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VILLAGES**

Our Paths - Our Choices

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



ROSS VALLEY VILLAGE NEWSLETTER

JULY/AUGUST 2020

HOPE AND SAFETY AT HOME

Zen Buddhist teacher, author, and hospice caregiver Joan Halifax wrote in March about how we can have hope in the midst of the pandemic and during the other painful experiences of our lives. She wrote that normally we hope for an outcome that may not actually happen. *Wise hope* is seeing things as they are and acting on the uncertainty and not fleeing from it. We can trust that things will change, and we can choose to be a part of that and move forward in our day, living with possibilities.

Marin Villages continues to provide you the with opportunities to help you move forward. From medical transport so you can get to your doctor's appointments to monthly online social offerings, shopping, and friendly phone calls, the board, staff, and volunteers are all here to help you to stay safe and in your home. As sheltering in place remains critical to our safety, we know that some of your friends who are not Village members may be feeling less resilient or may have neighbors who are not as reliable or available to help as they once were at the beginning of COVID. Please refer these friends to Marin Villages so we can also see to their safety and their needs. We welcome new additions

to the Village community anytime. Just have them call the office at (415) 457-4633 or email at info@marinvillages.org.

WELCOME, NEW VOLUNTEERS!

Rose Jacobsen, Diva Helmy, and Sarah Mansbach

Thank you for giving your time and energy to our village!

LOCAL VILLAGE EVENTS (open to all, unless noted)

Food & Drink

Masks and Martinis!

Thursday, August 20, 4:30pm

Hey everyone, let's have some fun! Please dig out your most novel, creative, interesting and fun pandemic mask and join us for a virtual cocktail party. We hope to see you online! **Please RSVP** to Loulie Sutro at lhsutro@msn.com to receive the Zoom meeting information. You can join by phone or computer, but you will see everyone's masks and faces if you join by computer.



Education & Presentations

Go Back in Time—The Early History of Kentfield, Ross, And San Anselmo

Wednesday, August 12, 2:00pm

Learn about the early history of Kentfield, Ross, and San Anselmo with long-time community members Richard Torney and Neil Park from Kentfield and Richard Miner from San Anselmo. Re-live memories of early days in your community with this informative presentation.

Members of all villages are invited. **Please RSVP** to Loulie Sutro at lhsutro@msn.com to receive the Zoom meeting information. You can join by phone or computer.



COMMUNITY EVENTS

Ross Valley Seniors Social Speaker Events (First Thursdays) – *What We Are Reading Now*

Thursday, August 6, 12:30pm

12:30 – 1:00 is a social “hour” followed by a guest speaker at 1:00 from the Fairfax library. Any time is a good time to meet new people and make new friends so feel free to stop by this Zoom meeting. All virtual meetings are free of charge and a great way to stay involved with your community. Please e-mail kmacleod@townofsananselmo.org with any questions or to receive Zoom information.

Age-Friendly Marin Speaker Series (Fourth Wednesdays) – *Staying Safe in the World of Scams*

Wednesday, August 26, 10:30 – 11:45am

Learn valuable advice from a member of the Marin County Financial Abuse Specialist Team (FAST) to avoid becoming a victim of scams, frauds, and IRS impersonators targeting us right here in our own neighborhoods. Marin FAST will enlighten and educate us on how to protect ourselves against common financial scams and new frauds related to COVID-19. RSVP to Pati Stoliar: agefriendlycortemadera@gmail.com to receive the Zoom meeting info.

Watercolors with Debra (hosted by Intergenerational Center)

Mondays and Wednesdays, 10:30am – 12:30pm

In Debra’s class, you’ll discover the inner artist that you didn't know

existed. In class, Debra will teach techniques to beginners, and experienced artists will have the opportunity to hone their skills and enjoy the creative process. This is a popular and fun class. Debra sends you the drawing for the class by email. All you need are round brushes, size 8, 10, or 12; watercolor paper; and watercolors. Amazon has a variety of supplies you can readily get. Riley Street in San Rafael (www.rileystreet.com) and Perry's Art Supplies in San Anselmo (415) 454-3317 are taking phone orders and providing curbside pickup.

