

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

July 2023



It's been a slow start to summer weather, but summer fruits are finally ripening—hooray! And on the topic of summer foods, I'm hoping our recent two-day heat wave gave a boost to the tomatoes and peppers that have been inching along in our garden. July brings out that sense of finally really being in summer, doesn't it? Everything seems to slow down as the weather warms up and people head to the beach, leave for vacation, or, if at home, wander out into the garden multiple times a day to see what's changed (guilty). I hope it's a relaxing, summery month filled with the summer treats you love most. Ice cream, anyone?! *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

A very happy birthday to our July nonagenarians



We have a HUGE number of members celebrating 90+ birthdays this month, another example of our vital, active group! Starting with the newest members to enter their tenth decade, **Barbara Jacobs** and **Delore Veenstra** turn 90 this month. **Lois Cannady**, **Marge Jackson**, and **George McNeil** are all 91, and **Eldon Beck** turns 92. Happy 93 to **Marcella Murray**, **Mary Stiehm**, and **Betty Williams**. **Elaine Couch** and **Lynne Nebenzahl** turn 94, **Lee Smith** turns 95, and **Zvi Danenberg** and **Peter Davis** both turn 98. We're sending you all the warmest of birthday wishes!

Special Marin Villages discount at Columbia Sportswear Employee Store!

Between July 7th and 30th, Marin Villages members and volunteers can enjoy 40 – 60% off retail pricing at the Columbia Sportswear Employee Store in Richmond. The Columbia family of brands includes Mountain Hardwear, SOREL, and prAna, as well as Columbia, and the store is stocked with lots of amazing clothes at a discount. Marin Villages gets this perk as a nonprofit each year, but for a limited time. If you are interested in going, **please contact the office first**. (415) 457-4633 The office will send you the necessary documentation (you can't enter the store without it). You can bring up to four additional guests with each visit. Happy shopping!

Digital Access for All program

Marin Center for Independent Living (CIL) is working to expand access to technology and online skills training for people with disabilities and seniors. To that end, they are giving 130 Chromebooks to qualified members of the community. This includes Marin residents over 60 or living with a disability whose income is within 300% of the Federal Poverty Level (\$43,740 for a household of one or \$59,160 for a household of two). To find out more and apply, please use this link:

<https://www.marincil.org/digital/>

Check in with your loved ones using the Snug app!



There is a new, free app called Snug that checks in with you at a set time every day and let's your emergency contacts know if they need to try to reach you. Here's how it works: 1) download the free Snug app, 2) add your emergency contacts, 3) select your daily check-in time. Snug will check in with you every day. Just tap the green button to confirm you're okay. If you miss your check in, Snug will alert your emergency contacts to make sure someone checks on you. Snug is available in the App Store for Apple devices and the Google Play store for Android devices.

COVID UPDATE

Not much is changing these days—COVID is still with us and it's still a good idea to **get the bivalent booster** if you are not up-to-date on your COVID boosters. It's vaccines that have kept Marin County's

numbers lowest in the country for hospitalizations and deaths! Once you get the booster, you can enjoy summer activities with confidence, masking up if you are in a crowd or feel more comfortable when close to others. In the fall, we'll have to look ahead to more time indoors and more viral spread. Dr. Matt Willis, Marin County's Public Health Officer, gives a status update and talks about fall vaccines in this video. <https://www.youtube.com/watch?v=2OEJ1Rfoh88>

MARIN VILLAGES PROGRAMS

Men's Coffee

Wednesday, July 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 restaurants and coffee shops around Mill Valley the first and third Wednesdays of the 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, July 19, 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>!

Bocce

Friday, July 21, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a summer day than on the bocce court?! Wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Come for the company and watch others play if you prefer. Either way, join us! Bring a snack to share with the group. Questions? Call Larry Meredith. (415) 860-2535 Need a ride? Call Marin Villages office. (415) 457-4633

COMMUNITY PROGRAMS

Marin Art & Garden Center Summer Concerts

Thursdays, July 13 – 27, 5:00 – 7:00pm

Marin Art & Garden Center, 30 Sir Francis Drake Blvd., Ross

Meet up at MAGC for summer concerts on the lawn! Bring a picnic or order a meal from them. Adult admission is \$20 and children are free. For more details and to order tickets, <https://maringarden.org/summer-concerts-2023/>.

Online Caregiver Support Group

Wednesdays, July 19 – August 9, 12:30 – 1:15pm

Zoom

LilyPad Senior is offering an online support group for caregivers of aging spouses, parents, and friends who live in Marin and Sonoma Counties. To register for this free group, please use this link: bit.ly/LPSGroup.

Oakmont Classic Car Show

Saturday, July 22, 11:00am

Oakmont of Novato, 1465 S. Novato Blvd.



