

MARIN  
VILLAGES



Our Paths - Our Choices

# MARIN VILLAGES

Assisting Marin's older adults to remain independent  
in their homes and communities with dignity and  
grace



## The delicate balance of Independence

by Lisa Brinkmann, Executive Director

### Happy 4th of July!

BBQs, fireworks, parades, family, friends - what fun! Let's pause, though, at some point on the 4th to commemorate the reason for the holiday, namely, the adoption of the Declaration of Independence when the Continental Congress declared the thirteen American colonies a new nation.

Fact or not, but perhaps it was this declaration that triggered the profile of what it has meant to be "American" - a self-sufficient, rugged, independent individual, and what we, as Americans, have always valued - our independence.

In perhaps some weird way, we, too, are a bit like those early colonist as we - the older population in Marin County - gather to declare our desire for a continued independence. We want to enjoy the community in which we've lived, worked and invested our emotional equity. We, too, knew that to fulfill a mission of helping older adults remain independent, we would have to join forces with other communities, recruit a volunteer "force" in all corners of the County to meet the challenges of the day and develop partnerships with existing organizations to leverage needed services outside of our wheelhouse.



Marin Villages just ended our 9th fiscal year as a 501(c)(3). As we enter our 10th year, let's give a nod to our independent-minded members and volunteers and an acknowledgement that to stay active, connected and self-autonomous we will need, at times, to lean on one another by giving/extending a helping hand.

Have a fun summer and if you can, consider picking up a volunteer assignment (or two)!



**Welcome to June new members**

**Mill Valley Village:**

Janis Hannigan  
Liz Stone  
Kathryn Ann Dudley  
Eleanor Hein

**Ross Valley Village:**

Nancy Roen

**Tiburon Peninsula Village**

Tim & Annette Ryan  
Carol Anderson

**Novato Village:**

Marilyn Armour  
David & Jan Kroll  
Patricia McCormi  
Shelley Bolick  
Suzanne Thompson  
Carl & Ann Telde  
Jeffrey Torrico  
& Otis Jacks

**Twin Cities Villa**

Carol Levenson



**Hello to our newest volunteers**

**Mill Valley Village:**

Liz Stone

**San Rafael Village:**

Walton Ferris Jr.  
Dan Bell

**Ross Valley Village:**

Burnetta Lemai  
Nancy Roen  
Kimberly Teal

**Tiburon Peninsula Village**

Chris Loeffelholz

**Fun Events "Around the Villages"**

(for a complete list of all events and activities in all of our Villages, please see our website calendar at [www.marinvillages.org](http://www.marinvillages.org) )

**Happy Hour at the BACKSTAGE**

Tuesday, July 10, 3:00 p.m. to 5:00 p.m.

Where: 295 Magnolia Ave., Larkspur (opposite Pico)

**BACKSTAGE**

Marin's newest and hottest wine bar - BACKSTAGE - will host Twin Cities Village's Happy Hour! Voted one of Marin's best "Hot Spots", this new venue has outdoor patio seating and is seen as an adult playground. So... let's play!

**Twin Cities Village/Age Friendly Corte Madera: Discover Unique Places in Marin**

**Wednesday, July 18, 1:00 p.m. to 2:30 p.m.**

**Where: Central Marin Police, Community Room, 250 Doherty Drive, Larkspur**

Our county is an outdoor recreation paradise, attracting travelers from all over the planet. Don't miss this informative and enlightening presentation. You'll hear about hidden gems in Marin, the numerous parks and attractions and the popular Marin culinary movement. Get ideas as well for new adventures you can find in your own backyard. Complementary light refreshments.

Presenter: Christine Bohlke, Sales and Marketing Director, Marin County Convention & Visitors Bureau

**Summer Suppers**

**Friday, July 20th, 5:30 p.m. - 8:00 p.m.**

**Friday, August 24th, 5:30 p.m. - 8:00 p.m.**

Home of Cherie Sorokin

Would you like to meet up with fellow "Villagers" for some good conversation and a nice supper? In response to requests from members and volunteers

for more opportunities to get together for good conversation and a bite to eat, Cherie Sorokin and Ginnie Saunders will be co-hosting our first "Summer Suppers".



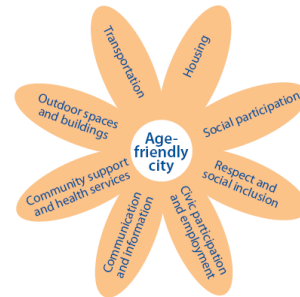
There will be two dinners hosted at Cherie Sorokin's home in Tiburon - one in July and one in August. Interested participants must sign up and pre-pay for both dinners. *The cost for both dinners is \$30.* Space is limited to 12 people, on a first come/first served basis. Checks are payable to Marin Villages and must be received by the office no later than July 16. To reserve a "spot at the table", please call the office at 415-457-4633.

Suppers are open to Marin Villages' members and volunteers only (sorry, no guests)

**Contributing and Working - Options for Community Service and Income**

**Friday, July 27, 1:00 p.m. to 2:00 p.m.**  
**Where: Fairfax Library**

Staying engaged with our communities, out of financial need or for personal fulfillment, as well as giving back can enrich our lives with meaning and purpose that might slip away as we move into our later years. Come hear about local volunteer opportunities with Fairfax and Ross Valley Villages; and learn about economic possibilities through the YWCA Women over 50 Program.



