

[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



NOVATO VILLAGE NEWSLETTER

NOVEMBER 2020

MESSAGE FROM THE NOVATO VILLAGE STEERING COMMITTEE

Please VOTE! If you need assistance in getting your Vote-By-Mail (VBM) ballot to the polling place or drop-off box, please contact the Marin Villages office at (415) 457-4633. A volunteer can drop off your completed ballot sealed in the VBM envelope. BE SURE TO SIGN THE BACK OF ENVELOPE.



Veterans Day is November 11—we thank all veterans for their service to our country, and extend a special thank you to **Tom Nelson** and **Louis Livoti**, both members of our Steering Committee, for their service.

Thanksgiving is November 26—we wish you a peaceful day. This year

will not be the usual gathering around the roast turkey at the table. Please see the article about a Zoom meal with Novato Village friends below.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Cheryl Galatolo and Britt Sonander

Volunteers: Maioni Alvero-Wilkes

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

LOCAL VILLAGE EVENTS (open to all, unless noted)

Food & Drink

ZOOM COFFEE

Wednesday, November 11, 11:00am

Our guest this month will be **Mark Hoffman**, giving us a presentation about AgeSong Marin, where discussion/support groups are currently being offered on Zoom. In this time of COVID, we are all struggling with isolation. AgeSong offers a place where seniors can connect and converse about the issues they're facing. Join our Zoom coffee to learn what the groups are like, a sampling of discussions, and the feedback AgeSong has received from participants.

AgeSong Marin offers a regular series of group conversations and support for older adults. Sessions are eight weeks and cost \$30 for Marin Villages members (a special discount from the \$40 charge to others). You can register online at the [AgeSong website](#) or call (415) 234-5040 to explore with a facilitator whether this might be a group that you'd enjoy.

No need to RSVP; the Zoom link will be sent to everyone by email.

ZOOM HAPPY HOUR

Wednesday, November 25, 4:00 – 5:00pm

Join us with your favorite afternoon beverage and we'll share **memories**

of Thanksgiving from childhood up to the present. Did you pull the wishbone for good luck? Have you moved away from family and started traditions of your own? Are you near your loved ones and have a plan for this unusual COVID year? Come to the Happy Hour and let us know.

No need to RSVP; the Zoom link will be sent to everyone by email.

Exercise

LEVEE WALK – AT RUSH CREEK PRESERVE (NOT AT THE HAMILTON LEVEE)

Thursday, November 5, 9:30 – 10:30am

If it's not raining, the walk will take place at **Rush Creek Preserve** (Atherton Ave. exit off 101). There are some gravel patches on the mostly level trail. If you have walking sticks, you are welcome to bring them, but they are not required. County Park rangers recommend this easy-going trail along rich tidal wetlands. The broad, level Pinheiro Fire Road is popular with hikers, bikers, and equestrians. It offers unimpeded views of a large wetland managed by the California Department of Fish and Game. From the eastern end of the 522-acre preserve, you can look out across the Petaluma River delta to Sonoma County and beyond.

<https://www.marincountyparks.org/parkspreserves/preserves/rush-creek>

Please RSVP so we know how many walkers. Call Pat Bailey (415) 652-9073 for reservations or any questions about the location and parking.

Books

BOOK LOVERS' GROUP – DISCUSS THE BOOK BY ZOOM

Tuesday, November 10, 1:00 pm

The book this month is *The Rosie Effect* by Graeme Simsion. The group so enjoyed reading the first book in the Rosie trilogy that we decided to read the second book. These books combine the very serious topics of mental health and relationships with hilariously funny scenes and dialog. Contact Marcia Sprinkle at msprinkle1884@yahoo.com for more information.

Groups

VILLAGE VIEWERS – MOVIE DISCUSSION GROUP

Wednesday, November 18, 4:00pm

We will discuss the movie **JoJo Rabbit**. It can be watched on HBO. If you do not have HBO you can use their free trial. Look forward to seeing you there.

No need to RSVP; the Zoom link will be sent to everyone by email.

Village Business

NOVATO VILLAGE STEERING COMMITTEE MEETING ON ZOOM

Tuesday, November 17, 1:30pm

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

MARIN VILLAGES EVENTS

DETECT & CONNECT WORKSHOP ON MENTAL HEALTH AND DEMENTIA ISSUES IN OLDER ADULTS

Thursday, November 5, 9:30am – noon

Join us for a free informational online workshop with Aging Action Initiative and Marin Villages on mental health and dementia issues in older adults. The workshop will teach you how to detect the differences between normal and abnormal aging behaviors and symptoms, then connect with appropriate responses, and much more.

There are only 25 spots available for volunteers, so sign up before these spots are taken. For more information, click [here for the flyer](#).

Click this link to [RSVP](#) and you will receive the Zoom invite.

For questions about this program, contact Ellen Baxter of Aging Action Initiatives at (415) 914-4540 or ellen@agingactioninitiative.org.

COMMUNITY EVENTS

MARIN COUNTY COMMISSION ON AGING – COVID-19 AND MENTAL HEALTH: FRESH PERSPECTIVES

Thursday, November 5, 10:00 – 11:00am

This program will focus on strategies to address the need for mental health and psychosocial supports for older adults during and after the pandemic. The need for these supports is expected to increase substantially in the near and prolonged future. Mental health programs have suffered chronic underfunding, which makes highlighting the importance of mental health concerns among older adults and vulnerable people even more critical now.

