

MARIN VILLAGES

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

We're off to a great start!

Did you know that Marin Villages will celebrate it's 10th year as a nonprofit organization this year!!!

Yes, it's true. We were officially incorporated in May 2009 as one of the first, if not first, Villages organized to serve the entire County (vs. an individual community). Our hub and spoke model serves to address the local needs of each of our communities, while eliminate duplication of efforts. We are able to leverage our resources - financial, human and goodwill - to better fulfill our mission of empowering old adults to remain active, connected and independent in the place they call home.

Thank you to all the members, volunteers and donors who have believed in our mission and supported it as we've grown and evolved.

Welcome to our new Volunteer and Administrative Coordinator:

I am very pleased to announce that we have hired **Diane Castro**, as our volunteer and administrative coordinator.



Diane comes to us with extensive experience working at senior living communities in Sonoma and Marin counties. Her passion for helping older adults is reflected through her positive and caring attitude, and willingness to help. Diane also brings over 20 years in marketing and public relations where she worked at Public Relations agencies and helped launched start-up companies. She has a Bachelor of Arts Degree in Journalism, with an emphasis in Public Relations. She lives in Novato with her husband and rescue dog, Chauncie.

Have you noticed Marin Villages' name popping up more frequently on Facebook? Well, we can give a lot of credit to Twin Cities Village volunteer, **Mitchell Marriott** for working in the background to promote our Facebook page and our connections with other Aging Organizations. Help us increase our reach and promote awareness! If you have a Facebook account, "like us."

More on social media . . . keep an eye on your Nextdoor.com activity. **Colin Crawford**, Tiburon Peninsula Village volunteer, is coordinating volunteer ambassadors throughout Marin to help get the word out on Marin Villages and our activities. If you see a notice about Marin Villages, feel free to include your own post - what better members and volunteers can we have than your own neighbors!

Old fashion networking and "tabling" - for those who might be attending the Mini Medical Classes at the College of Marin, look around for fellow Marin Villages members and volunteers. Over 50 "Villagers" have signed up and Mill Valley Village member/volunteer (and Board member), **Annemarie Clark** will be there on February 2nd, "manning the table" and spreading the word.

...and we will also be at Book Passages on Tuesday, February 19th, managing an information table

prior to **Katy Butler's** talk on her new book "The Art of Dying Well: A Practical Guide to a Good End of Life." See below for full details!

Here's to a wonderful year ahead . . . many decades to come.



With gratitude,
Lisa Brinkmann
Executive Directors



Welcome to our newest members



Hello to our newest volunteers

Novato Village:
Mary McEntee

Tiburon Peninsula Village:
Shirley Hodges
Sally Warren

Novato Village:
Karen Dohemann
Nancy Jones
Karen Rafton

Tiburon Peninsula Village:
Martin Perlmutter

San Rafael Village:
Bill Best
Wanda Ballentine
Prudence Kerr

Twin Cities Village:
Charles Seifer

San Rafael Village:
John Slater
Dr. Mikol Davis

Twin Cities Village:
Chantal Saperstein

Congratulations Cherie!!



Congratulations to Marin Villages' Board President and Tiburon Peninsula Village Co-Chair, Cherie Sorokin on your induction into the 2019 class of **Marin Women's Hall of Fame.**

Cherie was a member of the board of the American Conservatory Theater and is currently the national board secretary for the American Association of University Women. She is one of the Executive Editors of the Nonprofit Governance and Management text recently published by the American Bar Association and the Society and is one of the two principal writers for this text. Cherie was the former Group Executive Vice President and Corporate Secretary of Bank of America, the first woman to hold this position at the bank.

Congratulations, Cherie, you make us proud!

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! For a complete listing of all of our events, please see our website calendar at www.marinvillages.org

Buck Institute on Research on Aging Tour

Thursday, February 7 10:30-12:00PM

Buck Institute, 8001 Redwood Blvd, Novato

Have you ever wondered what research and developments are happening at the Buck Center? Join us for a special tour. This is for Marin Village members, volunteers and their guests only. We've added a second docent for the Buck Center on Aging tour! If you are interested in signing up, please do so below. Space is limited. The tour is limited to 25 people. Please [click here](#) to register or you can call the office at 415-457-4633

Third Wednesday Speakers Series - *Staying Alive!*

Wednesday, February 20 11:00 -12:30

Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera (NEW LOCATION AND TIME)

Marin's first responders emphasize that all residents must be prepared to survive for 5-7 days in their homes following a disaster. Now that firestorms are also a reality in our area, we need to understand about emergency alerts and how to escape. This custom Get Ready class for Older Adults will help you create an emergency plan, evacuation checklist, and strategies to keep you safe. No reservation needed.

