



## THE VILLAGE SQUARE

*A monthly gathering place for all our news*

### July 2021



Ah, July. The month where summer really seems to settle in. Berries and stone fruits start to peak, and on some days the heat can make them the only appealing thing to eat. We celebrate America's independence, and this year some of us are celebrating our own by leaving the house to vacation or see friends and family close by and farther away. It's a great month to do everything and nothing. We hope that, whatever you are doing this month, it's a time for turning your face to the sun and enjoying every moment.

*A quick ask: if you know people who might be interested in Marin Villages or the content of this newsletter, please forward this to them. Word of mouth is one of our biggest sources of new members and volunteers! And, as always, if you have ideas for the newsletter, please send them to [communications@marinvillages.org](mailto:communications@marinvillages.org).*

## MARIN VILLAGES NEWS

### Amazon Smile

You've heard about our annual fund drives in the spring and fall, but did you know there is a way you can "donate" to Marin Villages throughout the year without sending us a dime? **Amazon Smile** is a program where Amazon takes a percentage of your purchase and donates it to the charity of your choice. After you sign up and designate a charity, you do nothing but shop on the Amazon site for things you would already purchase (note: you have to use [smile.amazon.com](https://smile.amazon.com) rather than just [amazon.com](https://amazon.com)).

Signing up is quick and easy if you already have an Amazon account. Simply follow these directions:

1. Visit [smile.amazon.com](https://smile.amazon.com)
  2. Sign in with the same account you use for Amazon.com
  3. Select your charity by typing Marin Villages into the search line and clicking the yellow “select” button next to Marin Villages in the list that comes up
  4. Start shopping! Remember to checkout at [smile.amazon.com](https://smile.amazon.com) to generate donations for us.
- Tip: Add a bookmark to make it easier to shop at [smile.amazon.com](https://smile.amazon.com).*

## A very happy birthday to our July nonagenarians!



We have quite a roster of 90+ birthdays in July, proving what a vital and resilient group we are! Huge birthday wishes to **Mary Stiehm**, **Joseph Yarnell**, **Marcella Murray**, and **Betty Williams**, who turn 91; **Elaine Couch** and **Lynne Nebenzahl**, turning 92; **Donna Terry** and **Lee Smith**, clocking in at 93; **Peter Davis** and **Zvi Danenberg**, who turn 96; and **James Shaw**, who hits 97 with style this year. Hope you all have your cake and eat it, too!

## **DID YOU HEAR?**

### Volunteer fabulousness

It takes a village to keep the Villages strong, and our volunteers are a tireless, generous, caring group of people who do just that. **Tom Nelson** of Novato Village is an amazing example of our rock star volunteers.



Since Tom joined Marin Villages as a volunteer in May 2019, he has completed over 240 service requests and has spent close to 300 hours providing rides to medical appointments, delivering groceries, walking with and creating friendships with numerous members, and helping out in seemingly every other volunteer category we have. He has also spent nearly 80 hours over the past two years in his leadership role on Novato Village's steering committee. His infectious energy and compassionate

nature make him a natural volunteer. In his words, “I found my way to Marin Villages in 2019 and am having the time of my life. Being an outgoing history and baseball buff, I enjoy the chance to exchange stories. I feel blessed to have this opportunity to serve our members, whether celebrating the goodness of life or empathizing on its challenges.” **Thank you**, Tom, for all you do!

Also, volunteer **Patty Powell** was recognized this month by the Center for Nonprofit and Volunteer Leadership (CVNL) as a Volunteer of the Month. The recognition (viewable in full at <https://mailchi.mp/cvnl/mayvotm>) cited her hundreds of service request fulfillments and her willingness to pick up requests at the last minute if needed, as well as her compassionate outreach to isolated members through companionship calls. Congratulations, Patty, and thank you for choosing us for your volunteer efforts!