By attending this presentation, participants will:

- Learn how older adults can become more resilient and responsive to the mental health impacts of COVID-19.
- Understand recommended actions addressing the effects of the pandemic on mental health.
- Hear an overview of mental health and psychosocial supports available throughout the world.

Featured Presenters

Chrisula Asimos, Ph.D., Chair of Marin County Commission on Aging Health and Nutrition Committee

Diana López, Vice Chair, Marin County Commission on Aging

To join this Zoom meeting:

<https://us02web.zoom.us/j/88999405569?pwd=L2ZDL0RRVFFHV2l6bkVRZEdLZElSQT09>

Meeting ID: 889 9940 5569

Passcode: 286826

Dial in number 1+ (669) 900-6833

NOVATO VILLAGE ANNOUNCEMENTS

THANKSGIVING DAY DINNER – BRING YOUR OWN DINNER, JOIN US ON ZOOM

Thursday, November 26, midday



If you will be alone this Thanksgiving, let us know if you'd like to have dinner with us by Zoom. Steering Committee member **Linda Henderson** is willing to set up a Zoom meeting so Novato Village members can enjoy a conversation while eating an early dinner.

Please contact Linda at (415) 382-8910 or email her at linda_h@peak.org by November 19 to let her know if you'd enjoy this opportunity so she can send you the Zoom link and time.

JACKSON CAFÉ TO-GO THANKSGIVING

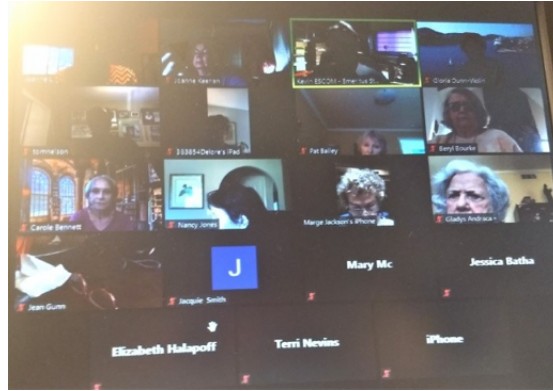
<https://whistlestop.org/jackson-cafe-to-go-thanksgiving/>

Need someone to cook that turkey for you? Jackson Café To-Go will be selling traditional Thanksgiving meals freshly prepared by our chef Stacy Scott! Enjoy this delicious, homemade meal with all the sides, and a treat from us, from the comfort of your own home. **Meals cost \$10 each and must be preordered and paid for by Wednesday, November 18 at 5:00pm. A wise idea is to order by Friday, November 13 so you are assured of being in the first 100 orders.** Please call Vivalon's front desk to place your order at (415) 456-9062. Come by to pick up your meal Thursday, November 26th from 11:30am to 1:00pm at Vivalon's front door or request delivery to your home between 11:00am and 1:00pm. (You must be home to receive the meal). *Remember, only 100 meals will be made, so get your order in today!*

AND MORE...

We enjoyed learning about ESCOM (Emeritus Students of the College of Marin) with guest speaker **Kevin Colgate** at the Coffee on October 14. You can learn more about ESCOM at this link:

<http://escom.marin.edu/join-escom>



MARIN COUNTY COMMISSION ON AGING – FOOD SAFETY WHEN THE POWER GOES OUT

by Suzanne McDonald, RD

Recent power outages have affected many of us in recent weeks. Learn what to do to keep food safe!

- Keeping food safe is all about temperature and time. Perishable foods need to be kept at 40 degrees or below. If food is above 40 degrees, it is only good for 2 hours. After two hours it must be discarded.
- Do not use taste or smell food to determine safety. You cannot taste or smell the bacteria that could make you sick.
- Keep the refrigerator and freezer door closed as much as possible. A closed refrigerator can keep food safe for up to 4 hours. A closed, full freezer can keep food safe for 48 hours
- A closed ½ filled freezer can keep food safe for 24 hours.

How to Prepare

- Keep a thermometer in the refrigerator and freezer. This will help you determine when food has been at an unsafe temperature. Foods must be at 40 degrees or below. Food is only safe above 40 degrees for 2 hours.
- Freeze water bottles, or other containers filled with water, and fill your freezer. These can be used as ice blocks in a refrigerator, freezer, or ice chest to keep food at a safe temperature.
- Stock your home with shelf-stable foods.

Food Safety Questions

1. Can I re-freeze defrosting items?

If there are still ice crystals in the frozen food, it is safe to re-freeze.

2. What's the best way to thaw frozen food?

Never thaw food at room temperature. Instead thaw it in cold water (not over 70 degrees), or in the microwave. Foods thawed in the microwave need to be cooked immediately.

3. What do Use By, Best By, and Best Before mean?

These dates have nothing to do with food safety. They are provided by food manufacturers based on what they consider best for quality, not safety. Also, Sell By – this is used for perishable foods such as meats and dairy. These foods can be good a few days beyond the date, as long as they were stored at 40 degrees or below.

Remember: If in Doubt, Throw it Out!

Sources: <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>; <http://ccelewis.org/resources/food-safety-in-power-outages>, Suzanne McDonald, RD

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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