



# Ross Valley Village

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

## March 2020 Newsletter

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### The Safety in Numbers event in February was filled with helpful information, fabulous food and an attentive audience

On February 9, Ross Valley Village and Twin Cities Village committees hosted a three-speaker event for all Marin Village members. A crowd of 75 people enjoyed a colorful selection of food and beverages while hearing about fire season preparation and safety from the executive director of Firewise Marin, Todd Lando. Supervisor Katie Rice followed with a video and information on the upcoming Wildfire Safety Measure C. Our interest is potential coordinated prevention programs for protecting and supporting seniors, low-income homeowners, and people with disabilities needing assistance to keep their homes fire-resistant.

The last speaker was Stephanie McNally of Canal Alliance, sharing the reasons why the US has a census every ten years and why it is so important to participate in order to keep enough federal funding and representatives for our communities. (See article below regarding the Census.) The audience waited eagerly for the raffle drawings for emergency “go kit” backpacks and American Red Cross emergency radios, and departed with many helpful handouts, checklists, and even Measure C yard signs.

This event was the first of three Aging in Marin speaker events. The next will be in May and will focus on financial concerns and fraud. Another will be held in the fall on nutrition and health. More info soon!



A beautiful spread



Food, drink, and many friends



Stephanie McNally of Canal Alliance  
and Sara Robinson of Ross Valley Village



Todd Lando and Supervisor Katie Rice

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

Ross Valley Villages had 10 new members and 16 new volunteers join since this time last year.

**New Members:** Joy Duff, Mary Dunselman, Phyllis Gould, Stan Green (Marin Villages Board Member), Robin Laury-Gill, Elaine Nehm, Leonard and Audrey Tirman, Marion Valadez, and Corinne White

**New Volunteers:** Jason Dodge, Teri Dowling, Deke Gerken, Nancy Grover, Helen Hayes, Angie Jackson, Julie Mozena, Johanna Sherlin, Linda Smith, Diana Sottile, Annie Su, Karyn Taylor, Diana and Evan Wang, Isobel Wiener, and Suzanne Will

**We look forward to seeing you at our New Members and Volunteers' Coffee on Wednesday March 4. See info below.**



Please call the office at (415) 457-4633 to RSVP and to arrange a ride if needed.

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## LOCAL VILLAGE EVENTS (open to all unless noted)

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.

### Food & Drink

#### **Breakfast with Friends**

Wednesday, March 18, 9:15 – 10:30am

Barefoot Café, 53 Taylor Drive, Fairfax

**Village Men's Group at Sweetwater**

Wednesdays, March 4 and 18, 11:00 – 12:30pm  
Sweetwater Music Hall, 19 Corte Madera Ave, Mill Valley

**Happy Hour at Left Bank Brasserie**

Tuesday, March 17, 3:00 – 5:00pm  
Left Bank Brasserie, 507 Magnolia Ave, Larkspur

A monthly lively cocktail hour!

**St. Patrick's Celebration and Irish Dancing**

Sunday, March 22, 2:00 – 4:00pm

All members and volunteers are invited to a backyard party featuring students from the Brosnan Irish Dancing School. At the home of Suellen Lamorte in San Anselmo. Call the office at (415) 457-4633 to RSVP and get directions or a ride to the party.

**Outings & Field Trips****Visit to the Guide Dogs for the Blind facility in San Rafael**

Thursday, May 28, 10:00 – 11:30am

Save the date for this hour-and-a-half tour of the facility where they raise and train puppies and dogs to be service companions. We may have a bus taking people from a central location to this event.

**Village Business****Ross Valley Steering Committee meeting – all members and volunteers welcome**

Thursday March 12, 10:00am – noon  
At the home of Claudia Gardner

Call the office for directions or for a ride to the meeting.

**Come help pack emergency "go kits" for our members**

Monday, March 16, 3:00 – 5:00pm  
St John's Episcopal Church Fireside Room, Ross

Through a generous donation we will have emergency-pack kits for all our members. Come help us to pack the bags and socialize.

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## COMMUNITY EVENTS

### **Ross Valley Seniors Luncheon at the Fairfax Women's Club**

Thursday, March 5, noon – 2:00pm

Fairfax Women's Club

Enjoy the luncheon, socializing, and a speaker. For more info, call [\(415\) 258-4669](tel:4152584669).

