

MARIN
VILLAGES



Our Paths - Our Choices

Ross Valley Village

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

May/June Newsletter

Happy Spring, Everyone! The flowers, birds and weather are all doing their thing, and that light at the end of the tunnel is getting brighter. As we contemplate, or look forward to, our upcoming “Fauci Ouchies,” we hope you all have been fortunate to have completed both vaccinations and are (95%) home free!

Marin Villages has managed to survive the pandemic fairly well, and we should be proud of our wonderful volunteers who filled so many requests during this difficult period. As with many organizations, however, our finances suffered, and thus we hope this spring’s fundraising drive will help get us back on track. Here is an important message about the spring appeal:

Marin Villages’ spring annual fund appeal is underway—a major source of revenue for our organization! As you know, we’ve been busy since COVID started. Since March 2020, we’ve fulfilled **7,000** member requests, including **3,803** companionship calls, **1,122** errands for groceries and other needs, **905** rides to needed medical appointments, and more than **1,000** other service requests! We also got members and volunteers trained on Zoom early in the pandemic so that we could stay in touch and keep some of our groups going. Please consider a donation to help us all keep doing this good work. You can donate at this link https://marin.helpfulvillage.com/fundraising_campaigns/8-annual-fund-spring-2021-campaign—and pass it on to your friends!

Many thanks in advance for giving generously!

Gratefully, Your Ross Valley Village Steering Committee

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Patricia Wade
Ginny and Lee Turner
Kathleen Jackson
Helga Gruber
Raymond Knox

We look forward to seeing you all at an event soon!

HAPPY BIRTHDAY!

Many happy returns to our members with May and June birthdays. The following special members have birthdays coming soon:

May 13 – Stan Green

May 23 – Sue Zimmerman

June 11 – Donald MacLean

LOCAL VILLAGE EVENTS

On the Marin Villages website calendar you can find details of exercise classes you can join, such as yoga and chair exercises; or you can get creative and join a watercolors' class. Use this link https://marin.helpfulvillage.com/events?all_villages=1 to check out these events. All the Ross Valley events are in purple. All the events are offered on Zoom.

MARIN VILLAGES EVENTS

Marin Villages Donor Recognition Event

Sunday, June 6, 5:00pm



Join us for a short program and a wonderful performance by Nancy Gilliland, who will entertain with songs from the Great American Songbook. Please RSVP here: <https://bit.ly/MVDonorEvent>
This will be a really fun event!

COMMUNITY EVENTS

Ross Valley Seniors

Thursday, May 6, 12:30pm

Join us for a special meeting to celebrate moms! All attendees are welcome and encouraged to share their experiences as a mother, or go back in time and reflect on their own experiences with their mother. In lieu of a presenter we will have a guided discussion allowing everyone to share their stories and give a quick look into what their mothers were like, or who they were as a mother.

E-mail Kevin MacLeod at kmacleod@townofsananselmo.org for the Zoom link and for more information.

The Crookedest Railroad Locomotive #9

Friday, May 7, 11:00am

The Ross Historical Society/Moya Library invites you to a “First Friday Forenoon” program! The Mt. Tamalpais “Crookedest Railroad” received Heisler Locomotive #9 on April 18, 1921. This 100-year-old steam engine is the only surviving piece of equipment that worked on the mountain. It has been found and purchased, and efforts to restore #9 are active and ongoing. Please join the project’s leader, Fred Runner, for a presentation and lively discussion about this historic masterpiece. For more information, please visit: www.friendsofno9.org. Presented as a Zoom webinar due to COVID restrictions; register at www.moya-rhs.org (415) 250-3611

AGE-FRIENDLY MARIN EVENTS

Is my community Age-Friendly?

Marin County has nine towns and cities that have formalized the process of becoming a World Health Organization (WHO)-recognized Age-Friendly community. This means that each one has created or is creating a five-year action plan with programs, services, and policies that are focused on building a more livable community for all ages, or a community that supports the health, social connection, and well-being of all residents. In Ross Valley, the towns of Ross, San Anselmo, and Fairfax are all developing and implementing Age-Friendly plans that will support you staying active in your community, being treated with respect, and being able to live with dignity regardless of your age. If you wish to know more or to connect with your local Age-Friendly leaders go to <https://agingactioninitiative.org/age-friendly-marin/> or call Sara Robinson, Age Forward coordinator for Marin County, at (240) 838-0868.