Presenter: Maggie Lang, RN, Marin County CERT and GetReady Coordinator.

Marin Villages - Volunteer Training

3rd Tuesdays of each month

When: Tuesday, February 19 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

Age Friendly Fairfax/Ross Valley Village: *Fire, Ambulance and Police Services*

Friday, February 22, 1-2pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

Handling medical or disaster emergencies when you are overwhelmed or possibly ill can be a real challenge. Come hear from trusted first responders on when it's appropriate (and why) to call 911, and what to expect. If an evacuation is needed due to a disaster (a fast moving fire for instance), how would you be notified and how can you be ready to go if that is mandated.

Marin History Lunch and Lecture with Jason Lewis

Saturday March 2 11:30-2:00

The Jason's Community Room, 300 Drake Landing, Greenbrae

- for all Village Members and Volunteers sponsored by Ross Valley and Twin Cities Villages

What began as a daydream to revisit the Greenbrae Lanes bowling alley of his youth became an obsession for Realtor Jason Lewis. Although born in San Francisco he moved to Marin at the age of 2 and Marin has been his home ever since. In 2005, before Facebook took off, Jason reached out to the public, asking for their photos of Marin County from the 1950s to the 1980s.

The response was overwhelming and prompted Jason to create a website called MarinNostalgia.org, Marin's first grass-roots virtual museum which is a major repository of Marin lore. During his talk, Jason will share with us nostalgic images, videos, and memories of Marin that will bring back fond memories for everyone.

Dr. Kayleen Asbo presents: "Johann Sebastian Bach and the Encyclopedia of Human Emotion"

Thursday, March 14th, 1:00 - 3:00 pm

Doors Open at 1pm - Program Begins at 1:30

The United Methodist Church, 410 Sycamore Ave (corner of Camino Alto), Mill Valley

We hope you can come join us for this unique presentation and performance. For those of you lucky enough to have attended one of Kayleen's earlier presentations you know how special they are. We have located a terrific new-to-us venue - the United Methodist Church on Camino Alto - the same wonderful venue where the Mill Valley Chamber Music Society holds their concerts, with lots of easy parking at the ready.

For those of you who have not yet been able to attend one of Kayleen's presentations they are truly exceptional. Kayleen, a faculty member of the Pacifica Graduate Institute and the San Francisco Conservatory of Music, is a passionate scholar: a cultural historian, musician, writer and teacher who weaves myth, music, psychology, history and art with experimental learning. For more about Kayleen visit her website: www.kayleenasbo.com.

Doors will open at 1:00; with a short social hour and the program will begin at 1:30.

No RSVP required, but members are encouraged to call the office early if they need a ride.

Third Wednesday Speaker's Series - *Aging in Place...With Help*

Wednesday, March 20, 2019 11:00 -12:30

Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera (NEW LOCATION AND TIME)

With 50% of the aging community in Marin having some sort of disability and more than 30% living alone, many of us need help staying healthy. As part of County services, Public Authority of Marin helps recruit, vet and match in home health care providers with our aging community.

Come learn about health care challenges facing older adults and some helpful resources and tips. The goal is to help seniors stay independent and healthy at home as long as possible.

Presenter: Aaron Alarcon-Bowen, Executive Director, In-Home Support Services (IHSS), Public Authority of Marin.

Pole Walking Class

Monday, May 20 3-5pm

Join well known fitness and wellness educator, **Jayah Faye Paley**, guides us to learn and practice skills and techniques to help improve balance, endurance, walking gait, agility, function and posture. Easy-to-learn, gentle techniques can help people of all ages navigate everyday obstacles and strengthen muscles that support your joints.

We'll be showing different models of poles and tips - including special balance tips. Feel free to bring your own poles. You WILL need rubber tips. Jayah will bring extra (high quality) tips if yours are worn out or missing. Please don't miss this session. It only happens every other year or so. For over 20 years Jayah has trained people of all ages, abilities and physical conditions. She is a certified Personal Trainer and Sierra Club leader.

