



Twin Cities Village

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

March 2020 Newsletter

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

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

Twin Cities Village Happy Hour

Tuesday, March 17, 3:00 – 5:00pm

Left Bank Brasserie, Larkspur

Members, volunteers, and friends are all welcome at this friendly social event. No-host bar with tasty finger foods. While nothing is guaranteed, our experience is that all attendees leave at least 10% happier.

Education & Presentations

Third Wednesday Speaker Series – Grief and Grieving: What to Expect While Navigating Our Losses

Wednesday, March 18, 11:00am – 12:30p

Corte Madera Community Center

498 Tamalpais Drive, Corte Madera

Grieving the death of a friend or loved one can present us with a myriad of unexpected changes to our thoughts, feelings and behaviors. Join us as we explore and discuss what to expect on the journey as we identify practical tools for navigating through the natural process of grief.

Presenter: Michelle Miller, LMFT, Grief Counselor with Hospice by the Bay

Groups

Village Men's Group

Wednesdays, March 4 & 18, 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.

Books

Great Books Club

Wednesday, March 25, 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. If you have questions, please email Ginni Saunders at ginnisaunders@gmail.com.

Village Business

Twin Cities Village Steering Committee

Monday, March 9, 10:30am – noon

Larkspur Parks & Recreation Center

Note the new date, early in the month! The steering committee meets monthly to discuss a variety of topics, all related to Twin Cities Village.

COMMUNITY EVENTS

All Things Apple: Classes for Beginner and Intermediate Users

Tuesdays through March 10, 1:00 – 3:00pm

Corte Madera Library

If you have an Apple computer, iPad, or iPhone, and aren't sure that you're getting the most out of it, join "chic geek" Beryn Hammil to help you figure it out. *All Things Apple* is a series of free, drop-in classes for both beginner and intermediate Apple users. In each of these classes you'll learn how to navigate, customize, and function effectively with your device. And each week you'll learn new tips & tricks that make using your device or computer easier.

March topics

March 3: Open discussion

March 10: Catch-all topics

For a complete listing of the sessions and what is covered in each one, visit

<https://marinlibrary.org/19646-2/>

Sharing Housing for Seniors

Monday, March 9, 10:30 – 11:30am
Corte Madera Library

A presentation by Lita Acosta & Deanna Peralta of Home Match Marin, a free community program of Covia, a Bay Area nonprofit organization. Home Match Marin helps connect homeowners with people seeking an affordable place to live. Their free services include applicant interviews, background checks, home visits, help designing a Living Together Agreement, and ongoing support.

Larkspur Walkers

Mondays, Wednesdays, Fridays, and Saturdays, 9:00am
Meet at Piper Park, east end of parking lot

The Larkspur Walkers would like to invite you to join them on one of their morning walks. On the first Wednesday of each month they carpool from Piper Park to take a walk at a location within the county or in San Francisco. Note there is a \$20 annual membership. More information at <https://www.marinhhs.org/community-resource-guide/larkspur-recreation-department-larkspur-walkers>

TWIN CITIES VILLAGE ANNOUNCEMENTS

Please always check out the events page on [The Twin Cities Village website](#) as sometimes the times of events change after the publication of the monthly newsletter.

AND MORE...



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 until 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.

HELP US HELP OTHERS

For more than two decades the belief that it takes a village to raise a child has become embedded in our culture. Not as embedded but equally important is the village it takes to provide a comfortable, nurturing, and safe environment for people as they age. You can help.

We need more caring volunteers to be part of this thriving nationwide movement, a movement that's dedicated to strengthening bonds between generations and building strong, vibrant communities that provide continuity to all ages.

Marin Villages is looking for volunteers to provide a variety of support to older adults—recreational and socialization (walking groups, bocce ball), help with dog walking, medical (driving to appointments), practical matters (repairing printers, changing light bulbs & fire alarm batteries, for example) and, if the chemistry is there, developing friendships right in their own neighborhood. Our goal is to match skills from volunteers with the needs of members. Volunteers sign up for visits that fit their life and lifestyle, but we ask for a commitment of two assignments a month.

If you know someone who is interested in volunteering, could use our services, 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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org