

MARIN  
VILLAGES



Our Paths - Our Choices

# THE VILLAGE SQUARE

*A monthly gathering place for all our news*

April 2024



I love the “in-betweenness” of spring. The sun is out but the hills are still green. It’s warming up, but I can still put on a sweater in the morning. The days are the perfect length—not too short and not too long. If life were the Goldilocks story, we’d be in baby bear mode, with everything just right. As I work on the monthly newsletters, I’m seeing fewer and fewer instances of “canceled if raining” written into the local village events. Which prompts me to encourage you to find some activities in your local village or even other villages, as many events are open to all. Browse the calendar on our website ([https://marin.helpfulvillage.com/events?all\\_villages=1](https://marin.helpfulvillage.com/events?all_villages=1)) to find some that you’d like to explore. This is the perfect time of year to rediscover the outdoors if you’ve been inside a lot the past several months! And it’s always a good time of year to meet more of your fellow Villagers, who are a group worth getting to know—and who will be getting out and about more now that spring is in full swing.

*Danielle, Marin Villages staff*

**MARIN VILLAGES NEWS**

[A very happy birthday to our April nonagenarians](#)



April is a big month in our 90+ Club! This month **Bronni Galin** and **Marjory Horton** join the merry celebrants—welcome! **Janet Bogart**, **Virginia McBride**, **Jacque Smith** and **Burnett Tregoning** turn 91; **Mary Dunselman**, **Ginny Doyle**, and **Marilyn Jacobs** are 92; **Odine Beattie** turns 94; **Mary Levin** celebrates 96; and **Laurel Feigenbaum** turns 97. Wishing you all beautiful spring birthdays!

### The Pop-Up Thrift Boutique is coming soon!

Yep, we're doing Pop-Up early this year. The sale will run **June 6 - 10**, but first...we need donations! If you have been spring cleaning, this is the perfect place for your lightly loved items. We will soon be taking donations at the Northgate Mall. **Starting Friday, April 12**, you can drop off your gently used goods **Fridays & Saturdays, 11:00am – 4:00pm**, until we are full. Each year we reach capacity and eventually have to turn donations away, so the sooner you can donate the better. For details about what items we can accept and where to drop off, please see this email:

[https://mailchi.mp/marinvillages.org/pop-up-thrift-boutique-donation-collection-starts-friday-8041558?e=\[UNIQID\]](https://mailchi.mp/marinvillages.org/pop-up-thrift-boutique-donation-collection-starts-friday-8041558?e=[UNIQID]).

### Take a local adventure on the SMART train

A new program offered by SMART lets youth under 18 and adults over 65 **ride free** until June 2025. Why not grab a friend or two (or the grandkids!) and hop on the train for lunch and shopping in Petaluma or Santa Rosa? For more information on the program and to research the various stops available, use this link. <https://www.sonomamarintrain.org/FreeFare>

### Compass for Care

Are you a caregiver to someone with Alzheimer's or a related dementia? Are you interested in trying a new program? The Compass for Care study is a research project designed to test new digital programs that support caregivers. Eligible caregivers will be asked to use one of two online programs and complete online surveys. One program focuses on wellbeing and the other on safety. Caregivers may earn up to \$150 in gift cards for their time. To see if you are eligible, email [care@compassforcare.com](mailto:care@compassforcare.com) so they can send you a link to their screening survey.

## End-of-Life Choices presentation



In March, guest speaker Susan Gess lead a discussion about options available to those facing the end of their lives, highlighting two end-of-life topics: Medical Aid in Dying (MAiD) and Voluntary Stopping Eating & Drinking (VSED), including their legal context, eligibility requirements, and current practices. A packed room of highly engaged participants appreciated her candid and compassionate presentation. For FAQs about the California End of Life Option Act, use this link <https://marin.helpfulvillage.com/documents/7073/download>. And for an advance planning guide and toolkit, use this link <https://marin.helpfulvillage.com/documents/7074/download>. Susan retired after 28 years as a pharmacist with Kaiser. She now serves on the Advisory Council for End-of-Life Choices California.

## MARIN VILLAGES PROGRAMS

### **Mill Valley Village Men's Coffee**

Wednesdays, April 3 & 17, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, including volunteers and members from other villages, to 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](mailto:irvgubman@gmail.com) or (415) 250-6155).

