



Novato Village

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

February 2021 Newsletter

NOVATO VILLAGE STEERING COMMITTEE

...wishes you a Happy Valentine's Day!



WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Julianne Russell and James Shaw

We look forward to seeing you at an event soon!

LOCAL VILLAGE EVENTS (open to all unless noted)

All the events below are offered on Zoom. If you are not yet comfortable with Zooming, we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. info@marinvillages.org or (415) 457-4633.

Food & Drink

Zoom Coffee

Wednesday, February 10, 11:00am



Come meet **Insa Simon-Graham**, a member of Soroptimist International of Novato, a global volunteer organization that provides women and girls with access to the education and training

they need to achieve economic empowerment. Insa will tell us about OWLS (**O**ppportunity for **W**omen in **L**eadership and **S**ervice) of Novato, a high school club for girls started in 2020, in partnership with the Novato Unified School District and San Rafael School District. Members of OWLS are working with Novato Village as volunteers. Soroptimist members mentor OWLS girls in leadership and community service. Insa hopes to include one of her OWLS, which should make it extra interesting. No need to RSVP; the Zoom link will be sent to everyone by email.

Zoom Happy Hour

Wednesday, February 24, 4:00 – 5:00pm

Come with your favorite beverage and play a new game—Zoom has a whiteboard sharing feature that is just perfect for **playing Pictionary** with your friends. Let's give it a try—see you then. No need to RSVP; the Zoom link will be sent to everyone by email.

Exercise

Novato Village Walkers – Hamilton Levee

Thursday, February 4, 9:30am

7 Hamilton Landing (enter levee between Hangers 5 & 6)

Because of the recent rain, we will go back to the levee—no muddy trails! We will save the walk planned at Indian Valley College for drier weather. The Hamilton Levee is a flat, open path; no mask **if** social distancing, but have your mask handy in case other walking groups get too close. Meet us at the levee wearing walking shoes and mask, and bring a water bottle, sunscreen, and jacket, hat if you wish. RSVP PLEASE so we don't start walking without you. If you are interested in walking with this group, please let Pat Bailey know at pbailey49@aol.com or call her at (415) 652-9073.

Books

Book Lovers' Group – by Zoom

Tuesday, February 9, 1:00pm

Our book will be *The Thursday Murder Club* by Richard Osman.

We've also selected the book for March: *Half of a Yellow Sun* by Chimamanda Adichie and the April book will be *The Authenticity Project* by Claire Pooley. We thought planning ahead might help with getting the books. In January, a number of us had trouble getting our books. Marcia Sprinkle says, "Please let me know by the night before if you haven't received the Zoom invite so there's time to fix it." Contact Marcia Sprinkle at msprinkle1884@yahoo.com for more information.

Groups

Village Viewers – Movie Discussion Group

Wednesday, February 17, 4:00pm

Bring popcorn and join us for the next Village Viewers Zoom movie group. We will be discussing *The Green Book*, starring Viggo Mortensen and Mahershala Ali. You can now watch it on Showtime or rent it on Amazon Prime. Come to the discussion even if you haven't seen the movie; it's always a fun chat. Looking forward to seeing you then! For more information, contact Joanne Lang, jlantpa@gmail.com or (916) 716-5800. No need to RSVP; the Zoom link will be sent to everyone by email.

Village Business

Novato Village Steering Committee Meeting on Zoom

Tuesday, February 16, 1:30pm

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

COMMUNITY EVENTS

Talking Tech 4 Seniors – Free

Mondays, February 1 to March 29, 10:30am – 12:00pm, eight-week series (not on Feb. 15)



Why Zoom? Which apps are right for me? Want to demystify technology while creating more meaningful social connection? You'll learn tips and tricks to use a computer, or other devices, and access the Internet to better connect with family, friends and virtual communities. Zoom opens a world of classes and activities for exercise, learning, and fun. The Internet and apps offer new options for online shopping, deliveries, and resources like virtual travel and museum tours. Learn and feel safe. Join our virtual classes over eight weeks from February 1st starting with the very basics and building up your tech knowledge as you go. Beginners join from the start. If you are an intermediate, join just the classes you need. Please call guest services to sign up, (415) 456-9062. Visit <https://whistlestop.org/talking-tech-4-seniors/> for more information.

