



THE VILLAGE SQUARE

A monthly gathering place for all our news

November 2022



I love this image because 1) I'm not currently full from overindulging at the Thanksgiving smorgasbord, and 2) the more dessert choices the better! By the time this newsletter lands in your inbox we will have switched the clocks back, affirming the shorter days/longer nights ahead, and throwing off my circadian rhythms completely. It also means more time indoors, which these days reminds us that there are viruses out there we don't want to get. The flu is making a showing in Marin, and as you know, COVID has never gone away. Have you heard of RSV and its appearance this fall? See below in our COVID update for more on that. So at the risk of sounding like a broken record—get vaccinated! It's one of your best defenses. And once you do, enjoy a lovely Thanksgiving, however you celebrate. (Save some pie for me!) *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

A very happy birthday to our November nonagenarians



We have a small but mighty November 90+ club. **Marge Cavalli** turns 91 this month, and **Carol Anderson** is 96. Happy birthday to both of you—we're jealous that you get birthday cake AND pumpkin pie in the same month!

Appreciating our amazing volunteers

We're still feeling the love from last week's Volunteer Appreciation Party where 120+ Villagers—volunteers and members, many who are both—came together to say thank you! Outdoors at the Marin Art & Garden Center was the perfect setting to enjoy great food (from local-favorite Comforts restaurant), drink, and good company. A touching presentation featuring member/volunteer pairs who shared their stories of friendship made for a particularly memorable afternoon. Thanks for inspiring us Beverlee Bentley and Bronni Galin, Marge Jackson and Jean-Marie Campbell, Kimberly Teal and Zvi Danenberg, and all the rest of you!



Not Home Alone Halloween was a spooky success

Forty-one Villagers joined our hostess Donnalee Wells for a boo-tiful Not Home Alone Halloween celebration at The Club Restaurant at McInnis Park Golf Center. "Superman" John, "Cowgirl" BJ, "Freddy Krueger" Matt, and "Golfer" Karin took time away from the office to join in the festivities. The food was wonderful and spirits were high, since most guests came in costume. Best Costume went to Elvis, AKA Nan Peace. Sandra Brim was awarded Best Witch out of the coven of seven that attended. New member Susan Weliky took home a prize for her creatively accessorized unicorn costume.

Everyone enjoyed having their picture taken wearing one of the amazing masks that David Galin brought as a trick to liven up the party. Valerie Stilson added her flare, gifting bags of treats to all the guests. The lunch was rounded out by pumpkin decorating and much lively conversation.



Nan Peace, Sandra Brim, and Susan Weliky



The coven; amazing masks; Chris Ureel, Joan Peterson, Donnalee Wells, and Josi Sanchez

COVID UPDATE

Marin County Public Health Officer Dr. Matt Willis speaks in the video below about the current triple threat of viruses in Marin this fall: COVID, the flu, and RSV (explained further in this video and in this article: <https://www.vox.com/policy-and-politics/2022/10/27/23421344/covid-19-flu-rsv-symptoms-vaccines-2022>). Fortunately, right now there is not a surge in COVID cases in Marin, but a new strain has been seen in other countries and they are not sure what to expect when it inevitably reaches us here. Regarding the flu, a rise in cases is happening, but so far the strains are consistent with the strains in the flu vaccine, so get that vaccine! And of course the COVID booster, too. They are developing a vaccine for RSV, but it won't likely be available until next year.

<https://www.youtube.com/watch?v=mxuYmHX-Z7M&t=18s>

In case this helps in deciding whether or not to get the new bivalent COVID booster, the Public Health Department released the following statistics about COVID in Marin County.

“COVID-19 is still a leading cause of preventable death in our community. To better understand factors contributing to mortality, Marin County Public Health analyzed all deaths in the past 6 months. Here’s what we 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 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.

Preliminary data from Marin County show the updated booster formulation, first available September 1, is effectively protecting our residents. Of those over age 65 who are eligible, 45 percent have received the updated booster. There have been 22 hospitalizations in this age group over the same period—**none** of those hospitalized had received the updated booster. This means the hospitalization rate for those who have received the updated booster is **zero** in Marin, so far.”

Get your booster now! Appointments are available at your local drugstore or the County's vaccine clinic at Northgate Mall. Find your updated booster at [GetVaccinatedMarin.org](https://www.getvaccinatedmarin.org). Call the office if you need help. (415) 457 4633

MARIN VILLAGES PROGRAMS

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).

Technology/Computer help office hours

Wednesday, November 16, 4:00 – 5:30pm

Zoom



This month's tech office hours will be focusing on upcoming online **Black Friday** deals! Everyone likes to save money, particularly during the holiday season. Join us to find out how and where the best deals are hiding! Also feel free to drop in with your personal tech 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](#)!