### **Dr. Canio: It's Only Aging—The “Normal” Signs**

Tuesday, April 16, 3:00 – 4:00pm

Zoom



Dr. Wynn Canio, geriatrician at Marin Kaiser, does another informative presentation for our Marin Villages community. Our body changes with aging. In this session, we will discuss the “normal” signs of aging. Come hear Dr. Canio help explain the differences and how to get help if you need it. Please register for the Zoom here: [https://marin.helpfulvillage.com/events/5941-zoom-briefing-with-dr - wynn-canio:-it's-only-aging---the-%22normal%22-signs](https://marin.helpfulvillage.com/events/5941-zoom-briefing-with-dr-wynn-canio-it's-only-aging---the-%22normal%22-signs).

### **Technology/Computer Help Office Hours**

Wednesday, April 17, 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)

### **Is There Life After Death? A Villager’s Lived Experience**

Thursday, April 18, 1:00 – 2:00pm

Zoom



Join Marin Villager Ellie Schamber to hear about her experience of death. When she was 29 years old, she was in a car accident that took several lives—including hers. “Looking down at my body, I was dumbfounded! I realized that everything I had believed and taught about consciousness had been wrong.” She will talk about the experiences she had when she was on the other side, and the spiritual experiences she has had since then. Please register at this link:

<https://marin.helpfulvillage.com/events/5896-is-there-life-after-death%3F--a-zoom-talk-by-ellie-schamber,-phd,-describing-her-experience-when-she-died>

### **Transit Solutions for Non-Drivers**

Thursday, April 25, 2:00pm

Marin Villages Office, Building F Conference Room, 4340 Redwood Hwy, San Rafael



A speaker from Marin Transit will be addressing transportation options for those who are no longer driving, might stop driving soon, or are simply not able to get where they need to go for any reason. This presentation will help address your needs and answer any transportation questions you have. RSVP to Annie Rivo at [anzied@gmail.com](mailto:anzied@gmail.com) or (415) 378-3705.

### **Bocce**

Friday, April 26, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend an afternoon than on the bocce court?! No prior bocce experience necessary, just soft-soled shoes and your presence. All are welcome! 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

## Not Home Alone—Mothers and Others Day

Sunday, May 12, 2:00pm

Café Arrivederci, 11 G Street, San Rafael



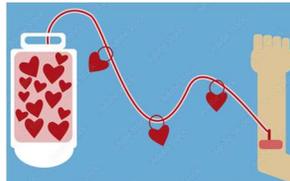
Join Donnalee Wells and other Marin Villages members and volunteers for a Mothers and Others Day early supper on the beautiful patio, weather permitting, at Café Arrivederci; otherwise it will be inside. Menu TBD. Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. RSVP to Donnalee at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or text or call (415) 302-9244.

## COMMUNITY PROGRAMS

### Be a Local Hero—The Outdoor Art Club Blood Drive

Wednesday, April 17, 10:00am – 2:45pm

One West Blithedale Avenue, Mill Valley



Mill Valley's Outdoor Art Club is hosting a blood drive. Please consider making a donation, as your participation will have a huge impact. It's easy—appointments can be made by calling (877) 258-4825 or going to [vitalant.org](http://vitalant.org). If you have any further questions please contact Mill Valley Village member and volunteer Sara Byruck at [sbyruck@gmail.com](mailto:sbyruck@gmail.com). Thank you!

### Vision Impaired of Marin (VIM) April Luncheon

Sunday, April 21, 11:30am – 1:30pm

Novato Seventh Day Adventist Church, 495 San Marin Drive



Novato Seventh Day Adventist Church will host the April luncheon, featuring entertainment by Bread and Roses Presents. There will be an opportunity to win drawing prizes. If you would like to donate a gift, please bring it wrapped to the event. Please arrange your own transportation; your driver or guest is welcome, and handicap parking is available. There will be volunteers to guide you after your arrival. Cost is \$10, cash or checks made payable to Novato Seventh Day Adventist Church. Please RSVP by April 14 to (415) 459-5066 or [info@bvim.org](mailto:info@bvim.org).

### **Aging In Place with Safety, Connection and Delight**

May 1, 2024, 1:00pm

Mill Valley Public Library Cascade Room

This is an introduction on how to make your home a partner in your healthy-aging experience. Susanne Stadler, architect and inclusive design activist will present an overview of the Aging 360™ workshop she designed together with social workers for the nonprofit At Home with Growing Older. This creative, interactive workshop provides participants with simple tools to adapt their homes to their changing needs, rooted in a holistic, human centered approach to age-friendly design. Participants will have an opportunity to ask questions concerning their own changing needs. The Mt Tam Community Land Trust and Home Match will explain their tools for supporting healthy aging. This event is sponsored by the Mt Tam CLT and the City of Mill Valley Age Friendly Initiative.