Age-Friendly Marin “Breakfast with Friends”

Wednesday, May 19, 9:30 – 10:30am

Socializing is important for all and it's fun to connect. Join us for coffee, tea, and/or breakfast (on you!) and a friendly and enjoyable chat ***at Barefoot Café, in person!***

Age-Friendly Marin Forum—“Isolation and Loneliness and the Antidotes”

Wednesday, May 26, 10:30 – 11:45am

May is Mental Health Month! Due to the pandemic, many more people now understand the challenges already faced by millions of older adults and people with disabilities: the distress of being alone, of being unable to leave home, or of not knowing someone to reach out to in times of need. Learn the difference between social isolation and loneliness—the triggers and the costs to person and society. Learn about local resources to combat and address the feelings that you, a friend, or family member might have. Register at

<https://www.eventbrite.com/e/151832213237>

Speaker: Maureen Feldman, director Social Isolation Impact Project, Motion Picture Television Fund, founder and chair, Social Isolation and Loneliness Impact Coalition in Los Angeles. Maureen is an authority and advocate on issues facing the aging population and has focused on developing methods to enhance social connectivity in older adults for over a decade.

Is There a Doctor in the House? Telehealth and Bridging the Digital Health Divide

Thursday, May 27, 10:00am – 12:30pm

The Marin County Commission on Aging presents this special webinar designed to promote an understanding of telehealth—the new normal—and what the County is doing to provide wider access throughout Marin. Participant fee has been waived. For more information, email TelehealthWebinar@gmail.com. You can register here

https://zoom.us/webinar/register/WN_kDIhuf8mSW-NIb0AaSrTDA

During this webinar, you will:

- Learn about the emerging role of telehealth in our lives today, and what it will look like in the future. **Speaker: Ariana Myers, VP Health, Donisi Health**
- Understand from a Marin physician about the rewards and challenges of providing virtual care to patients
- Hear about the virtual strategies the County has deployed to insure delivery of vital services during COVID-19. **Speaker: Benita McLarin, director of Marin Health & Human Services**
- Become aware of the challenges and inequities the digital divide has created in Marin, especially in terms of access to healthcare. **Speaker: Dennis Rodoni, president, Marin County Board of Supervisors**

- Hear about “Digital Marin,” a project that’s already starting to bridge the county’s digital divide. **Speaker: Liza Massey, Marin County Chief Information Officer**
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ROSS VALLEY VILLAGE ANNOUNCEMENTS

Getting to know you...

One of the things we all like best about the usual events and parties we coordinate for Marin Villages is getting to know our members and volunteers for the chance to make new friends. Due to the pandemic, only very small Marin Villages gatherings are possible, so we wanted to make an effort to get to know one another through a spotlight in each newsletter.

This month’s profile is of **Dianne Sheridan**, one of our precious volunteers.



Dianne grew up in San Francisco and attended San Francisco State University, where she obtained a degree in social welfare. Dianne married and moved to San Anselmo over 45 years ago. She has three adult children: Katie, who lives in Texas with her husband and daughter; Dan, in Marin; and Kevin, in the East Bay.

After working for several years for Fireman’s Fund, marrying, and having three young children, Dianne realized she wanted to work with people face-to-face, not just on the phone and with computers. She enrolled at Dominican University and received her teaching credential and a Master’s in Special Education. She went on to receive another degree from St. Mary’s for teaching the learning handicapped. Diane was teaching in Vallejo until COVID hit.

Dianne is involved in volunteering with several nonprofits in the Bay Area and it was through Cherie Sorokin, chair of AAUW and Marin Villages, that Dianne discovered Marin Villages (Ross Valley Village); she has been a volunteer since 2018. Dianne has realized how many older people in Marin are isolated and depressed, especially since COVID. She enjoys meeting and driving people to appointments and dog-walking, and likes to be able to connect with the members by volunteering for the same people on a regular basis. Dianne is genuinely a people person who enjoys helping older adults maintain their independence.

Would you like to be our “Getting to know you” member in the newsletter? If so, please let Kimberly Teal know, by emailing her at Kimberly@KimberlyTeal.com and we can take it from there!

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org