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MARIN
VILLAGES



Our Paths - Our Choices

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



NOVATO VILLAGE
NEWSLETTER

MAY 2020

A MESSAGE FROM THE NOVATO VILLAGE STEERING COMMITTEE

We hope that all of you are taking care of yourselves. Novato Village is here as part of your care team, so don't hesitate to make requests. That's what our volunteers' mission is—to help YOU! --*Chair Beth Livoti*

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Maximilian and Catherine Lidl, Lauren Vreeland Long, and Ralph Purdy

Volunteers: Sherri Jacobs, Mary Jo Rousseau, Gloria Dunn Violin, Sheila Semple Mone, Kasie Rau, and Ralph Purdy

We look forward to seeing you all at an event soon. Thank you for giving your time and energy to our village!

LOCAL VILLAGE EVENTS (open to all, unless noted)

Note: for Zoom events, If you don't already have the [Zoom.us](https://zoom.us) application on your laptop, desk computer, or smartphone, you can call in on any telephone to join in. Please update to 5.0 on Zoom if using it on your computer, phone or iPad.

Food & Drink

“Zoom” Coffee—make your coffee or tea at home and *Zoom* with us
Wednesday, May 13, 11:00am

Join the conversation and hear our guest speaker, **Amanda Tomlin, Adult Services Librarian for Novato Library**, inform you about ways to access eBooks and audiobooks using the Marin County Library app called **Libby**. For more information, contact Joanne Lang, jlangtpa@gmail.com or (916) 716-5800 or Margaret Jackson, marge-32@hotmail.com or (415) 892-1238.

“Zoom” Happy Hour—enjoy your favorite drink at home and *Zoom* with us
Wednesday, May 27, 4:00pm

Please RSVP so you can get the Zoom login information from Joanne Lang. For more information, contact Joanne Lang, jlangtpa@gmail.com or (916) 716-5800 or Margaret Jackson, marge-32@hotmail.com or (415) 892-1238.

Education & Presentations

Buck Center: *Conversations at the Buck – Focus on COVID-19*

The *Conversations at the Buck – Focus on COVID-19* series is available anytime in the archive. These live, evidence-based conversations provide insights into how scientists are thinking about, dealing with, and working to stop the COVID-19 pandemic.

For an especially relevant lecture to people age 60 and over, log in to hear **John Newman, MD, PhD, Assistant Professor, Buck Institute for Research on Aging, Division of Geriatrics, UCSF Medicine**, now available on YouTube using the Buck link. As an expert on the physiology of older adults, Dr. Newman addresses the particular

vulnerability of those over age 60 to COVID-19. He promotes safe and sane practices for older adults and their caregivers. He shares his perspective on how to think about, deal with, and potentially treat the COVID-19 pandemic.

Use this link: <https://buck2020.extendedsession.com/> to access the archived webinars.

Exercise

Exercise with Body Kinetics Zoom

A calendar of different exercise activities for a *wide range of physical abilities*—check it out!

<https://www.bodykinetics.com/virtual-zoom-classes-at-body-kinetics>

Books

“Zoom” Book Lovers’ Group

Tuesday, May 12, 2:30 – 3:30pm

We are trying a Zoom book group meeting. Beth Livoti will send out Zoom invitation on 5/11. SHARE YOUR READ: Share what you’re currently reading, both as fan and critic. Each participant will be given an opportunity to briefly present their selection(s) and critique, followed by group response. Maximum of two (2) selections per participant, please. This is Book Lovers’ maiden voyage with Zoom, so please be patient—it’s a fun, useful platform but adjusting to its quirks (not talking over each other, making sure audio is on, camera on and at correct angle, etc.) takes practice and patience. **Please contact Betty Evans elizabethlevans@verizon.net prior to this meeting for more information and to RSVP. You must be ‘invited’ to join (it is NOT an open meeting).

Book Passage – Conversations With Authors

Saturdays and Sundays, 4:00pm, ongoing program

Live sessions with the writers and thinkers most committed to America’s independent bookstores. Join live conversations with writers and thinkers who value books, Book Passage, and independent bookstores as much as you do. You can share your thoughts before and after each session in an ongoing discussion forum created exclusively

for registered participants. View the video archive of every session, wherever and whenever you want. Register now for your invitation at: <https://bookpassage.extendedsession.com/>

Fun & Games

Poured Paint Art Project—enjoy this demonstration!

