

[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



TWIN CITIES VILLAGE NEWSLETTER

MAY 2020

A POETIC BEGINNING

We open this month's newsletter with some poetic words of advice in these exceptional times.

Who doesn't remember the following poem, taught in our youth to give us the faith and gumption to withstand the bowling balls speeding toward us in the lanes of life? Now is the perfect time to revisit Frank L. Stanton's poem. No doubt today's youth has never heard his simple words; it's a little homespun for these days, but the message is important and worth recalling.

***Keep a Goin'!* by Frank Lebby Stanton**

If you strike a thorn or rose,
Keep a-goin'!
If it hails or if it snows,
Keep a-goin'!
'Taint no use to sit an' whine
When the fish ain't on your line;
Bait your hook an' keep a-tryin'--

Keep a-goin'!

When the weather kills your crop,
Keep a-goin'!
Though 'tis work to reach the top,
Keep a-goin'!
S'pose you're out o' ev'ry dime,
Gittin' broke ain't any crime;
Tell the world you're feelin' prime--
Keep a-goin'!

When it looks like all is up,
Keep a-goin'!
Drain the sweetness from the cup,
Keep a-goin'!
See the wild birds on the wing,
Hear the bells that sweetly ring,
When you feel like singin', sing--
Keep a-goin'!

Is your muse coaxing an updated version of this for current times? Send it to ssommertime@sbcglobal.net with "The Muse Awakens" in the title bar. No blatant political references, please. We'll publish a few.

WELCOME, NEW MEMBERS!

Members: Birte and Tage Hansen

Welcome to TCV, and we look forward to seeing you at an event soon!

LOCAL VILLAGE EVENTS (open to all, unless noted)

As you're very well aware, no in-person events are happening now, but some new-normal fun is in the planning stage, such as virtual happy hours, new classes, and tech demonstrations such as YouTube training. In the meantime, we'd like your input; after all, it takes a village! Think about what events, classes, opportunities, and, later, outings you'd us to organize. There will be a time to share your ideas with us very soon, so start making a list.

And while you may have some spare time now, how about writing a

paragraph or two about you? Something in your life or history that was or is unique and interesting. Give us a little setup and some background on how and where and why. We'd like to start a feature that lets us get to know our members a little better. Submit to ssommertime@sbcglobal.net.

Village Business

TCV Steering Committee meeting

Monday, May 11, 10:30 – noon

The steering committee will meet via Zoom this month. Please contact Larry Meredith at larrywmeredith@gmail.com with any questions.

MARIN VILLAGES EVENTS

Public Health—What is it? How do Public Health Agencies Work in “Normal” Times and in Pandemics?

Friday, May 8, 4:00pm

An interview with two of our own public health experts: Marin Villages board members Dr. Larry Meredith and Sparkie Spaeth, both of whom had careers in the public health field. They will be interviewed by Cherie Sorokin, TPV Steering Committee, and president of the Marin Villages Board. An email invitation will be sent from the TCV steering committee.

Beware of Scammers, Abusers and Thieves

Saturday, May 16, 2:00pm

A presentation by Oak Dowling of Marin's Financial Abuse Specialist Team. RSVP required in order to receive the Zoom link to this event. Call the office to reserve your spot. (415) 457-4633

COMMUNITY EVENTS

Intergenerational Center Invitation

Wondering what to do with extra hours in your day? Take a look at our Twin Cities offerings on the Corte Madera Age-Friendly Intergenerational Center website. www.agefriendlycenter.org

The Intergenerational Center has offered its activities to all members of Twin Cities Villages, not just Corte Madera folks. While these are Zoomed, the variety is enticing—from watercolor classes to yoga on chairs. Classes are free during shelter-in-place, although donations are certainly welcomed. If you're not sure about this technology that's making us all Zoomies, you'll find directions within the calendar, or look for one of the classes offered on "How to Zoom" (has it become a verb, yet?).

AND MORE...

Step Up and Be Counted

Reminder! It's not too late to complete your census form; google "How to Complete the Census" or call (800) 923-8282.