Commission on Aging – Climate Change and its Relation to Social Justice and Public Health

Thursday, February 4, 10:00 – 11:00am on Zoom

The speakers will present the issue of climate change and its impact on equity and health from local and global perspectives. By attending this presentation, participants will:

- Learn about the intersection of climate change and racial and age equity
- Hear about the impact climate change has on older adults and vulnerable residents
- Learn about efforts to respond to climate change locally and globally

Featured Presenters: Matt Willis, MD, MPH, Marin County public health officer, and Mark Bartolini, former director, Office of U.S. Foreign Disaster Assistance

Join Zoom Meeting – closed captioning available

<https://us02web.zoom.us/j/8526641821>

Meeting ID: 852 664 1821

Passcode: 94903

Dial in number (669) 900-6833

Followed by a **Commission on Aging Business Meeting** at 11:15am. Members of the public are encouraged to attend! For more information about the Marin County Commission on Aging call (415) 473-7118 or visit our website at www.livelonglivewellmarin.org

A More Just Novato for Racial Equity

February 11, 25, March 11, 25, 6:30pm

Webinar presented by Not in Our Town Novato (NIOT Novato). A four-session speaker series examines racial inequity with young adults from Novato. You can sign up for all four, or select the dates that work for you. Register at this link:

https://zoom.us/webinar/register/WN_eG2kLejQR1CWN63xj1gXgg

Tai Chi for Arthritis and Fall Prevention – Free Online Classes



Adults age 60 and older can learn this tai chi form for Marin's older adults of all abilities. Tai chi helps to improve movement, balance, strength, flexibility, relaxation, and overall health-related quality of life while also decreasing pain and preventing falls in older adults. The course is

conveniently taught in-person via Zoom and requires a computer or tablet with webcam. Enrollment is limited. Register here <http://www.sausalito.gov/virtualrec> or call (415) 289-4152. This is funded through the Marin Department of Aging and booked through Age-Friendly Sausalito.

- Participants must have access to the Internet and a computer or tablet with a webcam
- Classes meet once or twice a week for 16 weeks. No drop-ins.
- Participants must create a free account to sign up
- Having trouble signing up or registering? Email agefriendlysausalito@gmail.com for help.
- All classes are led by Tai Chi for Health Institute board-certified community instructors from Age-Friendly Sausalito and Dominican University of California

NOVATO VILLAGE ANNOUNCEMENTS

Happy Birthday to **Cheryl Galatolo**, who was 90 years old on January 1!



Happy 97th Birthday, **Gladys Pimentel**!



...a bouquet of flowers and 97 best wishes from Novato Village!

A fascinating January Coffee Chat with member **Sue Lyttle** about the visits she made to Russia as a citizen diplomat



Photos from the Hamilton South Levee walk in January



AND MORE...

Millions of stimulus payments were mailed as prepaid debit cards. Some say they look like scams.

by Judy Averill, Seattle Times business producer, Jan. 24, 2021



Did you receive a letter and debit card labeled from “Economic Impact Payment”? Don’t toss them. If you do, you’ll be throwing away money...at least \$600 depending on your situation.

Millions of second-round stimulus payments are being sent by the Treasury Department and Internal Revenue Service as [prepaid debit cards](#). However, many people say the letters and cards [look like a scam](#).

“It didn’t look like U.S. Government mail,” one man said. “It looked like junk mail.” Others, like Tami Cal, [weren’t expecting](#) anything in the mail after receiving their first stimulus check in the form of a direct deposit.

Here’s how the Economic Impact Payment (EIP) card is supposed to work. The [EIP card](#) arrives in the mail in a white envelope displaying the U.S. Department of the Treasury seal and the note “Not a bill or an advertisement. Important information about your Economic Impact Payment.” Along with the card are instructions on how to activate and use it.

The money on the prepaid debit cards issued by Treasury's financial agent, MetaBank, can be transferred your bank account or you can get cash at an ATM. (Fees may be charged for using an ATM.) The cards can also be used to make purchases online or at retailers that accept Visa debit cards. The IRS says the EIP card is secure and can be replaced if needed.

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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