

MARIN
VILLAGES



Our Paths - Our Choices

THE
VILLAGE SQUARE

A monthly gathering place for all our news

January 2023



Happy New Year! By the time this reaches you, the switch to 2023 will perhaps feel like old news. As I write this we're in the midst of one of our biggest storms in a while, and my psyche is trying to balance the joy of seeing all that water come to earth with the reality that flooding, landslides, a churned-up ocean and downed trees are causing havoc. Ah, winter! At least winters we used to know here before drought settled in and decided to hang around. There's lots of rain in the forecast, so pop outside when you can for fresh air and a little movement, and when you can't, I hope that books, board games, streaming services, Zoom meet-ups, and more keep you feeling busy and connected. Check the events calendar for your local village or Marin Villages in general and see what you can do to join in the happenings. We're here to bring people together! *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

A very happy birthday to our January nonagenarians



The new year is a double celebration for our January 90+ club members. **Jeanne Baumgarten** and **Ana Maria Nicholson** are 91 this month; **Robert Hart** and **Liz Specht** turn 94; **Elizabeth Atkinson** hits 96; and **Gloria Potter** turns a glorious 98! So many good wishes to all of you!

Baby, it's cold outside!

It's been a chilly winter already, and energy bills are going up due to rate increases and increased usage during cold weather. Corte Madera's new Climate Action and Adaptation Coordinator has compiled tips for dealing with these higher costs. You might also be eligible for income-qualified discounts. Click here for more information.

<https://marin.helpfulvillage.com/documents/5808/download>

Free COVID tests again available from the government

The US Postal Service will once again be sending a free set of four at-home COVID tests to anyone who requests them. There is a limit of one order (four tests) per residential address. Please use the form on this web page to order your tests. <https://special.usps.com/testkits>

My Life Profile project

Dominican University of California Occupational Therapy students are once again working with Marin Villages members to create a personal life profile that can be used to communicate who you are and your habits and preferences to medical personnel should you be hospitalized and unable to communicate for yourself. This project is part of a national initiative to transform healthcare to be more personal and age-friendly. The profile is yours to keep and either share with your doctor or save in case you are ever hospitalized. For more details and how to sign up, please look over this one-page flyer. <https://marin.helpfulvillage.com/documents/5824/download>

COVID UPDATE

Over the December holidays winter virus activity increased in Marin. Compared to the prior week, wastewater levels for COVID-19, Influenza, and RSV increased by 19%, 13% and 88%, respectively. Flu and RSV levels had been declining through late December. COVID levels in wastewater continue their

upward trend, to the highest measured levels since wastewater sampling was initiated in August 2021. This is a reminder that the risk of infection in our community remains high and is increasing. To repeat what might be obvious but is nonetheless still the best defense we have against all this: wear a mask when you leave the house (especially indoors), be cautious about indoor gatherings, and get vaccinated.

MARIN VILLAGES PROGRAMS

Men's Coffee

Wednesdays, January 4 & 18, 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).

The Final Journey: Acceptance, Control and Loving Life

A symposium presented by Novato Village featuring B. J. Miller, MD

Thursday, January 12, 10:30am – noon (doors open at 9:30am)

The Buck Institute for Research on Aging, 8001 Redwood Blvd, Novato



Join us for a special in-person presentation with BJ Miller, MD, whose TED Talk (https://www.ted.com/talks/bj_miller_what_really_matters_at_the_end_of_life?language=en) has been watched over 16 million times. In *The Final Journey: Acceptance, Control and Loving Life*, Dr. Miller will help us recognize the roles of our senses, community, and presence in designing the most pleasurable life for the time we have, no matter how long.

Dr. Miller is an American physician, author, and speaker. His career has been dedicated to moving healthcare towards a human-centered approach, on a policy as well as a personal level. He sees

patients and caregivers through his online palliative care service, Mettle Health.

This symposium was made possible by The Kenneth A. Berg Living Trust.

Marin Villages members, volunteers, and friends are all invited! Cost is \$10 for Marin Villages members and volunteers, \$20 for others. Buy tickets quickly before they sell out! Please use this link.

<https://marin.helpfulvillage.com/events/4800-the-final-journey-acceptance-control-and-loving-life---a-symposium-featuring-bj-miller,-md>

Technology/Computer Help Office Hours

Wednesday, January 18, 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! 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!>

Save the date!

Not Home Alone Valentine's Day

Tuesday, February 14, 2:00pm

La Toscana, San Rafael

More information to come soon, but save the date in your calendar!

Save another date!

A 27-Year Wildflower Journey: California Wildflowers and Climate Change

Thursday, March 2, doors open at 1:00pm

Sweetwater Music Hall, Mill Valley



Mill Valley Village invites all Villagers and friends to this special in-person presentation by internationally acclaimed conservation photographers Rob Badger and Nita Winter at the Sweetwater Music Hall. Rob and Nita, life partners and creative collaborators for more than three decades, will take us behind the scenes of their 27-year journey photographing wildflowers throughout California and the West. Rob and Nita will show us slides of their stunning images as well as how they captured them. They will also bring copies of their truly gorgeous coffee table book *Beauty and the Beast: California Wildflowers and Climate Change*. More details to come next month.

COMMUNITY PROGRAMS

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.

