



THE VILLAGE SQUARE

A monthly gathering place for all our news

February 2023



It seems that the poor month of February cannot get out from under its association with Valentine's Day. So instead of hearts and chocolates, we're focusing here on the fact that we have (hopefully) lived through the worst of winter's weather, and spring is going to be announcing its arrival soon. Just watch the tree branches starting to push out little buds and notice those occasional warm, sunny days where the sun on your face feels like the most glorious thing possible. And yes, Punxsutawney Phil told us there would be six more weeks of winter, but when winter starts feeling as wonderful as it does as I write this today, well...Phil, I'm going to beg to differ. *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

A very happy birthday to our February nonagenarians



We love our 90+ Club! This month we celebrate **Eleanor Hein** and **Patricia Semple** joining the club. Welcome! In addition, **Mary Pat Cress** is 91, **Charles Oldenburg** turns 94, **Ruth Vogel** is 95, and **Harriet Cohen** turns 96. Many happy returns to you all!

Tax help available!

As exciting as the anticipation of spring can be, the timing is inexorably tied in with tax-preparation time. Once again, the AARP is offering their Tax Aide program for 2023, which offers low- and middle-income people free tax services, with a focus on aiding seniors. Use this link and scroll down to "Tax Help Services" to find the location nearest you and contact them for an appointment.

<https://marinlibrary.org/blogs/post/tax-season-2023/>

COVID UPDATE

Well, this is something! The national emergency and public health emergency that were declared in 2020 are set to expire May 11. As Marin Public Health Officer Dr. Matt Willis explains in the video below, this marks a transition to the government approaching COVID more like other communicable diseases. Marin Public Health has said it plans to maintain focus on the most vulnerable communities, including long-term care facilities, the uninsured, and the homeless. One significant change we will all notice: the federal and state programs that governed free vaccines and at-home COVID tests will sunset in May. So get updated on your COVID vaccine and use this link (<https://www.covid.gov/tests>) to order free at-home tests while the program lasts.

Importantly, the *New York Times* is reporting that in January, the number of COVID-related deaths fell after a holiday spike but nevertheless numbered about 2,100 among those ages 65 to 74, more than 3,500 among 75- to 84-year-olds and nearly 5,000 among those over 85. Those three groups accounted for about 90 percent of the nation's COVID deaths last month. Masking is still effective in protecting against COVID, the flu, and other illnesses. Mask up to stay safe!

https://www.youtube.com/watch?v=xbZpk6ul_3g

MARIN VILLAGES PROGRAMS

Men's Coffee

Wednesday, February 15, 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, February 15, 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>!

Exercise to Stay Healthy, with Dr. Wynn Canio

Tuesday, February 21, 4:00 – 5:00pm

Zoom



Please join Dr. Wynn Canio, geriatrician at Marin Kaiser, in another informative presentation for our Marin Villages community. This time she will address the topic of exercise. We know that regular exercise helps prevent chronic disease, avoid injury, and actually makes us feel happier—it's never too late to make improvements to support healthy aging! Join us to learn about incorporating safe exercise into our daily lives, with or without a personal trainer or trips to the gym. Use this link to register. https://marin.helpfulvillage.com/events/5000-zoom-event-with-dr_-wynn-canio---%22exercise-to-stay-healthy%22

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

Thursday, March 2, 1:30 pm (doors open at 1:00)

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*.

Save the date!

Not Home Alone—St. Patrick's Day

Friday, March 17, 2:00pm

Whipper Snapper, 1613 Fourth St., San Rafael



Stay tuned for more details, but mark your calendar in the meantime!

