



MARIN VILLAGES

Assisting Marin's older adults to remain active, connected and independent in the place they call home



Happy New Year!

Before we start 2019, I'd like to give thanks to many for helping make 2018 a successful, impactful year.

Thank you to our donors, whose financial generosity ensures we have the resources to enhance and build our organization;

. . . to our volunteers who unselfishly give of their time, experience and skills;

. . . to our members who entrust us to help.

We are grateful to the many supporters in our community who believe in our mission of helping older adults stay active, connected and independent in the place they call home.



With gratitude,
Lisa Brinkmann
Executive Directors



Welcome to our newest members

Mill Valley Village:

Gene Arnold
Jessica Batha

Tiburon Peninsula Village:

Patricia Raiser
Peter Davis



Hello to our newest volunteers

Mill Valley Village:

Roxanne May
Daniel May
Jill Sampson

Novato Village:

Gary Flatow
Fredrick Saland
Guido Haarmans

Here's to our "Village" Clown - Patti Newman

Congratulations to Patti Newman, our San Rafael Village member and former clown, on her newly-released children's musical and making the front page of Marin IJ's Lifestyle section this Sunday (Dec 30, 2018).

[Click here for the full story.](#)

Patti's book, "As If By Magic", has recently been adapted into a children's musical, telling the tale of a young girl's passion for magic tricks and routines. Patti's 30-year career started with an ad in the IJ looking for people to audition to be clowns and after enrolling in a six-weekend course, the fun began.

Patti has been a member of Marin Villages since 2010. You can purchase her book online at [Amazon.com](#).

2018 - A Brief Look Back

STAY ACTIVE



San Rafael Villages on the
Potomac Cruise



Tiburon Peninsula Village's
Happy Hour



Novato Village Volunteer for
AGING BETTER program

STAY CONNECTED



Volunteer Appreciation

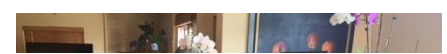


Senior Fair



Sudha Sale Shoppers

STAY INDEPENDENT





Roaming performer



80 over 80 Art Reception



Afternoon music recital

Events "Around the Villages"

Did you know that most of our programs are open to members and volunteers of ALL Villages? If you are interested in participating in a walk, speaker's series or other activity that may be hosted at another local village, feel free to contact the organizer to join along!



We have over 30 activities going on in any one month throughout the County! For a complete listing of all of our events, please see our website calendar at www.marinvillages.org

Here are just two events coming up in January:

Twin Cities Village Speaker's Series - "Will I have enough money?" (Third Wednesday of each month)

Wednesday, January 16 11:00 - 12:30

Corte Madera Recreation Center, 498 Tamalpais Drive. Corte Madera

Paying attention to finances and dealing with money are so often put on the back burner. Can we know, and how can we know, whether we have enough savings to make it through retirement? How should we prioritize our thinking around savings, spending and income? Are my affairs in order? Do we need to budget? How will the new tax law affect me?

We'll discuss these issues and more.

Presenter: Stan Green, retired Certified Financial Planner.

Marin Villages - Volunteer Training

3rd Tuesdays of each month

When: Tuesday, January 15 11:00 - 12:30 p.m.

Where: Marin Villages Community Conference Room

4340 Redwood Hwy, Ste F-138, San Rafael

Come learn about our volunteer program - how the dashboard works, tips on working with seniors and reminders of home safety. This is a highly recommended program for all volunteers, and anyone thinking of volunteering. To sign up, [click here](#) or call the office at 415-457-4633

Around Town

Are you 50+ years old? Are you looking for a new career? **The YWCA** may have programs to jumpstart your search. **Click the links below to view class flyers:**

Schedule of classes for January and February

[Want to work for yourself?](#)

[Taking control of the job search](#)

Hospice by the Bay is offering various workshops through its Community Grief Support Groups. To view specific topics and dates, [click here](#).



Health and Wellness Expo
January 31, 2019 4:00 - 7:00
Valley Memorial Park, Novato
[Click here to view the flyer](#)

Marin's Health and Human Services Department is seeking **Senior Peer Counselors** and will be training volunteers, beginning in February. If you are interested, [click here for more information](#).

Book Talk - Barbara Adams in conversation with Gloria Dunn-Violin
Women, Minorities and Other Extraordinary People: The New Path for Workforce Diversity
Where: Book Passages in Sausalito
When: January 12 at 3:00.

In 2014, when news broke about the barely existent numbers of women and people of color working in Silicon Valley technology companies, Dr. Barbara Adams, an organizational psychologist, watched and listened as corporate leaders explained the numbers; the answers incensed her which led her to draft the initial outline of what is today: *Women, Minorities and Other Extraordinary People: The New Path for Workforce Diversity*. [Click here to read more](#)

Book Talk - Katy Butler:
The Art of Dying Well: A Practical Guide to a Good End of Life
Where: Book Passages in Corte Madera
When: February 19 at 6:30

Katy Butler (born 1949) is an American journalist, essayist and author of *Knocking on Heaven's Door, the Path to a Better Way of Death*, (Scribner, 2013) and *The Art of Dying Well: A Practical Guide to a Good End of Life* (Simon & Schuster, 2019). Katy resides in Homestead Valley and has spoken to Marin Villages about her first book, *Knocking on Heaven's Door*. **This event will be her official book launch!**

Reading Corner

If you have articles that you feel might be of interest to other members and volunteers, please feel free to send them to us at info@marinvillages.org



Health

[This type of illiteracy could hurt you](#) (NY Times)

[Should you cut carbs, not calories](#) (AARP)

[The simplest way to reduce depression by 50%](#) (PsyBlog)

[Singles with cancer may get less aggressive treatment than a married person](#) (Washington Post)

Topics of Interest

[What do you do when you're old enough to die?](#) (The Guardian)

[Is aerobic exercise the key to successful aging?](#) (NY Times)

[Just six months of walking may reverse cognitive decline](#) (CNN)

[Losing the Plot](#) (Longreads)

Technology

[Microsoft patches Internet Explorer flaw being used to hack PCs](#) (engadget)

Volunteers needed!!

We are always looking for new volunteers and have different opportunities available for all volunteers. If you know anyone who might be interested, please forward this to them. If you have interest in any of the immediate opportunities below, let us know!!

One hour per week:

Filing Friend - Our staff could use a hand keeping up with the filing. If you are organized, self-starter and love the meditative impact of filing, we need you.

2-3 hours per month:

Program management - We would like to assemble a calendar of key programs addressing topics essential to healthy aging. This assignment would help us identify topics, locate speakers and secure venues.

4 hours per month:

Local Village Committees - Our Local Villages are always looking for new volunteers to help with programs, member and volunteer recruitment and retention and other projects. If you would prefer helping "in the background" rather than assisting with direct services, we have a job for you!

4-8 hours per month:

Co-Manage Preferred Providers Program - This program provides member-recommendations for all types of services from electricians to home care. While we have a solid foundation, this program could use some TLC and focused attention.

Of course, we continue to look for volunteers to assist members with handyman, technology and pet care services. If you are interested in any of the above assignments give us a call. If you'd like to apply to be a volunteer, call 415-457-4633 or go to our website under Volunteers and download an application.

We  **V**olunteers!

Thank you to everyone who contributes articles and pictures for these objects - Gabe Gornet, Larry Merdeth, Kat Brachman, Sue Steele and other Aging organizations.

