

# MARIN VILLAGES

Assisting Marin's older adults to remain active, connected and independent in the place they call home



## Director's Corner by Lisa Brinkmann

Well, I'm back from my annual vacation, this year spending it with friends and family in Germany and Switzerland. Though the weather wasn't the best - sun, rain, fog, wind, snow - we nevertheless enjoyed the "Kuchen" (cake) with relatives, hikes through the alpine forests and local specialties that brought back culinary memories. While the time together was (always) too short, it is nice to be back home.

Arriving at my house, I was quickly challenged with the prospects of a power outage and preparations. The messages on my voicemail were from PG&E, explaining the probability of a blackout. The lights in our garage blew out as I first turned them on, leaving me scrambling to find a flashlight to do my four loads of wash. Our car had a flat and the bin of mail, held at the post office, sat by the doorstep, loaded with bills (which I pay online.) The reality of life and the possibility of not having electricity hit and I had to immediately turn my thoughts to "what do I need if the electricity goes out?"

For some of you, you may not be reading this until your power comes back on, but for those who can, you may want to consider the following:

1. Locate your flashlights AND make sure the batteries are working. Place them where they are easy to locate and where you need them most.
2. Charge, charge, charge those batteries of smart phones, laptops, and any other device (hearing aid powering stations) that you may need. Check your emergency alert devices as well to understand if they will respond without electricity (landline vs. internet connection)
3. Make sure you have gas in your car. Don't let it go below ½ full.
4. Have water on hand. If you have glass dispensers, fill and chill them now.
5. Review your individual emergency plan. These are important for major emergencies, but having your power out for a few days, could cause other unplanned issues. Where can you go if the power is out for a while? What do you need if you want to stay at home? (See some resources below.)
6. If your phone goes down when the electricity goes out, is there someone who will check in on you? Call a friend or family member now and decide upon a plan.
7. Have some cash on hand - make sure some are lower denominations (\$1, \$5, \$10's)

I know there are many more things to think about, but this is just a start.

If you would like Marin Villages to set up a "check in" call, let us know. While we cannot respond

to immediate emergencies, we are working through processes that can help members stay and feel safe.

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## Resources for Emergency Notifications

There are some very good emergency information alerts available online. These will send you a text, notifying you of power outages, fire alerts or other safety alerts in your specific areas. Below are a few for which you can sign up to receive notifications:

- Nixle - safety information specific to your zip code - Sign up by texting your zip code to 888-777
- AlertMarin - information on immediate threats to personal safety or property, tailored to an address of your choosing - Go to <https://www.marinsheriff.org/services/emergency-services/alert-marin> or type "AlertMarin" in your browser.
- PG&E PSPS - notifications for Public Safety Power Shut-offs - Sign up by texting ENROLL to 97633, or by calling 1-877-9000-PGE

Also, as the power outages hit different areas, many of the community centers and libraries will serve as charging stations, allowing residents to chance to come in, feel safe, use the internet and charge batteries. Obviously, these can change as conditions do, but keep them in mind as a resource.

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### Welcome to our new September members

#### Mill Valley Village:

Michael Powanda &  
Elizabeth Moyer  
Jade Leong

#### San Rafael Village:

Jean Moulin  
Carl Duda  
Beverly Stevens

#### Novato Village:

Beatrice Cooper  
Sue Lyttle  
Peggy Takeyama  
Gail Weinheimer &  
John Costain

#### Ross Valley Village:

Marion Valadez



### Hello to our new September volunteers

#### Mill Village Valley:

Leslie Goss

#### Tiburon Peninsula Village:

Rebecca Costa

#### Twin Cities Village:

Marion Kregeloh



## In Memory



**Charlie Jones, member of Twin Cities Village since 2017**

**Thorley Murray, member of Twin Cities Village since 2017**

**Jim Bryant, member of Tiburon Peninsula Village since 2018**

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## Join us for some fun activities!!

**Let's celebrate us!!** Please plan on joining us for this celebratory party - to honor the members and volunteers who have helped shape Marin Villages and allowed us to thrive these past 10 years. Click on the link above to rsvp!



### Mark you Calendars:

October 26 - [Lighting Up October](#) - an Indian Dinner celebrating Diwali Festival

November 17 - [Celebrate Marin Villages 10th Anniversary](#)  
Join us at a luncheon with comedian Josh Kornbluth

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## Events "Around the Villages"

Below is a glimpse of activities happening in our many local villages.  
For a complete listing of all of our events, please see our website calendar at [www.marinvillages.org](http://www.marinvillages.org)



**Marin Villages Volunteer Training**  
**Tuesday, October 15, 11am-12:30pm**  
**Marin Villages Office**  
**4340 Redwood Highway Suite F-142, San Rafael, CA**

Volunteer Training - for new volunteers, those thinking of volunteering, and volunteers needing a reminder class. Contact Diane Castro, 415-457-4633 or [click here to register](#).