### Not home alone



Marin Villages member and volunteer **Donnalee Wells** has been helping our members celebrate holidays together for the last couple of years, even on Zoom during the worst of COVID! Her *Not home alone* events have grown in popularity as members gather to mark holidays and enjoy all-important friendships and camaraderie. July 4<sup>th</sup> was no exception—in fact so many people (almost 20) showed up for lunch at The Club Restaurant at McInnis Park that we couldn't get them all in one photo. Thank you, Donnalee, for creating this way to connect on the holidays!

### COVID UPDATE

#### Catching up on our health

Most of us skipped many of our usual health checkups and routines during COVID, but now that vaccine rates have hit high numbers in Marin and things are opening up, the County is recommending that we catch up on any healthcare that has been deferred due to COVID. See the full press release here: <https://www.marincounty.org/main/county-press-releases/press-releases/2021/hhs-covid-routinehealth-061121> Now that we've made it through the worst of COVID, let's not ignore the rest of our health!

#### Request a digital copy of your vaccine record

The California Department of Public Health has announced a new digital COVID-19 vaccine record, available at [myvaccinerecord.cdph.ca.gov](https://myvaccinerecord.cdph.ca.gov). California's Digital COVID-19 Vaccine Record follows national standards for security and privacy, is built by the state, and provides a way to view and save your vaccine record.

The record shows the same information as the paper CDC vaccine card: name, date of birth, date of vaccinations, and vaccine manufacturer. Once the digital record is received, individuals are encouraged to screenshot the information and save it to their phone files or camera roll. For more information, visit [covid19.ca.gov](https://covid19.ca.gov). Vaccinated people can correct or update their immunization record at [cdph.ca.gov/covidvaccinerecord](https://cdph.ca.gov/covidvaccinerecord).

## MARIN VILLAGES PROGRAMS

## Where are we now in the pandemic?

Monday, July 26, 1:00pm

Dr. Matt Willis, Marin County's public health officer, joins us to give an update on what is happening in the pandemic. With Marin County vaccination rates so high and case rates so low, it's easy to forget that the Delta variant and still-high numbers of unvaccinated people in the country and world are keeping the pandemic from fading away just yet. Join us **on Zoom** to find out more. Please RSVP using this link: <https://bit.ly/3wB1tAj>

## Marin Villages' rummage sale and fundraiser

September 24 and 25



As you've probably heard, we are planning Marin Villages' first-ever rummage sale. We are collecting quality donated items now—please contact your local village representative if you have something to donate, or if you would like to help set up, sell, or clean up. Come join the fun!

## LOCAL VILLAGE REPRESENTATIVES

## Ross Valley Village

Claudia Gardner: [claudia-gardner@sbcglobal.net](mailto:claudia-gardner@sbcglobal.net) or (415) 342-8577

## Twin Cities Village

Marilee Lau: [lau.marilee@gmail.com](mailto:lau.marilee@gmail.com) or (415) 706-6331

## Mill Valley Village

Sue Steele: [xerty.10@gmail.com](mailto:xerty.10@gmail.com) or (415) 388-7832

## San Rafael Village

Sandy Sverdloff: [ssverdloff@comcast.net](mailto:ssverdloff@comcast.net) or (415) 246-5352

Sparkie Spaeth: [oksparkie@aol.com](mailto:oksparkie@aol.com) or (415) 250-3172

### **Novato Village**

Beth Livoti: [llivoti@comcast.net](mailto:llivoti@comcast.net) or (415) 892-1043 (h), (415) 246-3059 (c)

### **Tiburon Peninsula Village**

Julie Friedman: [juliehf1@yahoo.com](mailto:juliehf1@yahoo.com) or (415) 435-1632

## **COMMUNITY PROGRAMS**

### **Vitality@Vivalon**

Thursdays beginning July 22, 10:00am – noon

Vivalon is starting a free eight-week healthy-aging program designed to give participants a baseline assessment of their current health, then provide information, tools, and support to encourage a shift toward new habits that can improve overall health and promote healthy aging. Various health topics will be discussed in a supportive environment, and a personal consultation with deeper insights and advice will be available to all participants. The program will also provide check-in visits for participants at three and six months following the completion of the group sessions. To register, call (415) 456-9062, or for more information, contact Jenn Mangosong-Shankle at [jmangosong@vivalon.org](mailto:jmangosong@vivalon.org).