Stronger Memory Second Cohort

Tuesday, November 22, 10:30 – 11:00am

Zoom



Join us on Zoom to learn about joining the second cohort of our new program, **Stronger Memory**. Flex your memory muscle in a 12-week guided course that you can do from home! Are you intrigued? Join us at this informational Zoom session to learn more and see if it's a good fit for you. To register, use this link: <https://marin.helpfulvillage.com/events/4702-zoom-event:-%22stronger-memory---second-cohort%22> or call the office. (415) 457-4633

Not Home Alone Thanksgiving Early Dinner

Thursday, November 24, 2:00 – 4:00pm

The Club Restaurant, McInnis Park Golf Center



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 The Club. Always a fun time and a great opportunity to share the holiday with old and new friends. Cost of \$55 includes tax and tip. Please bring CASH for your meal (no cards or checks). Save your spot now! First come, first served, and space is limited to 20 guests. 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

Thanksgiving Dinner Menu

Starter: Club Salad

Entrée choice of: Roasted Turkey with gravy, cranberry, stuffing and all the fixings; Prime Rib of Beef with creamy horseradish sauce, au jus, mashed potatoes, vegetable; Porcini Mushroom Risotto with baby spinach and parmesan cheese

Dessert: Pumpkin pie and coffee service

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 our vision-impaired members and direct them to services specifically to meet their needs. This is a great resource and good opportunity to learn more before losing your vision makes it necessary. 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.

COMMUNITY PROGRAMS

Age-Friendly Marin Forum—Dying to Know: Navigating Mortality

Wednesday, November 16, 10:30 – 11:45am

Zoom

Have you considered how you envision the disposition of your body? Come learn about what is available and how to leave a carefully planned legacy instead of confusion. We will cover a wide array of topics such as living memorials, choices of cremation, green burial, traditional cemeteries, human composting—and when and how to arrange them. We hope that a free-flowing discussion will help decrease the stigma and reticence in planning for your ultimate departure—be it next Tuesday or in 40 years. Register for this free event to get the Zoom link: <https://www.eventbrite.com/e/444424003157>

CHECK THIS OUT...

Can we **rejuvenate our aging brains**? Research suggests we can—in ways that are accessible for most of us. <https://www.nextavenue.org/can-you-rejuvenate-an-older-brain/>

Asking for a **second opinion on a medical diagnosis** can be hard for some people—here are three common reasons and how to navigate them. <https://www.nextavenue.org/looking-for-a-second-opinion-how-to-get-past-3-common-fears/>

Although I am usually a quieter type, the utterly chaotic humor of James Corden never fails to make me laugh. Here he gathers Broadway stars to do a **crosswalk musical** right on Broadway itself. <https://www.youtube.com/watch?v=TZSVf-yD7N8>

I honestly could not have predicted how much fun a **spy cam disguised as an otter** could prove to be. A glimpse into the moments in the lives of sea otters. <https://www.youtube.com/watch?v=SIWbjgPYcJY>

You'll never get the 26 seconds you spend watching this video back, but on the other hand, you might find it worth it—a **guinea pig bedtime parade**. <https://www.youtube.com/watch?v=C5KjXAbI7Q>

And lastly for this month, love 'em or hate 'em, **ABBA** left an enduring mark on pop music in the '70s and early '80s. Last year they reunited for an album and a concert—with avatars in their place. This project and the interview are a fascinating glimpse into the creativity that propelled them to the top and keep some of them going today, in their 70s. <https://www.youtube.com/watch?v=ygkcwUOSWNk>

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

Books



Shrines of Gaiety, Kate Atkinson

In 1926 London a rollicking nightlife is centered in the clubs of Soho, at the heart of which sits Nellie Coker. Ambitious, ruthless, and focused on advancing her six children in society, Nellie and her empire face threats from without and within. Kate Atkinson wrote *Life After Life*, a wonderfully intricate novel of the same life lived many different ways, and imbues this novel with a similar complexity and multitude of characters, most of whose intentions are not clear until the end. Nellie Coker is based on a real person and the details of London's between-wars lifestyle are colorful and fascinating. I can't say I loved every character that passed through these pages, but I also couldn't put the book down and feel like I learned about a historical era of which I knew very little. *Danielle, Marin Villages staff*