Novato Village member and volunteer Sue Lyttle has shared a link to a YouTube video that explains “poured painting.” This was a project Sue was going to share with Novato Village at her studio but the shelter-in-place mandate made it necessary to postpone. Sue says, “It is a good one for an introduction...easy to understand, accurate information. I hope in time we can meet and do some of these canvases together.” Meghan Dawson on YouTube at:

<https://www.youtube.com/channel/UCjAIDNtrE2wXCkth8Q1ieAw>

Take Me to the World: A Sondheim 90th–Birthday Celebration

A wonderful YouTube musical celebration dedicated to Stephen Sondheim.

Not only is this a tribute to Sondheim, it is also a celebration of the professionalism of the many Broadway performers. No electronic voice manipulation, no tricks, just pure, finely honed talent. Sondheim gives them the blueprint of greatness, they make it soar.

<https://www.youtube.com/watch?v=A92wZlvEUAw>

Village Business

Novato Village Steering Committee Meeting via Zoom

Tuesday, May 19, 3:30pm

Please contact: Beth Livoti, llivoti@comcast.net or (415) 892-1043 for information.

MARIN VILLAGES EVENTS

Giving Tuesday kickoff... Marin Villages' annual fundraising campaign

May 4 to the end of the month... and then some!

Please support us as generously as you can while we work together to ensure a strong future for Marin Villages. Members of our Board and Advisory Council, as well as our Steering Committee Chairs, will match up to \$20,000 in response to this campaign. As we see neighbors and communities supporting each other unlike ever before, Marin Villages is demonstrating that the framework we have built over the past ten years is a crucial local support system for older adults in Marin during emergencies like this one. Thank you for your support!

~Cherie Sorokin, President of the Board

You may make donations at [this link](#), or by mailing a check to the office at 4340 Redwood Hwy, Suite F-142, San Rafael, CA 94903.

Beware of Scammers, Abusers and Thieves

Saturday, May 16, 1:00pm via Zoom—please RSVP, see below

Marin Villages will host an all-village program via Zoom on avoiding scams. *Beware of Scammers, Abusers and Thieves* will feature our own Marin Villages Board President Cherie Sorokin conducting a live interview with Oak Dowling, a well-known member of Marin's Financial Abuse Specialist Team (FAST). Learn how to both spot and avoid scams, including the new ones related to COVID-19.

Please RSVP to the office by May 8th to reserve your spot for this enlightening program. Reservations are required in order to receive login information. info@marinvillages.org, or (415) 457-4633

COMMUNITY EVENTS

Community Action Warm Line—*Warm Line phone-in support*
NEW! extended hours & Spanish line

Every day from 9:00am to 12:00am (midnight) someone is here for you. The Warm Line is not a counseling service. Instead, people listen, and if callers want feedback, the Peer Support Specialists may make suggestions. If you are feeling isolated, depressed or anxious, call to speak to someone. All staff are familiar with the services available in Marin County (mental health and other services) so can direct people to places where they can get additional help, whether it is a mental health service, a food bank, or a place to chat with someone for socialization during these shelter-in-place times.

<https://camarin.org/extrawarmlinesupport/> or (415) 459-6330

Supporting Older Adults—Now More Than Ever

Do you know an older adult who could benefit from a personal connection over shared interests, perhaps yourself? In this time of separation, **Well Connected** and **Well Connected Español** are here for you—to provide laughs, intellectual stimulation, inspiration, conversation and more, all via groups you can join from home, by phone or online. Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you.

Whether you like art or zoology, music or meditation, there is a program for you. Each [Well Connected session](#) offers groups and classes on a wide range of topics. You're sure to find one that interests you. And Well Connected meets 365 days a year, so there's always a chance to connect. Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour with around 12 participants. Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there.

<https://covia.org/services/well-connected/> or (877) 797-7299

AND MORE...

Novato Village Steering Committee meets using the Zoom application. Participants, upper-left corner to right:

Beth Livoti, Chair, Joanne Keenan, Beryl Bourke, Joyce Applen, Marge Jackson, Roberta Dixon, Linda Henderson, Tom Nelson, Sue Lyttle, Pat Bailey, Joanne Lang.

Jean Gunn, Louis Livoti, and Lynn Von Der Werth are not in this photo.



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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