



MARIN VILLAGES

Assisting Marin's older adults to remain independent in their homes and communities with dignity and grace

Our Volunteer Appreciation Party

by Lisa Brinkmann, Executive Director



It was an honor to be able to address the 120+ members, volunteers and guests that attended our Volunteer Appreciation Party on September 23rd.

Our volunteers are the heart of Marin Villages, answering requests each and every day and demonstrating the best of what it means to care about your neighbors and lend a helping hand. You cannot place a value on developing a relationship and making someone else, someone who otherwise would be a stranger, feel relevant, cared for and at ease. The rides provided and the conversations had in the cars, at home looking at computers and while hanging a shade, helps form friendships and in many cases connections that may or may not have existed before.

Marin Villages continues to be one of the few organizations that is able to provide personalized service to our older residents - helping them with the tasks they feel are most important to them - thanks to our volunteers.

As one of our member's recently wrote in a note: *"your volunteer is so very kind and friendly. I'm 94 years old and she goes out of her way to help me. Thank you so much for her. We have become friends"*.

Did you know that in the last year alone, Marin Villages had over 450 activities posted on its website? These would not have happened without our volunteers.



Robert Hibbs, Cherie Sorokin,
Betty Williams

Our activities range from strenuous hikes on Mt. Tam to programs on Beethoven and Klimt; from social happy hours, to a wait-list only Death café. We have been collaborating with the Age-Friendly groups to co-host various speaker's series and hosted a multi-Village summer suppers. And of course, there are the monthly coffees, luncheons, movie and book groups

In the past 12 months, our volunteers have completed almost 6,000 requests!! While many are for rides, a large proportion of the rides were to visit with friends, attend classes, see spouses and partners during rehab and attend our own social events. Our handymen have moved furniture, made trips to the dumps, looked at doorbells, garbage disposals and lighting to either fix them or troubleshoot the problem for a professional. We are able to quickly and easily help with the tasks that allow our members to live on their own.



Janis, BJ and Carol

As Laura Bock, a Mill Valley Village member wrote:

I moved to Marin County from my native San Francisco five years ago. As a blind and low hearing

person in my late sixties, I had had all my resources in place in San Francisco. Now what was I to do?

And then I stumbled upon a bunch of angels called Marin Villages.

And so, I toast all of you: to those who organize and run Marin Villages with such commitment and dedication; to those of you who volunteer your time to help us. We are treated with respect, sensitivity and good-natured interest in who we are and in our stories. You enable all of us to live our lives and remain as mobile and active as possible, and in the process, you have become friends.

Thanks to everyone who made this event special.

A special thanks to Board members, Sue Steele and Annemarie Clark, who chaired the committee responsible for making this event a success. Also, thanks to Anne Ramsay and Carolyn Jones who are in charge of table decorations, year after year; to Irv Gubman, Andy Egger and Larry Meredith for tending bar; and to Loulie Sutro, Suzie Pollak and Sandy Yoffie for being our "welcome committee", handing out the name tags; and everyone else who made this party a fun success!

Carole Sherick honored as the Nancy Forster Spirit of Marin Villages' awardee

Carole was nominated by the San Rafael Village steering committee and other members, summarizing her contributions to Marin Villages below:



Carol's dedication, enthusiasm and passion for the Marin Villages mission exemplifies the qualities exhibited by Nancy Forster, a pioneer in the founding of the organization.

Carole is one of our top service providers. She drives members, walks dogs, does companionship visits, walks with members, takes them to the Farmers Market and grocery shopping. Member Gloria Wilcox shared that "Carole is firmly dedicated to the principles of the Villages. She lives them with enthusiasm and joy and always with her sunny side up. She makes a big difference in my well-being and happiness as a senior."

Carole served as co-chair of San Rafael Village for the first three years, working tirelessly to build the Village. This included establishing programs, providing direct services and recruiting members and volunteers. Carole leads by example; always willing to step up when needed with a helping hand and a ready smile. Her enthusiasm is contagious! Her creativity and energy are hard to match.

For the past two years, Carole has been Chair of the Program Committee, steadily developing new and exciting programs to provide the social connections so important to our members and volunteers. Examples include a van excursion to the Golden Gate Conservatory of Flowers, with lunch and tour; two SMART train rides to Santa Rosa for lunch; supporting the Death Café (which has proved immensely popular); an upcoming Potluck Picnic with Novato Village, and numerous educational presentations, including Emergency Preparedness, Your Library, and a Balance workshop. Carole introduced Happy Hours to the Villages! That is in addition to the standard monthly coffees, lunches, movie nights and games that fill the calendar.



Carole Sherick with Lisa Brinkmann, Exec. Director

Carole is a true team player, one who can be depended upon for her leadership qualities.

