

[View this email in your browser](#)**MARIN
VILLAGES**

Our Paths - Our Choices

Empowering older adults to be active,
connected, and independent in the place
they call home

MARIN VILLAGES NEWSLETTER

**FEBRUARY 2020**

DIRECTOR'S CORNER

Dear Marin Villages Members and Volunteers,

Happy New Year to you and yours.

As my first month draws to a close as Interim Executive Director, I want to thank you all for the warm welcome you've given me to the Marin Villages family. I've learned so much over the past few weeks and what stands out most for me is how passionate those that I've met are about our inspirational mission. I look forward to meeting many more of you over the next several months as I attend local village meetings and events.

Last week, several Marin Villages volunteers and I attended the Marin County Board of Supervisors meeting and one of the key agenda items was the presentation of a new initiative called Age Friendly Marin County. This is a cross-sector effort led by the Department of Aging and Adult Services that has involved the work of many volunteers,

public agencies and community benefit organizations over the past two years. Their goal was to identify the needs of the county's aging population and develop long-term strategies and solutions to address those needs. Marin Villages was mentioned several times during the discussions following the presentation and the Board of Supervisors unanimously adopted the plan for implementation in Marin County.

The next day in a meeting with Lee Pullen, the Director of Aging and Adult Services, he made it clear to me that the services Marin Villages provides, as well as those of many other nonprofit organizations throughout the county, are key to achieving the ambitious goals in this plan. Our mission truly does matter.

While the plan is quite detailed, it contains some excellent information that you may find interesting and helpful and you can access it via the following link:

[Marin County Age Friendly Action Plan](#)

Several member of our Board of Directors and I have also met with Supervisors Dennis Rodoni and Damon Connolly, with plans to schedule discussions with Katie Rice, Kathryn Sears and Judy Arnold later this month. We want to assure them all that Marin Villages plans to be on the front lines of the county-wide efforts to implement Age Friendly Marin County.

My best to everyone,

Peter Lee
Interim Executive Director

WELCOME, NEW MEMBERS & VOLUNTEERS!

MEMBERS

Mill Valley: Carol Baitzell, Janis Bosenko, Marja Gullmes, Bill Osterhaus, Diane Yates

San Rafael: Gene Karas, Patricia Krantzler, Joan Peterson, Giancarla Tacchi

Twin Cities: Malcolm O'Neill

We look forward to seeing you at an event soon!

VOLUNTEERS

Mill Valley: Danielle Benakos, Kimberley Kaiserman, Liz Palter

Novato: Beryl Bourke, Deeann Kelly, Sue Lyttle

Ross Valley: Annie Sue

San Rafael: Betty Jennings

Tiburon Peninsula: Kim Logie, Alan Sankin

Twin Cities: Johann Timmermann

Thank you for giving your time and energy to Marin Villages!

MARIN VILLAGES EVENTS

If you would like to participate in any of the activities in this newsletter and need transportation, please call the office at (415) 457-4633 to arrange a ride.

Aging in Marin Series: Safety in Numbers, hosted by Ross Valley and Twin Cities Villages

Sunday, February 9, 2:00 – 4:30pm

Drakes Landing Community Room, adjacent to Jason's Restaurant
300 Drakes Landing Road, Greenbrae

Join us at this free event for members and friends, and enjoy wine, beer, and hors d'oeuvres. There is a free raffle for ten emergency radios and four "Go-backpacks," so get your raffle ticket when you enter.

The speakers will cover:

- Safety for All Seniors in Fire Season and Evacuations – Todd Lando of Firewise Marin
- Safety by the Ballot – Supervisor Katie Rice will answer questions and explain the March wildfire ballot measure
- Safety by Being Counted – Stephanie McNally, Advocacy and Policy Manager of the Canal Alliance, will speak about how you can shape your future by your participation in the 2020 Census

An RSVP is required for all attendees. Please call the Marin Villages' office at (415) 457-4633 to RSVP, and if needed, to reserve a ride. Click [here](#) for the Marin Villages website listing.

LOCAL VILLAGES EVENTS

Education & Presentations

Third Wednesday Speaker Series – The Best Home for Me: Preparing to Transition

Wednesday, February 19, 11:00am – 12:30pm

Corte Madera Community Center
498 Tamalpais Drive, Corte Madera

Are you considering a move into assisted living? Understand terminology, requirements, what's new in the industry and how to organize, transition and downsize! This is an enlightening, valuable and useful presentation on moving from home into a care setting best suited for you. Learn how to better afford a community, what to take and contacts to help prepare for your move. See the event on the [Marin Villages website](#).

Presenter: Margie Cuitti, Senior Living Services

Books

Great Books Club

Wednesday, February 26, 12:30 – 2:30pm

At the home of Ginni Saunders

Great Books Club meets on the fourth Wednesday of each month. We read a 50 – 75 page essay, story, or poem drawn from both historic and contemporary classics. Our source is Conversations 2, published by the Great Books Foundation. **New members are welcome!** If you have questions, please email Ginni Saunders at ginnisaunders@gmail.com. More details [here](#).

Groups

Village Men's Group

Wednesdays, February 5 & 19, 11:00am – 12:30pm

Sweetwater Music Café, Mill Valley

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 at the Sweetwater. To get more information or to be put on the reminder list for upcoming meetings contact Alan Hayakawa (alan.hayakawa@gmail.com or (415) 384-8998). The group meets the first and third Wednesdays of the month. See the event on the [Marin Villages website](#).