COMMUNITY PROGRAMS

Aging Action Initiative event—Hospice Deep Dive

Friday, February 17, 10:00 – 11:00am

Online

This session will go deep into the details and logistics of hospice care. What to expect from the care team? What are caregivers expected to do? How does hospice work? What questions to ask hospice service providers? We hope to demystify many of the misconceptions and help our attendees understand the logistics of this wonderful care model. To register, use this link:

https://us06web.zoom.us/webinar/register/WN_-SIYanBkQoaxC2P2YAdcpg

Age-Friendly Marin Monthly Forum—Spring OUT for Your Health: Creating a Plan for Going Out Safely and Connecting with Others

Wednesday, February 22, 10:30 – 11:45am

Online

With many older adults remaining hesitant, fearful, vulnerable, and unsure of how to make that first step back into the community, Age-Friendly Marin is hosting this forum to help. Dr. Lisa Santora, County of Marin Public Health Deputy Public Health officer, will review the guidelines for staying healthy in the community and how social connection leads to better health and well-being, and Michael Wilson, County of Marin Behavioral Health, LMFT, will speak about how to address one's fears and to make a plan for going back out into the community. The presentation will also include resources to help you "spring out and mingle." Register at this link: <https://www.eventbrite.com/e/spring-out-for-your-health-registration-529553427557>

Marin County Commission on Aging event—Digital Inclusion for Older Adults in Marin

Thursday, March 2, 10:00 – 11:00am

Marguerita Johnson Senior Center, 640 Drake Ave, Sausalito

Knowing how to "be digital" is a necessity in today's world. We increasingly use our phones and the Internet to shop, to reach our doctor and get medical advice, and to stay in touch with friends and family members, particularly if they live far away. In this presentation, we will show you the steps the Marin County Commission on Aging (MCCOA) and others are taking to make sure that no older adult is left behind when it comes to digital resources. If you want to learn about digital literacy here in Marin, this is where to begin. No RSVP needed.

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, support, 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.

Ongoing events:

First Wednesday of every month – **Zoom support group** <http://www.bvim.org/support-groups>

Every two-three months – **Luncheon meeting** <http://www.bvim.org/luncheon-meeting>

Second Saturday of each month – **Talking Book Club** <http://www.bvim.org/talking-book-club>

CHECK THIS OUT...

The **Comedy Wildlife Photography Awards** have been handed out—the winners are a group of shots that show that a split-second frozen in time can tell different stories, depending on how you see it.

<https://www.cnn.com/travel/article/comedy-wildlife-photography-2022-winners-scli-intl-scn/index.html>

This video is something new in our little newsletter. Each scene can be viewed in 360 degrees if you hold your mouse down and drag it (but it's beautiful even if you don't). An amazing and hopeful look at **The Emerald Edge**—a temperate rainforest system that extends down the west coast of North America—and the indigenous people who manage much of it.

<https://www.youtube.com/watch?v=pOLxeP3bgC8>

It's so easy to feel discouraged about the world today, but Dewitt Jones, an award-winning photographer and speaker, says if we just change our metaphorical lens and **celebrate what's right in the world**, things can look quite different. Very inspirational!

https://www.youtube.com/watch?v=gD_1Eh6rqf8

Many years ago I got to know Laurie Williams, **Robin Williams' mother**, and she was always gracious and always a hoot. I never got to see her and Robin together, but this short clip says a lot about who they both were and where his genius was incubated. Filmed at Harbor Point!

<https://www.youtube.com/watch?v=ozilWY5IVo8>

The US Figure Skating Championships were a couple of weeks ago in San Jose, and this performance by **Jason Brown** shows the best of both the sport/art form and, I think, the best of an athlete's humanity.

<https://www.youtube.com/watch?v=1rt6Ona7gw8>

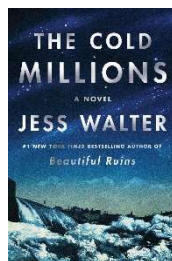
If you never saw the movie **La La Land**, you have to see this musical opening scene. If you did see the movie, this scene is worth a rewatch! <https://www.youtube.com/watch?v=OMNMbdYj5EU>

This **dancing high school Spanish teacher** is the bomb. His students obviously think so, too.