### **Mother Lear**

This award-winning production has played in dozens of diverse venues since its premiere in fall 2017. Meet Marian, an irascible middle-aged scholar with dementia who communicates with her caretaker daughter Cordelia using only the text of King Lear as the two struggle with aging, love and their own balance of power. Stream for \$2.99 here. <https://motherlearfilm.vhx.tv/>

### **CHECK THIS OUT...**

As cities get hotter and hotter, Medellin, Columbia has done something so simple and yet so effective. It's a solution that makes it more beautiful and **could lower the average temperature** by five degrees. <https://reasonstobecheerful.world/green-corridors-medellin-colombia-urban-heat/>

Robin Williams' theory as to **how golf started**. <https://www.youtube.com/watch?v=caLYA6fLOyg&t=2s>

I love Air India's take on an in-flight safety video, using the **dances of India's various regions!** [https://www.youtube.com/watch?v=aI51WZcN2\\_U](https://www.youtube.com/watch?v=aI51WZcN2_U)

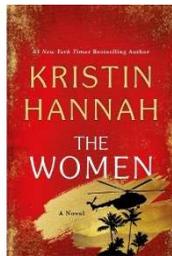
People clamored to hear **Charlie Chaplin's voice**, but he didn't want the Tramp to come from any particular country, so he sang this song in gibberish, and it's genius. [https://www.youtube.com/watch?v=0daS\\_SDCT\\_U](https://www.youtube.com/watch?v=0daS_SDCT_U)

Postmodern Jukebox does a jazzy cover of the **Spice Girls' Say You'll Be There**, and it's a toe-tapper. <https://www.youtube.com/watch?v=KWQzyl9fg1Y>

There's something about a **room full of people doing the same boogie**, but each with a slightly individual style. <https://www.youtube.com/watch?v=I722WIHuMa4>

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

### Books



#### **The Women**, Kristin Hannah

For many years the fact that around 10,000 women served in Vietnam was not widely known, a reality that this new novel from Kristin Hannah (*The Nightingale*) deftly addresses. Nurse-in-training Frankie leaves Coronado, her conservative parents, and her sheltered upbringing to serve as a field nurse in Vietnam. Totally unprepared, she adapts quickly to the horrors and hardships, saving countless lives during the carnage witnessed at their makeshift hospital. Halfway through the novel she returns home, only to face PTSD (not yet widely understood) and a country hostile to returning soldiers and in denial that any women were actually in Vietnam. Hannah's meticulous research gives this novel a chilling sense of reality, and yet it was impossible to put down. It is a story of deep friendships and true patriotism, as well as an homage to women who have served our country in the direst circumstances. *Danielle, Marin Villages staff*

### Movies



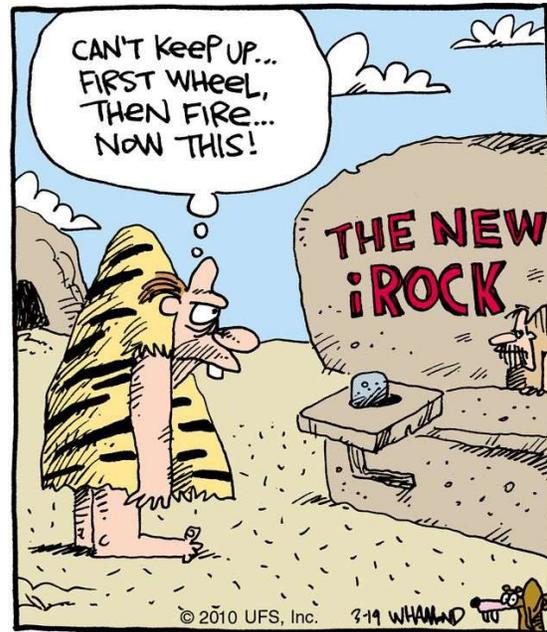
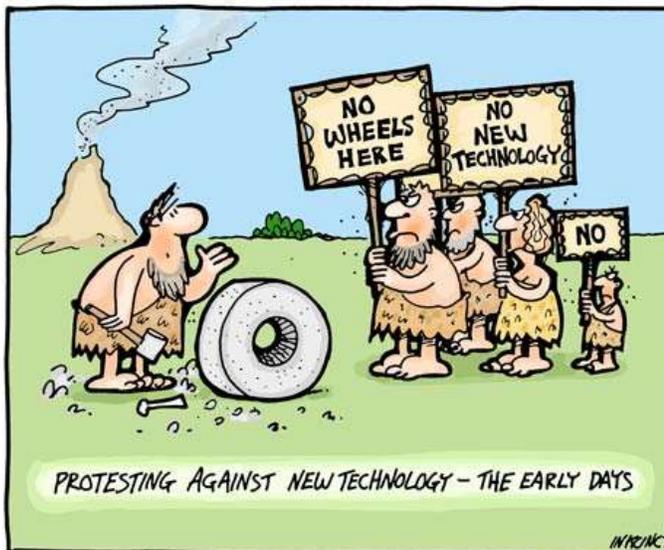
#### **The Beautiful Game**, Netflix