### **Twin Cities Villages and Age Friendly Speaker Series - New Ideas for Those Aching Joints**

**Wednesday, October 16      11:00 am - 12:30 pm**  
**Where: Corte Madera Intergenerational Center**  
**498 Tamalpais Drive, Corte Madera**

Are hip or knee problems holding you back? Come and find out how to reclaim your quality of life, and learn the secrets to unlocking your full potential. Corte Madera Physical Therapist, Danielle Sartori, will give you tips on how to reduce pain and improve mobility with exercises that can be done in the comfort of your home. Danielle's team of experts believes in a modern approach to physical therapy with a combination of movement-based individual sessions, a home exercise program, Healthy Joints small group exercise classes, and an open gym community. Presenter: Danielle Sartori, PT, DPT, CSCS

**Happy Hour at Left Bank Brasserie**  
**Tuesday, October 22      3:00 pm - 5:00 pm**  
**Where: Left Bank Brasserie, 507 Magnolia Ave., Larkspur**



Come join us for conversation, snacks and beverages. This is a great time to connect with other Villagers and make new friends! Everyone is welcome to a no host bar. Finger foods will be available.

**A Walk with our Dogs**

**Wednesday, October 23 10:00 am**

Bring your dog to the Hamilton levee for an hour walk along a flat, scenic, dog-friendly path. We will meet at the entrance to the path at the end of the parking lot by Hanger 7. Please be prompt as dogs don't like to wait! Contact Sparkie to RSVP and for directions at [oksparkie@aol.com](mailto:oksparkie@aol.com) or 415-250-3172.

### **Let's Play Bocce**

**Friday, October 25**

**12:00 noon - 2:00 p.m.**

**Where: Albert Park, San Rafael Bocce Courts, 550 B St, San Rafael**

Let's play! Newcomers and 'ringers' welcome. This is open to all bocce ball enthusiasts. Call the office to let us know you're coming or just show up!

### **Mill Valley Public Library and Mill Valley Village present:**

***Elderhood* by Louise Aronson**

**October 25th, 7 - 8:30pm**

**Mill Valley Library**



Dr. Louise Aronson, author of the New York Times bestseller, "Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life", and UCSF Professor of Medicine, envisions a large-scale shift in society's and medicine's attitude toward aging. Louise will be in conversation with Dr. Dawn Gross (Host, Dying to Talk radio show) for a Friday night "After Hours" library program, in collaboration with Mill Valley Village.

The program begins at 7pm. Doors open for registered guests at 6:30 for a wine reception.

Registration is highly recommended and will open October 7th. You may register by going to the library's website ([www.millvalleylibrary.org](http://www.millvalleylibrary.org)), by visiting the library Reference Desk or by calling 415-389-4292 x3.

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## **"Let's Celebrate Us" Member and Volunteer Appreciation Party**

What a wonderful afternoon we had! Around 150 members, volunteers and guest enjoyed a celebratory afternoon, acknowledging our supporters, recognizing the heartfelt services of our volunteers and enjoying good company, food and beverages.

**This year we presented "Volunteer of the Year Awards" to:**



Catherine McKown - Mill Valley Village

Matt Masson - Tiburon Peninsula Village

Gabe Gesmer - Twin Cities Village

Ron Burlick - Ross Valley Village

Jane Solomons - San Rafael Village

Marcia DeZwarte - Novato Village

We also discovered "little known facts" about our members and volunteers, for example, Did you know that:

... Kay Slade (Ross Valley Village) retired as a full Colonel and served in WWII?

... Matt Masson (Tiburon Peninsula Village) early job was to catch Tinkerbell as she flew down the



Matterhorn in Disneyland?

... Andy Eggler (Mill Valley Village) submitted the Matterhorn (real one) at age 16?