Remembrances

Rather than kicking up our heels, we're all more likely to be kicking up dust these days. Staying in our homes isn't exactly conducive to letting go, as we've been known to do during a rollicking lunch in one of the oldest bars in the county. Meeting at the Silver Peso is a favored event of Twin Cities members—and why wouldn't it be? No need to dress up, unless you opt for the boots and spurs look, lunch is included, and the drinks flow freely; no pretense here! But while we reminisce about those carefree times, let's also look toward the future when we can swing by the Silver Peso again!



A Story for Our Times: A Dialogue on Sequestering

by Sue Sommer TCV volunteer

"Oh, Lilee, that screeching! You sound like you're caught in a rat trap." It must be time to get up. It's 5:45. I look out the window, grateful for a good night's sleep and for a new dawn. "Lileecat, stop! I'm up, I'm up!"

It's darker downstairs. I turn on local news. "Yes, Lil, I hear you. I'm opening the can as fast as I can, you little 18-year-old grump. Here you go, 99 cents a can at Whole Foods. That's over a dollar with tax. Plus, the dry food, just in case you need a little snack, your litter and the odor remover! Good thing I love you."

Okay, what's next? Refrigerator: milk, coconut milk: pour some of each into frother. Turn on Nespresso machine. Choose a pod from glass jar, slip it into the slot and wait 'til the froth is ready, then pour it into cup and push the espresso button. Go to the sliding glass door; open it, toss some bird seed out. Same thing every day. Really. I sit down with my latte and think: same thing every day. Same thing on the news except the numbers grow larger. Anchors tout morning boosts, features to make us feel better. An actor/comedian pays the grocery tab for all seniors shopping early at two markets. That makes me feel both happy and guilty; what am I doing to help? A wedding is held and the guests celebrate virtually, on the sidewalk. We've all turned into Zoombies. I've eaten so much trail mix that I feel a need to buy hiking boots. Some products are making a comeback as sales soar: cereals—easy for both adults and kids to prepare; sewing machines so folks can make their own protective masks (which get more fancy and fashionable each day); jigsaw puzzles; baking supplies—flour, eggs, vanilla. No surprise that wine sales are flying high, which is also what the consumer hope to do.

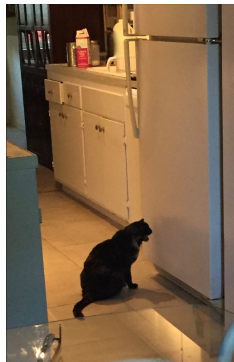
Lilee mashes her luxury food at the bowl in the kitchen. I realize I *am* saving money, though, on gas and lunches out, and I when I do use makeup, I'm using half as much as BTP—before the pandemic. I only put it on my forehead because anyplace lower will befoul a precious mask and waste my L'Oreal.

Another sip of latte and I muse that some good residue exists from this international grievance. Home burglaries are non-existent and car break-ins few. Corporate and banking greed abounds, though, and always the shadowed criminals will dupe the innocent, these days online. But I look out the window at the clear horizon to see raptors in rapture, chattering starlings taking in deep gulps of fresh air and squabbling with others over the seeds, grabbing, as humans do. Blue skies! In India, citizens now can see the Himalayas from a hundred miles away, a first in generations. Jellyfish swim (is the undulating they do called *swimming*?) in Venice's Grand Canal. Our Mt. Tam lies in wonder, the princess' arms stretched out to the gleaming glory of a

nascent day. Rocks talk, discussing changes they are seeing; California's snapping her golden suspenders, proud of herself for acting quickly, keeping "that deadly curve" as flat as can be. A thought: we generally strive for flat stomachs and nice curves, but now the world wants a flattened curve!

Heroes emerge. Doctors and nurses and EMTs, of course, but people with jobs heretofore deemed mediocre have skyrocketed to the atlas of superstardom—delivery drivers, take-out food preparers, mail carriers, grocery checkers and stockers, long-haul truck drivers, garbage collectors. Anybody who goes out day after day during this scourge. They are thanked, revered, and applauded, as well they should be.

For me, another day of staying home, though. "What, Lilee? You're bellowing for more breakfast? Glad I'm no longer driving around and shopping. I'm not sure I could afford you!"



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.

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