Upcoming Events:

January 4 – Zoom Support Group (note: this has happened for January but is a monthly event!)
First Wednesday of each month, 11:00am – 1:00pm
Zoom

Join three Marin Villages members/volunteers who are the facilitators for this monthly Zoom session. Participants share successes or challenges, what they have been doing, and how they are feeling, and can ask questions. It is a place where participants can feel heard and understood. There is no one expert. Participants share a wealth of experience living with vision impairment. For more information, please visit this link or call Vision Impaired Marin:

<http://www.bvim.org/support-groups>

Facilitators: Suzie Tremolada, Larriecce Stuart and Anabella Denisoff

January 14 – Talking Book Club

January 19 & 26 – Art Class

CHECK THIS OUT...

I really love words (perhaps obvious given my choice of careers), and new ones are always fascinating in how they reflect the times and our ways of communicating our feelings about them. Here is a list of some of the **new words** recognized by top dictionaries from 2022.

<https://www.cnn.com/2022/12/06/us/word-of-the-year-2022-dictionary-oxford-merriam-webster-cec/index.html>

One word I always have mixed feelings about is *influencer*. But my feelings aside, this article about **ten Influencers in Aging** for 2022 actually makes me kind of like the term...

<https://www.nextavenue.org/series/2022-influencers-in-aging/>

This might not resemble anyone at any age, but we found this sendup of **Amazon Echo technology** too funny not to share. (If, by the way, you are having issues with any of your technology, our tech volunteers are here to help! See event on January 18 above). https://youtu.be/YvT_gqs5ETk

Stomp is a group of musicians and percussionists that create their music out of everyday objects. Not a “real” instrument in sight. Catchy rhythms and ingenious methods!

https://www.youtube.com/watch?v=MM_rPDB8Cj8

Feel-good musical number alert! The movie *Mamma Mia! Here We Go Again*, ABBA’s *Dancing Queen*, the Greek Islands, fabulous movie stars—need I say more? <https://www.youtube.com/watch?v=3IR-s-Q5XsQ>

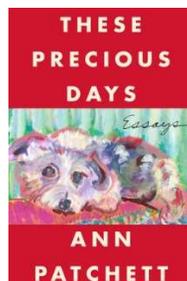
Kids, of the **goat** variety. That hop/jump thing they do is the bomb.

<https://www.youtube.com/watch?v=mtOD19C7J48> And since I couldn’t decide which was cuter, here is a **baby elephant** doing her adorable, but much bigger, thing.

<https://www.youtube.com/watch?v=5O4iOfjy8Nl>

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

Books



These Precious Days: Essays, Ann Patchett

Ann Patchett turns her eagle eye for story on herself, and gives us a series of essays that resonate with the full breadth of life experiences, from childhood through her 50s. Charles Schulz’s Snoopy, it turns

out, was a major influence on her life. Travels to Europe, knitting, Eudora Welty, friends that came and went, often leaving a profound stamp on who she is—the stories cover all the beautiful, messy, enlightening, confusing moments that make up a life, and with her talent for finding just the right word and setting just the right tone, I found myself feeling like I was walking next to her hearing her stories. Easily read one at a time or devoured in a sitting or two, these essays should not be missed. *Danielle, Marin Villages staff*

Movies



Glass Onion, A Knives Out Mystery, Netflix

While this is the second *Knives Out* movie, you don't have to have seen the first to enjoy this one. A good old whodunnit with a star-studded cast, snappy (and hilarious) dialogue, and several didn't-see-that-coming moments. A group of friends is invited to their billionaire buddy's (Edward Norton) island for a weekend of solving his staged murder, but when detective Benoit Blanc (Daniel Craig) shows up, things don't go the way Norton's character planned, and in fact they get extremely out of hand quite quickly. One that you want to watch twice to catch things you might have missed the first time!

Danielle, Marin Villages staff

TV



Derry Girls, Netflix

The series, set in Derry, Ireland, as the title suggests, follows Erin Quinn, her cousin Orla, their friends Clare and Michelle, and Michelle's English cousin James as they navigate their teenage years during the 1990s near end of the Troubles. The friends frequently find themselves in absurd situations amid the political unrest and cultural divides of the times. While the accents can be hard to understand as the

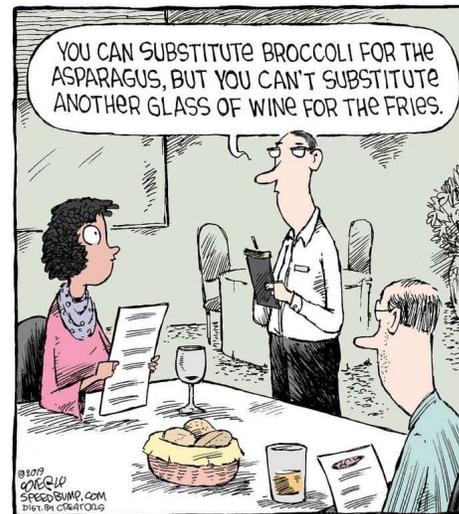
dialogue zips along, it is possible to turn on subtitles so you don't miss a joke. The combination of awkward teen growing pains, the Troubles, close-knit family, and a healthy dose of Irish humor makes this series, which has three seasons, hard not to binge-watch. *Danielle, Marin Villages staff*

HUMOR

New Year's resolutions



"Remember our former product, 'The Resolution', that people only used on January 2nd of each year?"





BEFORE WE GO

I am absolutely fascinated by **butterflies** and their stunning markings. Monarchs have a special place in my heart, having grown up near one of their winter resting grounds in Santa Cruz. In Mexico, a hummingbird drone was sent into a grove of trees that is another winter resting ground to record the swarm as the sun warms their wings and they begin to fly again.

https://www.youtube.com/watch?v=IWOySU_hAz0

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 the button below to contribute. 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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org