

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

September 2023



While our leaves in coastal California have not quite reached this color level (or any fall-color level), the days are shorter and mornings and evenings have that crisp, cool autumn feel. The seasons they are a changin'. Fall seems like it *should* be a mellower time after the energy of summer, but it never works that way. And in fact, with the Pop-Up Thrift Boutique coming at the end of the month—more on that below—our volunteers are very busy creating not one, but three (!) boutiques for your shopping pleasure. All sales directly benefit Marin Villages and our programs, so spread the word and come see it! Here's hoping for an autumn filled with wonder at the change of seasons and glimmers of joy throughout the shorter, but colorful, days. *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

Pop-Up Thrift Boutique news





Coming soon! Our Pop-Up stores (yes, three of them!) will be open for business **Thursday through Saturday, September 28 – 30**. Marin Villagers: watch for a special invitation to our preview sale on Tuesday, September 26, 5:00 – 7:00pm.

For now, we are still accepting donations **Fridays and Saturdays, 11:00 – 4:00**, but soon will be full! If you have any of these gently loved items, drop them off soon: kitchenware; linens, including comforters, place mats, towels, table cloths, and decorative pillows; women's purses; and low-heeled shoes.

There are volunteer shifts for many tasks almost every day of the week as we prepare to open, and we will have opportunities on sales days. If you are interested in volunteering in any capacity, please email Sue Steele at xerty.10@gmail.com or call the office at (415) 457-4633.

Preparing for emergencies

Natural disasters can happen at any time, and some simple preparations can make a world of difference if one hits. Here are some ways to get prepared and give yourself some peace of mind if something happens.

1. Alert Marin (<https://www.marinsheriff.org/services/emergency-services/alert-marin> to register and find out more) and Nixle (text your zip code to 888-777) are two services that keep you informed during and after emergencies. Register for both.
2. Know how you will leave your home if you need to. Where will you go and how? Come up with more than one option, if possible.
3. You could need to evacuate, or be stuck at home without services or utilities.
 - a. In case of evacuation, make sure you have a 'go bag' with water, medications, a flashlight or lantern, and important phone numbers.
 - b. If you are stuck at home, have a 'stay box' of canned foods to last several days (and non-electric can opener), flashlights/lanterns, and phone chargers (solar-powered, preferably)

4. Talk to your neighbors before anything happens. Knowing who has what resources and needs can help everyone in case of emergency.

For more detailed information and resources, check Ready Marin (<https://readymarin.org>), Fire Safe Marin (<https://firesafemarin.org>), and Marin County's Public Emergency Portal (<https://emergency.marincounty.org>).

Dominican University's free Healthy Senior Program returns to Marin

The Department of Occupational Therapy at Dominican University of California is accepting older adults aged 60 & over into its free 2023 Healthy Seniors program for in-person sessions starting September 25. The eight-week individualized health and wellness program will hold in-person sessions on Monday afternoons from 1:00 – 3:00pm, as well as Monday morning telehealth sessions from September 25 to November 13, 2023. The individualized 90-minute sessions are designed to promote health and wellness, encourage socialization, and to support seniors to maintain a more active and meaningful lifestyle. Fall prevention, home safety, nutrition, technology in daily living and community mobility may also be addressed as appropriate. To enroll or for more information, email healthyseniors@dominican.edu or call Susan LeBlanc at (415) 482-1922.

COVID UPDATE

While we remain at the Medium (orange) level of COVID cases in Marin, the numbers continue to rise. Marin County Public Health recommends wearing a mask in crowded indoor settings and obtaining prompt post-infection treatment if you do get sick, to minimize the severity of the illness. The new COVID booster should be available in October, and they recommend anyone over the age of 60 receive it. As winter approaches, we have the added promise of more flu and RSV cases—fortunately there are vaccines for both of those, as well. Talk to your doctor about when to schedule all three vaccines.

MARIN VILLAGES PROGRAMS

Men's Coffee

Wednesday, September 20, 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, September 20, 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!](https://us02web.zoom.us/j/89289995207)

Bocce

Friday, September 22, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a 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

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** <https://bvim.org/luncheons>

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

CHECK THIS OUT...

Parisians in the 14th arrondissement are helping reshape urban living with the concept of **microneighborhoods**—not unlike our Village concept, but with cheese. Lots of cheese. If you don't have a *New York Times* subscription, use this link to read the PDF: <https://marin.helpfulvillage.com/documents/6473/download>. If you do have a subscription, click here: <https://www.nytimes.com/2023/08/30/realestate/paris-cities-neighbors.html>

The number of **dementia villages** is growing, allowing people with dementia to safely live in beautiful communities that blur the line between home and hospital. PDF link: <https://marin.helpfulvillage.com/documents/6474/download>. *NY Times* link: <https://www.nytimes.com/2023/07/03/realestate/dementia-villages-senior-living.html>.