Did you know there is actually a Homeless World Cup soccer tournament? I did not. This new movie from Netflix, starring Bill Nighy and Micheal Ward, is a fictional account of the tournament, but the

issues these players face in the story are no doubt close to reality. Bill Nighy is the coach of a loosely knit group of men who have all found themselves homeless for different reasons, from loss of a job to drug addiction to becoming war refugees. They go to Rome to play in the Homeless World Cup, but the movie is about much more than the game or the tournament. It's the story of six men with varying backgrounds who come together on the soccer pitch and learn to trust one another. You don't have to like soccer to love this movie. (It's actually more like Futsal than soccer, and if you don't know what that means, it's ok! We are a soccer family.) The movie's strength is in its people and their stories, not in the sport itself. Danielle, *Marin Villages staff*

## HUMOR

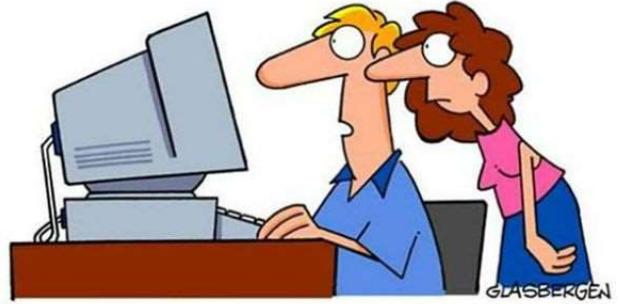
We love technology, we hate technology. But either way, it's here to stay, so laughter is probably the best solution.



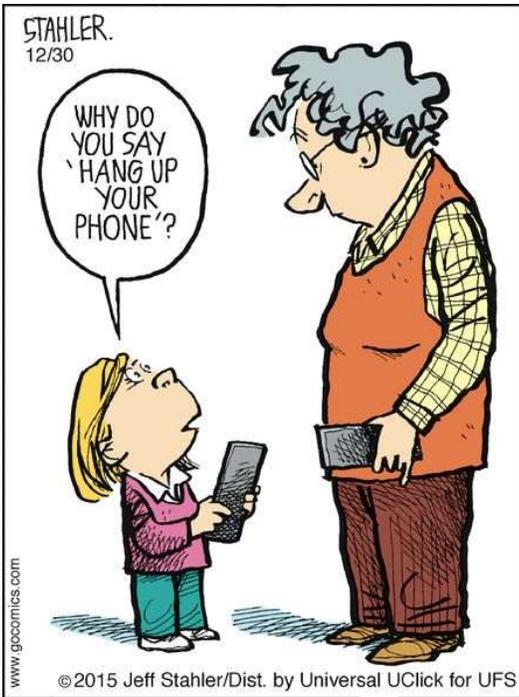


**NOPE... IT CAN'T BE DONE ONLINE...  
YOU ACTUALLY HAVE TO TAKE THE RAKE OUTSIDE**

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**"THE COMPUTER SAYS I NEED TO UPGRADE MY BRAIN  
TO BE COMPATIBLE WITH ITS NEW SOFTWARE."**



STAHLER.  
12/30

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## BEFORE WE GO

We've had Robin Williams' thoughts on the origins of golf, now here are **Olive and Mabel**, out on the golf course with their human Andrew Cotter, having a bit of a game.

<https://www.youtube.com/watch?v=sTh7hKDmDME>

*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](mailto: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](http://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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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)