Meeting ID: 337-280-620

Join URL: <https://zoom.us/j/337280620>



Mat Yoga with Tamela (hosted by Age-Friendly Fairfax)

Mondays, 11:00am – 12:00pm

Please arrive to your space and log-in early and get settled. The Zoom session will be open at 10:30am. We will start the class at 11:00am.

Please email Tamela directly at tamelak@comcast.net if you'd like to join.

Chair Exercises with Pam (hosted by Age-Friendly Fairfax)

Wednesdays, 1:00pm

Join Pam Waterstone for gentle, safe exercise while remaining seated. These mild exercises are ideal for those who are at high risk for falls, have severe joint problems, or are wheelchair-bound. These exercises have shown to improve strength, flexibility, and blood circulation, as well as to boost one's mood.

Meeting ID: 401-420-981

Join URL: <https://zoom.us/j/401420981>

Heart-to-Heart with Therapist Lynne Dixon

Mondays, 5:00 – 6:00pm

Each week we will be exploring our thoughts and feelings related to

issues that touch us during the pandemic. For anyone suffering grief, anxiety, or other emotional struggles during the pandemic, this is a virtual support group led by Lynne Dixon, a psychotherapist and Good Fairy volunteer. Share your views and find some comfort. Please email Lynne at the address below by 3:00pm the day of the meeting, letting her know you would like to attend, and a link will be sent to you. Please arrive on time; the meeting will be locked at ten past the hour to allow for a safe and productive space. Lynne@lynnemdixon.com

YOU NEED TO KNOW!

Fire-smart Landscaping

The UC Marin Master Gardeners are here to help homeowners discover how to create a defensible space around their property to protect their homes in wildfire season while creating beautiful gardens that are climate-smart, water-wise, and ecologically mindful. Access these tips on the Fire-Landscaping section on the [UC Marin Master Gardeners' website](#).

Stanford Continuing Studies webinar – *How to ignite your Vitality during Challenging Times*

You can watch this pre-recorded webinar at [this link](#).



Protect yourself from COVID-19 fraud

The Federal Trade Commission reports that, so far, people have reported losing \$89.51 million in COVID-related fraud schemes. In California alone, over 2,000 reports were related to identity theft. Keep in mind, scammers typically induce a heightened sense of urgency and take advantage of a hunger for information and a desire for quick solutions. Here are some tips to better protect yourself from COVID-19 fraud:

1. Obtain facts from reputable and official sources.
2. Use caution when clicking on links embedded in emails or text messages, or when providing personal information over the

phone. If you believe the message may not be legitimate, contact the organization through confirmed channels. Scammers are getting very good at creating emails like the companies you usually interact with. These scam emails can look like they are coming from your bank, your insurance company, Google or PayPal with something about your account. Don't click on email links. Call the company directly or click on a new page and go to the company website from there.

3. Some of the frequent scams include imposters calling and saying they are from a utility company, the Social Security Administration, or Medicare, calling about benefits related to the virus. They will usually ask you to verify personal information like your bank account, Social Security or Medicare numbers. Just hang up when you get these calls.
4. Another scam is the "grandparent scam," where you receive an email or message or call from someone posing as a relative urging you to wire money, send cash or gift cards immediately for some emergency. In this case, ask questions that a stranger couldn't possibly answer or hang up and call another family member to check out the story. The caller may tell you to keep it a secret. Don't.

You can learn more and report scams to the FTC at [this link](#).

Helpful Tip

Do you or someone you know refrigerate your medications or use a CPAP machine? If so, you need to plan for backup power in case of a planned or unplanned power outage.

MCE has a program for providing a backup storage battery for the refrigerator from PG&E. You need to apply through the Marin Center for Independent Living, which is handling the application process for PG&E for their vulnerable-residents program. MCE offers funding to offset the costs of customer-owned batteries and there is no cost to priority vulnerable customers. This is an effort to reduce crowding in shelters provided during power outages. Use [this link](#) to access the application.

For information on County resources and services specifically for older adults (persons 60+), persons with disabilities, and family caregivers, call (415) 457-INFO (415-457-4636) or email 457-INFO@marincounty.org.

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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