### **Commission on Aging – Marin Transit Program and Service Updates**

Thursday, March 5, 10:00 – 12:30pm

San Geronimo Valley Community Center, San Geronimo

Speaker: Robert Betts, director of Marin Transit

### **Age-Friendly Fairfax Forum – Getting My Ducks in a Row: End of Life Planning**

Friday, March 13, 1:00 – 2:00pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

It is never too early to put your plan in place, write an Advance Directive, a POLST, and think about your final arrangements.

### **Age-Friendly San Anselmo and Aging Action Initiative present a Detect and Connect Workshop**

Wednesday, March 25, 11:00 – 2:00pm

San Anselmo Town Chambers, 525 San Anselmo Ave.

Learn about mental health and dementia issues: how to detect the differences between normal aging and abnormal behaviors, how to offer appropriate responses, ways to communicate, and support services. To register call or email Sara Robinson, Age Friendly San Anselmo [\(240\) 838-0868](tel:2408380868) or [srimpacts@gmail.com](mailto:srimpacts@gmail.com) to register.

### **Age-Friendly Fairfax Forum – The Climate Emergency: Time to Get Involved!**

Friday, April 10, 1:00 – 2:00pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

Climate change has gone from a global phenomenon to an urgent fight for our very lives. Join this forum on the 50th anniversary of Earth Day.

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## ROSS VALLEY VILLAGE ANNOUNCEMENTS



Tuesday, March 3, is the Presidential Primary Election in California. Remember to vote, and if you need a ride to your polling place, please call the office in advance at (415) 457-4633 to request one.



### **Make Marin Count by Participating in the Census in March**

Marin Villages urges all members to participate in the upcoming Census 2020 when it comes to your mailboxes in mid-March. Required by the Constitution, the census results shape the future of our community in two important ways. First, they determine our congressional representation and they are used to redraw congressional and state legislative districts. Incorrect population numbers in census data lead to underrepresentation in electoral districts.

Second, the data collected informs planning and hundreds of billions of dollars allocated in federal funding for local programs in communities across the country. This includes funding for hospitals, housing assistance for older adults, Medicaid, wildlife restoration, fire departments, disaster response, and transportation. The data from the 2020 census will impact our communities, Marin County, and California for the next decade. When our census data underrepresents our true population numbers, we do not get the necessary funds for services for older adults, families, and children.

When you receive your information, you will be able to respond by phone, mail, or online in one of 12 languages. If you don't respond by April, the census takers will visit you where you live asking you to complete it in-person, as it is required by law.

Tell your friends, family, neighbors, coworkers, and anyone working for you that it is important to respond. Marin County will benefit from an accurate and fair count. Your data remains confidential by law and will not be made public till 2092 according to Title 13 of the U.S. Code. Your answers are only used to produce statistics that will help you over the next ten years and

will help your descendants learn about their family members when they research their genealogy at Ancestry.com decades from now.



### **A Public-Safety App is Now Available to Marin Residents**

An application for mobile devices now available in Marin County is designed to provide the public with real-time fire agency incident information and to locate CPR-trained people near someone in cardiac arrest.

The [free PulsePoint Respond app](#), available in the **App Store** and **Google Play**, offers Marin residents access to real-time fire incident information. Also with the app, local bystanders in Marin can be alerted to administer cardio-pulmonary resuscitation (CPR) if needed, as cardiac arrest alerts are sent to nearby participating residents when an emergency occurs in a public place.

What do you need to know? The app is now in use by all Marin fire agencies, the Marin County Emergency Medical Services Agency (Marin EMS), and the Marin County Department of Health and Human Services (HHS). PulsePoint is fully endorsed and paid for by the Marin County Fire Chiefs Association, led by Novato Fire Chief Bill Tyler.

It allows you to preselect which types of incidents to follow or to know instantly what is going on when fire engine or ambulance sirens are sounding in your neighborhood. In addition, with the alerts to participating residents in an area when someone goes into cardiac arrest, residents can start potentially life-saving CPR before emergency medical responders arrive. The app is available in English, Spanish, French, and Japanese.

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## **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](http://www.marinvillages.org)) for application forms and online donations.

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**Marin Villages** 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903  
(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)