More Pictures from the Volunteer Appreciation Party



Stephen Gordy, with Jim Bryant and Bill Tiedje



"Power" volunteers, Cathy Dunlap, Marcia DeZwarte, Jerry Freedman and Carole Sherick



Twin Cities Village committee chairs, Marty Schwarz and Mary Wood



Just having fun: JoAnn Haseltine, Bill Tiedje, Joan Ford, Cecile Cutter



Welcome! Suzie Pollak, Loulie Sutro, Sandy Yoffie



Nancy Tingley won the "I Volunteer for Marin Villages" license plate



Chuck and Christina Oldenburg with friend, Jeanne Baumgarten



Our youngest volunteers from Marin Catholic and Branson



Ruth Ramsey, Matt Masson and Martha Walters



Welcome to Septembers's new members

Mill Valley Village:

Deirdre & Randy Rand
Marie-Louise Porti
Alice Millsbaugh
Pierette & Michiel
Jeanmonod

Ross Valley Village:

Gay Conway

Novato Village:

Jan Dutton
Lorraine Day

Tiburon Peninsula Village:

Jan Dutton
orraine Day



Hello to our newest volunteers

San Rafael Village:

Donna Posard
Lincoln Chris

Tiburon Peninsula Village:

Cathy Kennedy

Twin Cities Village:

Barbara Clark

Upcoming Events

Aging...BETTER!

A Marin Village Community Event

WHEN: Saturday, October 6, 2018 1 - 4 p.m.

WHERE: Novato City Hall, 901 Sherman Ave., Novato

SPEAKERS:

- José Alberto López-Domínguez, Ph.D., Buck Institute for Research on Aging, will address the current understanding of the aging process in relation to the development of degenerative diseases such as Alzheimer's and Parkinson's.
- Richard Caro, Ph.D., co-founder of Tech-enhanced Life, a Public Benefit corporation with the mission of improving the quality of life of older adults and their families, will discuss his work focusing on the intersection of aging and technology.

Lisa Brinkmann, Executive Director of Marin Villages, will speak on the Village Movement and what they are doing in Marin County to help improve the quality of life for our older adults.

Join us for this interactive event. Refreshments will be served.



Jim Duckworth, of Novato Village, posting signage for **Aging BETTER**

Mark your Calendars

Marin County Senior Information Fair

Wednesday, October 24 9:00 am - 3:00 pm

Marin Exhibit Hall

Avenues of the Flags, San Rafael



Join Marin Villages at the FREE event, featuring over 130 exhibitors with valuable information and resources, including legal and financial services, housing and transportation, fitness, hobbies and activities, technology and more. There will be music and entertainment abound.

We are looking for volunteers to help us at our booth. If you are interested in filling a 2-hour shift. Call the office at 415-457-4633 if you'd like to help.

Sudha's Treasures

Town Center in Corte Madera

(Same location as last year next to Crate & Barrel)

You're invited to the Sneak Preview Party

Friday, October 26th from 4-8 PM

Hors d'oeuvres and Wine served



Store opening

October 27 - November 11 10AM - 6PM

You are warmly invited to meet celebrated designer, Sudha Pennathur, at the sale of her rare collection of jewelry, scarves, and holiday gifts created by Master Craftsmen of India. Sudha's unique designs are featured in such prestigious stores as Bergdorf Goodman,

Neiman Marcus, Harrods, Saks Fifth Ave, The Smithsonian, and the Sundance Catalog.

Wholesale prices - jewelry, gifts, & scarves. Get your holiday shopping done early!
Sudha will be donating all proceeds of the sale to: Berkeley Rep, Whistlestop, North Bay Children's Center and Marin Villages.

For more information on Sudha's Treasures, [click here](#).

Events "Around the Villages"

(for a complete list of all events and activities in all of our Villages, please see our website calendar at www.marinvillages.org)

Staying Social - It's More than Just Fun

Wednesday, October 17 1:00 p.m. to 2:30 p.m.

Where: Age-Friendly Intergenerational Center, 498 Tamalpais Dr., Corte Madera

Many of us lose contact with friends and family as we age. Life changes can make it hard to stay in touch. Furthermore, health challenges often prevent us from getting out and remaining active. But staying social is vital to our well-being. Research now shows that isolation is a major cause of decline and depression in older adults.

Dr. Nelson will present some of the latest findings on this topic as well as provide practical tips for keeping your social life, body and mind healthy. Presenter: Deb Nelson, Psy.D. San Rafael Clinical Psychologist specializing in working with older adults, chronic pain and chronic illness.

Marin Villages - Volunteer Training

When: Thursday, October 18, 2018 11:00 - 12:30 p.m.

Where: Marin Villages Community Conference Room

4340 Redwood Hwy, Ste F-138, San Rafael

Come learn about our volunteer program - how the dashboard works, tips on working with seniors and reminders of home safety. This is a highly recommended program for all volunteers, and anyone thinking of volunteering.

Let's Play Bocce Ball!

Friday, October 26 1:00 - 3:00 p.m.

Where: Marin Bocce, 550 B St., San Rafael

Bocce ball is back! Get ready for a fun afternoon with the Twin Cities Rollers, time to head back to the courts and let it roll! Join us for snacks, beverages, and some outdoor fun!

Reading Corner

This librarian is "out of the office" until later in the month... stay tuned.

If you have articles that you feel might be of interest to other members and volunteers, please feel free to send them to us at info@marinvillages.org

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