Kick off the summer at Oakmont's annual Classic Car Show! Sip on signature cocktails, savor delicious BBQ prepared by their culinary team, and relax while enjoying live music and perusing a showcase of classic cars. Please RSVP by July 19. (628) 215-1200

Transportation and Mobility Options for Staying Independent on the Roads and at Home in Marin

An Age-Friendly Marin Forum

Wednesday, July 26, 10:30 – 11:45am

Zoom

Transportation alternatives are critical to enabling older residents and non-drivers to access community services, get to work or volunteer, and visit family and friends. Discover what transportation and benefits are available in Marin and tips to make your ride safe. To learn more and register for the forum, please use this link: <https://www.eventbrite.com/e/671238210557>

CHECK THIS OUT...

This is a lovely look back at the author's childhood working in the family's **mom 'n' pop grocery store**. <https://www.nextavenue.org/mom-and-pop-and-me/>

It really never is too late for some things! This 93-year-old and her grandson just finished **visiting every national park in the US**. <https://www.npr.org/2023/05/31/1179030762/joy-ryan-93-is-the-oldest-woman-to-visit-every-u-s-national-park>

So...**it really does rain fish** a couple times a year in this town in Honduras. Read about how this bounty from the heavens has become a source of income for a poor community there. <https://www.fastcompany.com/90895929/honduras-town-rains-fish-heaven-fish-brand-income-locals>

This adorable two-year-old (!) can **identify flags and maps!**

<https://www.youtube.com/watch?v=qiNeAcnpf0g>

I love this idea. A guy asks people to **teach him their best dance move**, and they do it together. Such happy results! <https://www.youtube.com/watch?v=iOvmKHtbaUA>

Looks like **police in New Zealand have a terrific sense of humor**. This is a serious-not-serious recruitment video that looks like they had too much fun making (watch for outtakes at the end).

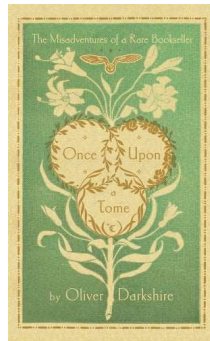
<https://www.youtube.com/watch?v=f9pslLoYmCc>

Here's a rollicking version of ***Bei Mir Bist Du Schön***, by Hot House West. Everyone gets in the spirit!

<https://www.youtube.com/watch?v=af-PpBPnp0c>

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

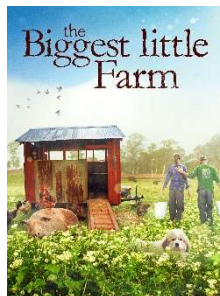
Books



Once Upon a Tome, Oliver Darkshire

Unlike the name suggests, this is just a short read, but highly enjoyable nonetheless. A memoir of a young antiquarian bookseller in London, it takes us from his unlikely decision to apply for the job (and the even less likely result of his being hired) through his early years in this venerable profession. There are “weird and wonderful clientele, suspicious cupboards, unlabeled keys, poisoned books, and some things that aren’t even books, presided over by one deeply eccentric apprentice,” according to publisher W. W. Norton. His employer, Sotheran’s, was founded in 1761, and business practices and the employees have not always kept up with the times. The cast of characters in this book would easily be out of a novel if we didn’t know they were real humans. Oliver Darkshire’s experiences and humor open a creaky door onto the world-onto-itself of antiquarian books and the people who sell them. An easy patio or beach read with a glass of iced tea by your side! *Danielle, Marin Villages staff*

Movies



The Biggest Little Farm, Amazon Prime, YouTube

I was reminded of this 2019 documentary recently, and of course, with the magic of streaming and the Internet, it is still easily accessed. A young couple (the husband, a filmmaker, documented the process and directed the movie) promise they will move out of Los Angeles and live on, and off, the land—totally in harmony with nature. They buy an abandoned farm with depleted, barren soil, and slowly but surely over seven years bring it back to a completely biodynamic, organic, working farm. The path there is not that easy, however, and some of the setbacks seem potentially devastating. In consulting with experts and bringing in animals of all stripes, they overcome many of the obstacles and learn to live with the ones that can't be 'fixed.' It's a beautiful and fascinating story of nature, really, and what's possible if we step out of the way and let her do her thing. *Danielle, Marin Villages staff*

TV



Off the Hook, Netflix

This six-episode series, in French with subtitles, is a hilarious comedy about two cousins who decide to do a technology detox for a month after realizing how their usage was creating huge problems for them. Needless to say, this throws their professional and personal lives into another kind of turmoil, and the episodes veer from one crazy situation to another. The humor is absurd and constant and sometimes cringe-worthy, but we were so entertained it was hard not to watch “just one more” when it was really time to get some sleep. *Danielle, Marin Villages staff*

HUMOR

Signs that make you go “Hm...”

Hope you weren't REALLY hungry



In case you've never made S'mores



No great milk escapes here



If this needs explaining...



As we've known since Shakespeare...



This one's got to be a joke...right?



BEFORE WE GO

Have you ever wondered **what sloths sound like**? Neither have I, but once I saw these emoting babies, I realize I should have. https://www.youtube.com/watch?v=aaqzPMO_d1g

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.

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