<https://www.youtube.com/watch?v=89FzD6BxCyA>

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

Books



The Cold Millions, by Jess Walter

Although set in the early 20th century in the midst of labor wars, women's suffrage, and the growth of the West, Jess Walter's story feels strangely familiar—many of its conflicts are ones that continue today. Two brothers, Gig and Rye, make their way around the western states looking for work, hopping trains, and avoiding police. Gig, the older, joins the labor movement, while Rye just wants to make a living to maybe buy some land and build a house one day. Gig's idealism and Rye's pragmatism put them at odds, but regardless of what happens, their bond keeps them showing up for the other. Circling around their story: the story of Spokane, Washington as it grows from backwater to boom town; the fiery Elizabeth Gurley Flynn (co-founder of the ACLU and champion of women's rights); the chasm between rich and poor; and the settling of the West and exploitation of its natural resources. A book that has the potential to be heavy and painful somehow manages to be tough but enlightening and hopeful. *Danielle, Marin Villages staff*

Movies



The Price of Family, Netflix

An empty-nester couple living outside Rome can't get their grown kids to come home or spend time with them, no matter what they try (and they *might* try a little too hard). So they devise a plan to bring the "kids" around for Christmas—by telling them they've just inherited six million Euros from Aunt Tea (whose funeral both kids blew off). Hilarity ensues, complete with a rented Ferrari and haute couture. Light, silly, funny, and a great way to spend an hour and a half when you need a laugh. In Italian, with subtitles. *Danielle, Marin Villages staff*

TV



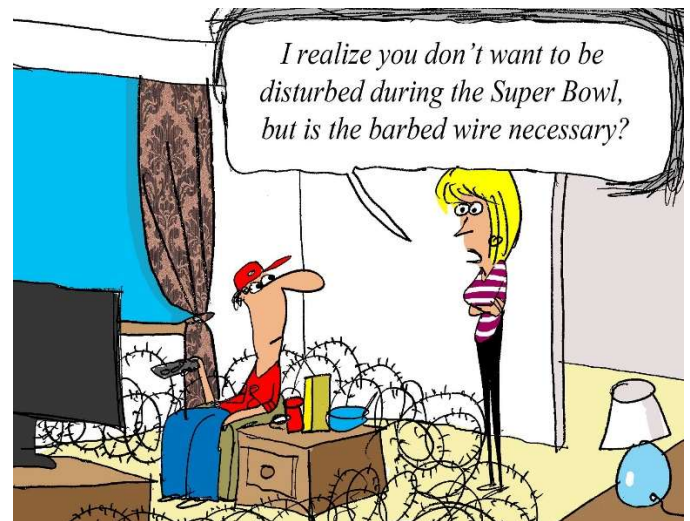
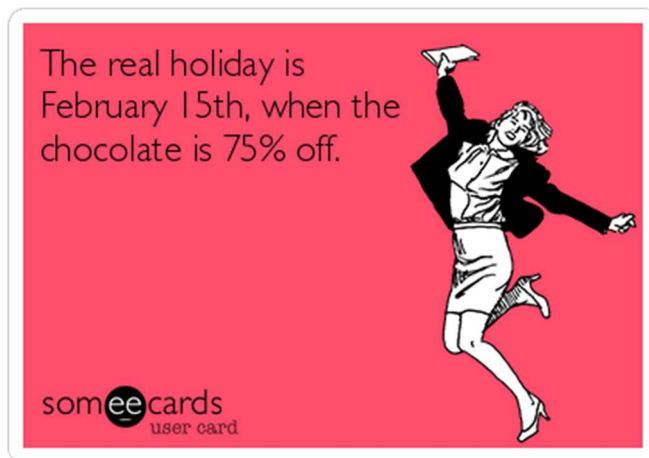
Block Party, PBS

February is Black History Month, and PBS has created a Block Party of shows. All month they are streaming new and already loved programs including history, music, documentaries, science and genealogy that celebrate Black excellence. Favorites such as *Finding Your Roots* are airing alongside documentaries about Zora Neale Hurston, Roberta Flack, football, and hip hop, among many others.

<https://www.pbs.org/articles/welcome-to-the-block-party/> Danielle, Marin Villages staff

HUMOR

February in all its glory...





BEFORE WE GO

Am I the only one who had never seen chipmunks actually **fill their cheeks**? Definitely NOT something I want to show my kids. <https://www.youtube.com/watch?v=28BkwHBdpPY>

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.marinvilleages.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.

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