COMMUNITY EVENTS

Falling Strategies: Prevent Falls, Reduce Injuries, and Land Safely

Presented by Marin County Commission on Aging

Thursday, February 6, 10:00 – 11:00am

Margaret Todd Senior Center, 1560 Hill Rd., Novato

More than one in four older adults falls each year. Falling can pose serious physical and mental health risks, both immediately and long-term. The good news is that most falls are preventable, and this presentation will show you how.

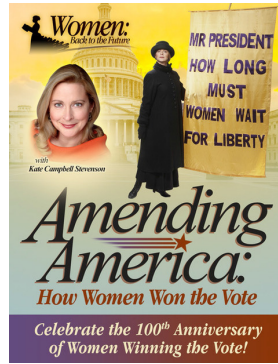
Amending America: How Women Won the Vote

Wednesday, March 18, 7:00pm

Dominican University, Guzman Hall

A one-woman show depicting the fight for ratification of the 19th Amendment to the Constitution, giving women the right to vote. Cost is \$15.

This is a public event hosted by Dominican University's Women, Leadership and Philanthropy Council and many local women's organizations. It may sell out quickly. To register, visit www.alumni.dominican.edu/amendingamerica. You cannot sign up for this event through the office. But, if you do sign up (through Dominican) and need a ride, make sure to call the office to request one.



READING CORNER

Tiburon Resident (and our very own Board of Directors President) Cherie Sorokin Inducted into the Marin Women's Hall of Fame

From The Ark, Tiburon

In March Cherie Sorokin of Tiburon was inducted into the Marin Women's Hall of Fame. She was honored for her 20-year career as a lawyer and corporate secretary at Bank of America and for her involvement with nonprofits including Marin Villages and the American Association of University Women.



At 89, Tiburon Peninsula Village volunteer helps seniors stay active

By Ann Mizel

Patty Powell may be 89 years old, but that doesn't stop the Belvedere resident from hopping in her car a couple of times a week to drive other seniors to appointments or errands as a volunteer with Tiburon Peninsula Village.

To read more about volunteer Patty Powell from this article in The Ark, Tiburon:

<https://mcusercontent.com/298bf212a03f85b6cabdc8b0c/files/e2c237f7-0a2f-409e-ae73-d6f1e73a6565/010820Powell.pdf>

When Life Throws You Curveballs, Embrace the 'New Normal'

By Jane E. Brody

Just when I needed it most, I learned a valuable life lesson from Lynda Wolters, who has a cancer that is currently incurable, diagnosed just after her 49th birthday. As an Idaho farm girl used to hard work, Ms. Wolters led a healthy life, enjoying ballroom dancing, horseback riding, rafting and hiking when not at work at a law firm. Then, as she wrote in her recently published book, "Voices of Cancer":

"Everything changes with cancer — everything. Life will never be the same again, even on the smallest of levels, something will be forever different. There is no going back to who you once were, so embrace it and grow from it and with it. Find the new you in your new space and make it wonderful."

Read more:

<https://www.nytimes.com/2020/01/20/well/live/when-life-throws-you-curveballs-embrace-the-new-normal.html?smid=nytcore-ios-share>

More Flavanols, Less Alzheimer's?

Higher flavonol intake was linked to lower risk of Alzheimer's dementia in a prospective cohort study of older adults.

After adjusting for genetic, demographic, and lifestyle factors, people who consumed the highest dietary intake of flavonols were 48% less like to develop Alzheimer's dementia than people with the least intake, reported Thomas Holland, MD, of Rush University in Chicago, and colleagues, in *Neurology*.

Read more:

<https://www.medpagetoday.com/neurology/alzheimersdisease/84603>

ANNOUNCEMENTS

In January, Marin Villages Board members Matt Masson and Cherie Sorokin were honored to attend a reception hosted by the Harbor Point Charitable Foundation. The Foundation awarded Marin Villages a grant of \$5,000 for the purchase and distribution of Emergency Preparedness Fanny Packs to our members. These packs will be the same type that TPV and the Tiburon Sunset Rotary delivered to TPV members last fall. Many thanks to Matt for bringing Marin Villages to the attention of the Harbor Point Foundation! And many thanks to the Harbor Point Foundation for their support! Pictured below are Cherie Sorokin, Robert Kaliski (Harbor Point Charitable Foundation Chairman) and Matt Masson.



The Human Race fundraiser

Would you be interested in walking or running in a friendly fundraiser to support Marin Villages—or supporting someone who is?

The Human Race is a nationwide community fundraising event for nonprofit organizations and is the largest collaborative fundraising event in Sonoma County as well as the largest Human Race in the nation! The Sonoma County Race features a 3K and 10K run and walk through Howarth and Spring Lake Parks, rain or shine.

EVENT DETAILS

Date: Saturday, May 2, 2020

Location: Herbert Slater Middle School, 3500 Sonoma Avenue, Santa Rosa

Race Start Time: 8:00 a.m.

For more information and to register, please visit

<https://cvtl.org/human-race/>

IN MEMORY

Max Bernstein, Mill Valley Village
Carl Duda, San Rafael Village

HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to 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 and online donations.

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