TV

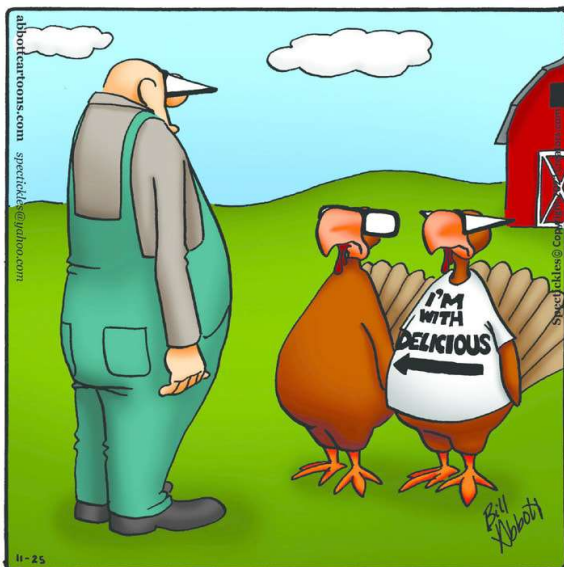


The Mysterious Benedict Society, Disney+

Hear me out on this one: this is a series based on older-children's books, but the themes are universal, the humor is often over my kids' heads (and has me in stitches), and the set design and visuals are fantastic. The Mysterious Benedict Society stars Tony Hale as Mr. Benedict, who gathers four children to stop a global emergency. Hale also portrays Benedict's twin brother, Mr. Curtain, who is the founder of the school the children infiltrate. The four children are quirky but highly intelligent, captivating, and funny-serious. Series 2 has just begun, but it's worth going back and watching the first series (eight episodes). It's just the right mixture of mystery, tension, problem-solving, and humor, and can be fun for all ages. *Danielle, Marin Villages staff*

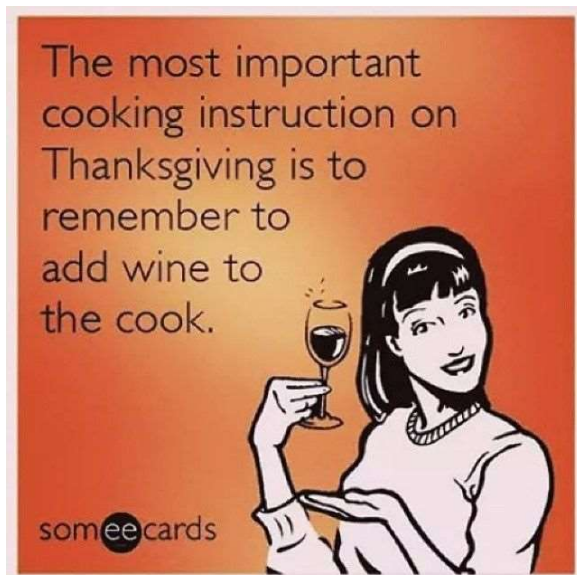
HUMOR

Happy turkey day!

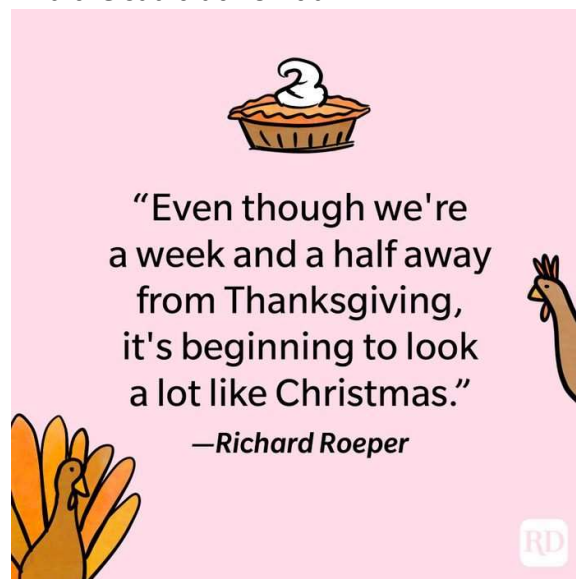




"I don't think the turkey's going to be done on time. That's the dishwasher."



And the sad truth of it all...



BEFORE WE GO

These two **tawny owl chicks** were fostered by a mama tawny owl and her mate; this adorable video shows their transition from chicks to fledglings, with some relatable family moments in between.

<https://www.youtube.com/watch?v=No9-aLJu2Ck>

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 use this link to contribute: https://marin.helpfulvillage.com/fundraising_campaigns/1-general-fund. Also consider joining our Legacy Circle of donors who have designated Marin Villages as a beneficiary of a gift of cash, real estate or personal property in their estate planning. There are many ways to do so, and no required dollar amount. If you'd like to find out more about our new Legacy Circle, or legacy gifts in general, call Executive Director John Power at (415) 457-4633.

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