www.beltiblibrary.org/events/list?tribe_filterbar_location_type_custom%5B0%5D=202

Mill Valley Community Center has re-opened its Active Adults program—check out Tuesdays, in particular

Marin Villages' own JoAnn Haseltine, whom some of you know from our coffees at Rustic Bakery, will once again be on hand on Tuesdays at the Community Center helping to host the

Active Adult group, and providing a warm welcome to all. You can check out the full Active Adult schedule here: <https://www.millvalleyrecreation.org/706/Active-Adults-50>

CULTURAL EVENTS

Diwali in Tiburon

Tiburon's Diversity Inclusion Taskforce held a great Diwali party downtown. TPV member Julie Friedman was, of course, in the middle of it all! It was a great intergenerational event, as well as a celebration of the triumph of light over darkness.



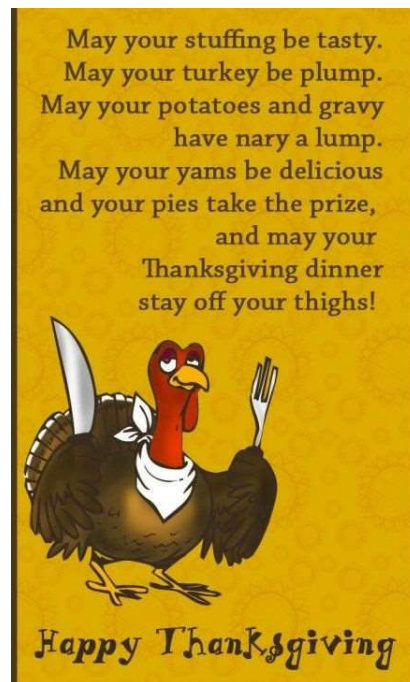
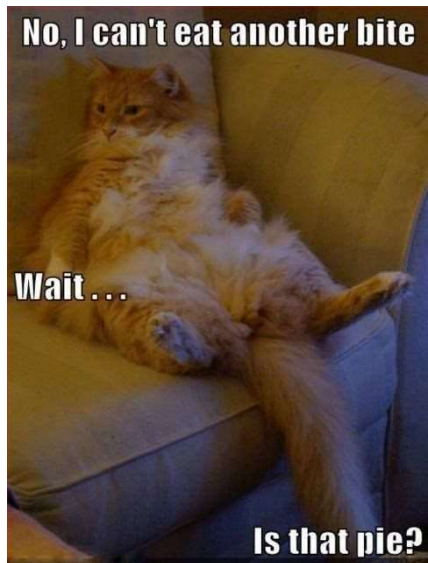
Other cultural adventures

As some of you know, I am just back from Dublin, Ireland, and that city's annual theater festival. The trip was grand and the shows mostly wonderful—only one that was a completely incomprehensible coming-of-age story. I guess I'm so far from coming of the age depicted in the play I just couldn't relate! Here are a few pictures from our day trip to New Grange and the prehistoric tombs there. A bit scary walking into the big one since it was constructed with just stones stacked carefully on top of each other in a dome shape in 3200 BCE. When you live in earthquake county you worry about retrofitting no matter where you are!



REMEMBER TO LAUGH A LITTLE

While you are over-eating turkey and all the trimmings this month perhaps surrounded by family members and others you've made a point to avoid since last year, these may bring a smile to your face!





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) 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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