Around Town

Book Talk - Katy Butler on A Better Path to End of Life

Where: Book Passages in Corte Madera

When: February 19 at 6:30

Please join us as we celebrate the launch of local author Katy Butler's new book, **"The Art of Dying Well: A Practical Guide to a Good End of Life."**



Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist and prominent end-of-life speaker Katy Butler shows how to thrive in later life, how to get the best from our health system, and how to embrace the end of life with grace and even joy. Light refreshments served. [Click here](#) for more information.

Junior Accessory Dwelling Unit (JADU) Expo

Marin County Commission on Aging

Thursday, February 7th 9:00 -11:00 am

Whistlestop, 930 Tamalpais Ave, San Rafael

A JADU is a room rental within an existing residence. JADUs can help alleviate Marin's housing crisis and provide an additional income source for homeowners-including older adults on a fixed income-that can help them remain in their homes.

Seen around town . . .



John Robertson and BJ Slater



San Rafael "Villagers" - Joe Spaeth,



Sparkie in



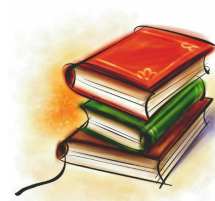
Tiburon Peninsula Village's newest members,
Sally Wilson, Peter Davis and Shirley Hodges



Enjoying the luncheon at Salt & Pepper: Matt
Masson, Jim Bryant & Ruth Wosser

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



Health

[The lifesaving food 90% aren't eating \(BBC\)](#)

[The elderly and driving - when is it time to hit the brakes \(NY Times\)](#)

[Does gum disease play a role in Alzheimer's \(BBC\)](#)

Topics of Interest

[A simple way of remembering things: draw a picture \(NY Times\)](#)

[The Joy of Being a Woman in her 70's \(NY Times\)](#)

[Insider tips to improve your visit to the ER \(Daily KOS\)](#)

[93 year old veteran completes 3 year run across the country \(The Guardian\)](#)

Technology

[How to become a tech-savvy senior in 10 days \(AgingInPlace.com\)](#)

Marin Villages and the Buck Institute on Research for Aging

Marin Villages has teamed up with the Buck Institute, the Bay Area's largest independent scientific institute, to bring you a monthly highlight from some of the Buck's research or issues the Buck is

presenting to the public via their blog. This is the first of those highlights from the Buck Blog, focusing on the Buck's recommendations on how to evaluate with a critical eye those scientific "breakthroughs" you are seeing in the media.

How can you separate fact from hype so that you can make the best decisions about your health? Here's the essence of the recommendations:

- Recommendation #1: **Go to the original source.** Don't just read the newspaper reports which may not be accurate or may sensationalize things; and
- Recommendation #2: **Remember that a correlation of factors is not the same as causation.** E.g., people who drink alcohol may also have poor health outcomes, but that doesn't necessarily mean the health outcomes are caused by their use of alcohol.

You can [read the blog post here](#) in its entirety.

More about the Buck is posted on our website under Resources. www.marinvillages.org.

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!!

Event Planning:

During this 10th year, Marin Villages is hoping to host a county-wide event to congratulate members, thank volunteers, appreciate donors and welcome other aging organizations and local businesses to our community. We will need a few "planners" who understand the ins and outs of putting together a fun event. If you have experience in event planning and are interested in helping, please call the office at 415-457-4633.

We  **V**olunteers!

Connections Board

We're trying something new in this section. Below are a few requests/articles from members:

♥ ☐ **AgeSong Marin** by Jean Gunn - read about Jean's experience with AgeSong Marin. AgeSong Marin offers discounts to Marin Villages' members and volunteers.

As Jean writes:

"A few years ago, a friend turned me on to AgeSong Marin, and after participating in one of their groups I started feeling even more positive about growing older and really enjoying life." To read more, [click here](#).



Music Lovers: Are you interested in going to the Symphony or hearing Chamber music, but don't want to go alone? San Rafael Village member, Barbara Rozen, is hoping to put a distribution list

together for like-minded music lovers to connect. As Barbara stated:

I would like to find other music lovers to share transportation to either or both SF Performances or Chamber Music SF concerts - some in the afternoon and some evening performances.

If you would like to try to be part of this group, please give the office a call or email us at info@marinvillages.org and we'll connect you with Barbara.



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