**A Little Light Music | Alan Thomas on the keyboard**  
**Wine and cheese reception**

**Monday, July 30th, 4:30 p.m. - 6:30 p.m.**

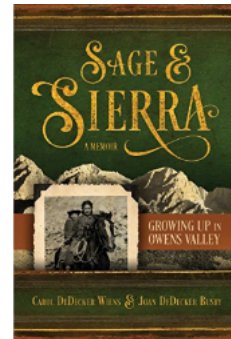
**Home of Cherie Sorokin, 120 Geldert Dr. Tiburon**

Enjoy lovely music! Make requests! Hum or sing along! Alan probably knows your favorite tune! Come at 4:30 to find your seat and enjoy some wine and cheese before the concert starts promptly at 5:00. No charge.

RSVP to the office by July 26 so we know how many to expect. Space is limited. 415-457-4633 Plenty of street parking. House is accessible (but if coming in a wheel-chair, please alert the office so we can put out a ramp for the step up onto the stoop). Open to members, volunteers, and guests, but remember, space is limited.

***Sage & Sierra: Growing Up In Owens Valley***  
**Thursday, August 2, 2:00 p.m.**  
**Where: Mill Valley Golf Course Clubhouse**

Village volunteer Joan (pronounced Jo-Ann) Busby is going to chat with us about her childhood growing up in the Owens Valley, as captured in her recent book *Sage and Sierra*. Joan and her sister Carol wrote this memoir together, alternating chapters and recollections. So please plan to come join us for a fun afternoon of stories, books and friendship. All are welcome so please feel free to pass this along to friends and neighbors. Hosted by Mill Valley Village.



---

---

## **Important Information and Events "Around Town"**

**Marin County Commission on Aging -**

**Mental Health Resources and Supports for Older Adults in Marin County**  
**Thursday, July 5, 10:00 a.m. to 11:00 a.m.**

**Where: Alma Via, 515 Northgate Dr., San Rafael**

Dr. Jei Africa, the new director of the County of Marin Behavioral Health and Recovery Services (BHRS), and his colleagues will present on how BHRS currently serves the unique mental health needs of older adults in Marin County, challenges in doing so, and how the department proposes to address these needs moving forward.

**Mini-Succulent Gardens with Marin Master Gardener Diane Lynch**

**Saturday, July 21, 11:00 - 12: 00 pm**

**San Anselmo Council Chambers, 525 San Anselmo Avenue**

Succulents are attractive easy-care, low-water plants that come in all sorts of shapes and sizes. Learn how to incorporate these versatile plants into mini-gardens, using common household objects like teacups and cookie tins as containers. Diane Lynch has been a Master Gardener in Marin since 1999 and previously was one in Texas. She has been writing a gardening column for The Ark newspaper on the Tiburon Peninsula since 2002 and has been a long-time contributor to the weekly Master Gardener column in the Marin Independent Journal.

**Corte Madera Bingo**

**Thursdays - Ongoing, 9:30 a.m. to 11:45 a.m**

**Where: Corte Madera Community Center, 498 Tamalpais Dr., Corte Madera**

Join our group of active older adults for BINGO every. at the. You're sure to have fun! Come and enjoy wonderful company, delicious treats like Lappert's ice cream, and other great perks and surprises. Once a month, representatives from local senior organizations will be on hand to answer questions regarding services they offer.

**Lunch Club for Seniors**

**Thursdays - Ongoing, 11:45 a.m. - 12:45 p.m.**

**Where: Corte Madera Recreation Center, 498 Tamalpais Dr., Corte Madera**

Come have lunch with us! Every Thursday Good Earth Natural Foods prepares organic, well-balanced, hot lunch. Enjoy a nice meal and conversation with friends!

Open to all adults age 60+, \$3.00 suggested donation. No older adult turned away for lack of funds. Reservations are required seven days in advance, call 415-457-4636

---

---

## Reading Corner

Click on the links below to read articles from various publication which we thought may be of interest:

### Health

[Weight training may help to ease or prevent depression \(NY Times\)](#)

[Yoga and Sleep \(Yoga at the kitchen sink\)](#)

[New shingles vaccine is highly effective, long-lasting - and in short supply \(Washington Post\)](#)

[Calories and macros and BMIs don't count - here are the numbers that really matter \(Washington Post\)](#)

[Could a little young blood reverse the effects of aging? \(Market Watch\)](#)

### Of Interest

[5 Ageist Stereotypes that really need to go away \(Huffington Post\)](#)

[The glamorous grandmas of Instagram \(NY Times\)](#)

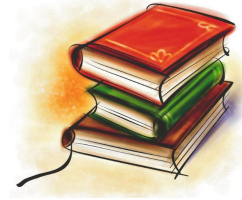
[The positive death movement comes to life \(NY Times\)](#)

[Simple steps that can help you live to 100 \(BBC video\)](#)

[Stanford researcher says we shouldn't start working until age 40 \(Quartz\)](#)

[Aging parents living alone: the health risks of isolation \(Forbes\)](#)

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 [info@marinvillages.org](mailto:info@marinvillages.org)



Like us on Facebook

Marin Villages, 4340 Redwood Highway, Suite F-142, San Rafael, CA 94903

[SafeUnsubscribe™ Colin\\_crawford@icloud.com](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [info@marinvillages.org](mailto:info@marinvillages.org) in collaboration with