We have a lot of hidden talents and experience in our Marin Villages community! Below are some pictures from the event:



**Executive Director, Lisa Brinkmann with Mill Valley Village member/volunteer, Catherine McKown**



**San Rafael Village members/volunteer, Ellen Schoenlank and Liv Asbo**



**Mill Valley Village volunteer and members, Hugh Kuhn and Marcus Byrck**



**Founding Board Members, Trish Hibben and Suzie Pollak with former Board member, Sandy Yoffie**



**Founder, Loulie Sutro, with Marin Villages' President, Cherie Sorokin, Marin Community Foundation President, Tom Peters, and Advisory Council member, Suzie Pollak**



**Mill Valley Village member, Marinette Wahlgren, and Twin Cities member, Toby Manuel**



**Mill Valley Village member, Joan Ford**



**Mill Valley Village members, Ingrid Butler and Susan York**



**San Rafael Village member/volunteer, Jane Solomons, and Advisory Council member, Lee Follett**



Mill Valley Village  
members/volunteer, Mary  
Hammond and Liz Stone

Marin Villages' Volunteer  
Coordinator, Diane Castro with  
Loulie Sutro

Marin Villages' Member  
and Development  
Coordinator, BJ Slater



The "original" Homestead Village members:  
Jerry Freedman, Chuck and Christina Oldenburg,  
Liv Asbo, Ginna Fleming and Vicki Hutchison



Student volunteers from local high schools

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## Around Town

### Marin Senior Fair

**Wednesday, October 23, 9:00 am - 3:00 pm**  
**Marin Center Exhibitor Hall, Avenue of the Flags,**  
**San Rafael**

The Marin Senior Fair presents a fun and varied collection of vendors, activities, information, services, and entertainment of interest to retirees, older adults, their families and caregivers. This is a great venue for learning about services, programs and organizations focused on the needs and interests of older adults.



Marin Villages will be participating at this event in our own booth, so come on by and say hello! [Click here for more info.](#)

### Social Connection: The Key to Aging Well

**Monday, October 14th at 6:30**

**Jason's Community Room, 300 Drake's Landing, Greenbrae**

Learn how the lack of social connection increases the likelihood of dementia, anxiety, high blood pressure and more, and how you can take control of your health as you age.

Free to the public. No need to register. [Click here to read the flyer.](#)

### Marin Financial Planning Day

**Saturday, Nov. 2, 10am-3pm**

**Questions about Money Matters?** Mark your calendars for the fourth annual Marin Financial Planning Day!

Volunteer CFP® professional will be available one-on-one to answer questions on personal finance topics, including investing, budgeting, estate planning, paying for college, taxes, retirement planning, buying a home... you name it! This is an opportunity to speak with a financial professional in a safe environment, free of charge. Volunteers will not engage in marketing or promotions. This once-a-year event is the perfect time to achieve mastery over your finances.

The event will simultaneously include group seminars on the following topics: "Estate Planning is for Everyone!," "What the New Tax Law Means for Individuals," and "Re-evaluating Insurance after the California Wildfires." Consultations will be provided on a first come, first serve basis.

Walk-ins are welcome. Learn more at [www.bafpd.org](http://www.bafpd.org) and register on Eventbrite at <https://www.eventbrite.com/e/marin-financial-planning-day-2019-tickets-72874400293>.

**[CLICK HERE FOR the FLYER](#)**

### **Collective Trauma Online Summit**

#### **A 9-Day Global Event to Explore How to Heal Personal, Intergenerational & Collective Trauma.**

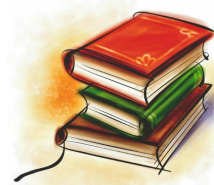
Be part of this online summit about Trauma. See how understanding and learning how to manage trauma can make a positive change in individuals and the world. Trauma affects everyone, even those who aren't directly impacted. Join to get full access to the First Ever Collective Trauma Online Summit to Learn from 25+ Leading Visionaries, Psychotherapists, Mediators, Researchers & Peacemakers

It is free with an amazing roster of speakers. To register to watch for free here: [click here](#).

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### **Reading Corner**

If you have articles that you feel might be of interest to other members and volunteers, please feel free to send them to us. Click on the underlined titles to read the articles.



#### **Health**

[How not to grow old in America](#) (NY Times)

[Benefits of Water Exercises Classes](#) (Next Avenue)

[5 Exercises Physical Therapists want you to do each day to prevent stiffness as you age](#) (Well + Good)

[She was a brain expert...until she lost her memory](#) ( The Cut)

[Regular aerobic exercise may slow the progression of Alzheimers](#) (CNN Health)

#### **Topics of Interest**

[A little culture is good for your mental health](#) (Next Avenue)

[Why products for older people are so ugly](#) (MIT Technology Review)

[Why it's time for big foundations to fund Aging](#) (Forbes)

[How to keep seniors safe at home](#) (Security Baron)

#### **Fun**



[How to be safe consuming Cannabis candies \(Next Avenue\)](#)

[The Octogenarians who love Amazon's Alexa \(MIT Technology Review\)](#)

## A huge "thank you" to our 10th Anniversary Sponsors!

If you'd like to be a sponsor, please contact Marin Villages at 415-457-4633



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