Your thoughts about aging are more important to how you feel than you might know! This article looks at the ageism we shower on ourselves and how to **reduce our negative thoughts about aging**. <https://marin.helpfulvillage.com/documents/6475/download>

A moving local story about a Coast Miwok group **buying back a piece of ancestral land** in Marin. <https://www.kqed.org/news/11956856/how-a-coast-miwok-group-are-buying-back-a-piece-of-their-ancestral-land-in-marin>

I'm mesmerized by the way juggler Michael Moschen uses a triangle and three balls to create a **visual and auditory extravaganza**. From PBS Great Performances. <https://www.youtube.com/watch?v=qjHoedoSUXY>

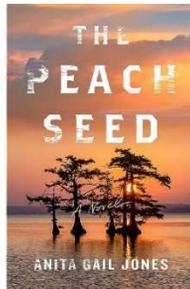
It's hard to remember that there was a time where the concept of **budget airline fares** with restricted benefits was something new. Carol Burnett and crew conceived this skit in the early days of budget fares and were eerily prescient in some parts. <https://www.youtube.com/watch?v=h66p3gW82bM>

I like this jazz rendition of the song **Flowers** better than the original pop version!
<https://www.youtube.com/watch?v=1iqzLtMSCuA>

Everything about this film clip screams 1950s and yet... **Bob Hope and James Cagney** having a dance-off on a table is pretty entertaining. <https://www.youtube.com/watch?v=JOoNOs8QI28>

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

Books



The Peach Seed, Anita Gail Jones

A story of family, love, and time, centered on Fletcher Dukes, an almost-70 former civil rights activist living on his family's land outside Albany, Georgia. He and his much older sister Olga are the maypole at the center of this story, with various members of the family circling high and low, weaving a colorful—though by no means always easy or joyful—life. When his high school love returns to Albany after fifty years and a successful jazz career, past and present begin to collide in ways both hopeful and sad for Fletcher. In the meantime, his daughter and grown grandson face their own demons and family shows up and steps back depending on circumstances. A novel so firmly rooted in place you feel like you are there, feeling the weather, smelling the smells, and hearing the characters speak, *The Peach Seed* brings you into the life of a fictional family that could easily be real. One of those books that transports you and makes you care what happens to the characters. *Danielle, Marin Villages staff*

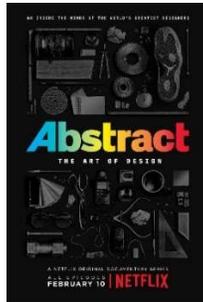
Movies



The Adam Project, Netflix

This 2022 movie stars Ryan Reynolds as adult Adam and the fantastic Walker Scobell as the younger Adam. Through some inexact time travel, older Adam ends up back in 2022 with his 12-year-old self, and they have an epic adventure trying to stop their father's former business partner from stealing his algorithm and creating (and weaponizing) time travel. The unlikely plot aside, it's a fast-paced story made all the more fun by the great actors (Jennifer Garner and Mark Ruffalo play Adam's parents) and their chemistry. While Scobell might steal the show, Reynolds is as funny as ever, and keeping track of the plot prevents your mind from wandering throughout the film. Will they stop the evil partner and save the world? Hopefully, but no matter what, the story is so entertaining it *almost* doesn't matter if they do or not. *Danielle, Marin Villages staff*

TV



Abstract: The Art of Design, Netflix

It's amazing how many interesting ideas can be crammed into one episode of Netflix's *Abstract: The Art of Design*. Each episode is devoted to one designer, and goes inside their world and their processes. There are the expected architect, interior designer, and graphic designer, but also a sports shoe designer who designed the Air Jordans, a stage designer, a costume designer, an art installation designer, a toy designer, and more. Fourteen episodes over two seasons that leave you marveling at the creativity of the human mind. *Danielle, Marin Villages staff*

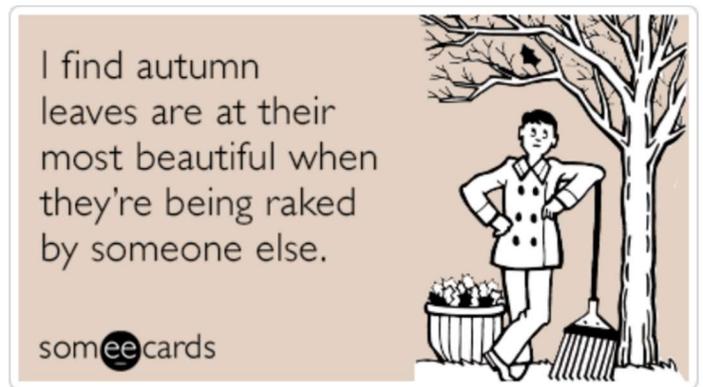
TECH TIPS

Avoiding increasingly sophisticated scams

We all know scams can come to us via phone and email, but scammers are using texts more and more, too, and the ruses are becoming very sophisticated. The bottom line in terms of any type of scam is that if you receive a call, email, or text purporting to be from your financial institution, **hang up or don't respond**, and call your financial institution directly. If the potential scam involves a company you've supposedly placed an order with, contact the company directly or ignore if you know you haven't placed such an order. Don't ever engage with someone who contacts you asking for either personally identifying information or payment of any sort.

HUMOR

Ah, the end of summer, beginning of fall...





BEFORE WE GO

I've included videos of this sweet dog before, but it's one of those sights that bears repeating. If three minutes of watching a yellow lab jump into huge leaf piles doesn't get you ready for fall, nothing will!

<https://www.youtube.com/watch?v=Tu3HN-MmJc4&t=82s>

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