### **Columbia Sportswear Employee Store opens to Marin Villages**

Marin Villages once again has the opportunity to shop at the Columbia Sportswear Employee Store in Richmond and take advantage of their 40 – 50% discounts. This includes all their brands: Columbia, Mountain Hardwear, SOREL, and prAna. Our invitation runs from **July 9 – August 1** only. Please contact the office for the information you need to take with you when you go. [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633

## **CHECK THIS OUT...**

A few fun things to see and do online.

While many of us are not yet traveling, here's a chance to enjoy **ten of the world's most beautiful public gardens**, complete with links to their websites to see more of their beauty (and maybe plan ahead to a future trip)! <https://www.mentalfloss.com/article/84920/10-worlds-most-beautiful-public-gardens>

**A tap challenge**—Gregory Hines, Sammy Davis Jr., Sandman Sims, and several other kings in their art form show us how it's done. From the challenge scene in the classic movie *Tap*. [https://www.youtube.com/watch?v=OsK8dWjDi\\_E](https://www.youtube.com/watch?v=OsK8dWjDi_E)

Did you know there's a dance style called **electro swing**? Pretty fun stuff! Music you might remember, dance moves you might not have seen. <https://www.youtube.com/watch?v=yvhpJSNjEtY> and <https://www.youtube.com/watch?v=GtJct8nKjcc>

If you've never had your breath taken away by **Cirque du Soleil**, here's a chance to. This collection of amazing hoops acts comes from shows like *Allegria*, *Totem*, *Volta*, *O*, and more. (Each show is bracketed by ads you have to click through.) <https://www.youtube.com/watch?v=7TydWUguPRU>

Proving once again that it is **never too late** to dive into something new, the first Latina Rockette—now 66 years old—nabbed a role in the new film version of Lin Manuel-Miranda's Broadway musical, *In the Heights*. <https://www.nextavenue.org/66-year-old-dancer-in-the-heights/>

Feeling a little anxious about social situations after more than a year of avoiding them? Join the club. As if worrying about coronavirus weren't enough, now that we're circulating again, we're wondering about things like proper attire and, yikes, what to say to people. If the cat has your tongue, this article has **100 questions you can ask** as a way to break the ice (or unblock your thoughts), and there is even a link to deeper questions for when the easy icebreaker just doesn't seem interesting enough. <https://parade.com/1219453/marynliles/questions-to-ask-friends/>

And in case you needed one more reason why membership in Marin Villages is a life-affirming choice, there is this article on the **importance of friendships** for our overall health (it's the top lifestyle predictor for a long life!). <https://www.nextavenue.org/friends-the-joy/>

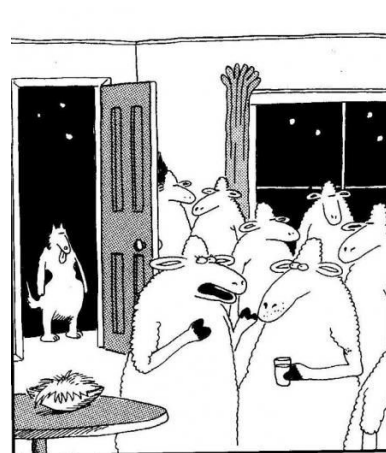
## HUMOR

### Animals

#### Ah, Gary Larson and *The Far Side*



#### Post-COVID social confusion



"Henry! Our party's total chaos! No one knows when to eat, where to stand, what to ... Oh, thank God! Here comes a border collie!"



Hm. Never thought of it this way...



" I DUNNO...LOOKS LIKE SOME KIND OF MILKING MACHINE - BUT SHE'S WEARING IT ALL WRONG..."

When witches get 'woke'



And last: we could all use a friend like this

She comes here everyday to give him a kiss and then leaves



## BEFORE WE GO

If you worry that you've forgotten how to behave in public after the last year and a half, you might **not** want to take any hints from this Mr. Bean video. <https://www.youtube.com/watch?v=veZOrXVHf7U>