

MARIN
VILLAGES



Our Paths - Our Choices

Novato Village

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

September 2021 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Please note the updated information about the Marin Villages fundraiser thrift sale below in this newsletter: date and location changes to put in your calendar. Hope to see you there!

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Alice Rivas and Jean-Marie Campbell

We look forward to seeing you at an event soon!

LOCAL VILLAGE EVENTS (open to all unless noted)

If you need a ride to any of the in-person events below, please contact the office at info@marinvillages.org or (415) 457-4633. Some of 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.

Food & Drink

CoffeeTea&Chat

Thursday, September 9, 1:30–3:00pm

Creekside Bakery, Downtown Novato Center, 1719 Grant Ave

Drop in to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is not required. For more information, contact Marge Jackson at (415) 892-1238 or marge-32@hotmail.com.



Novato Villagers at the August debut for CoffeeTea&Chat at Creekside Bakery

Lunch at Grazie

Wednesday, September 15, noon
823 Grant Ave A, Novato

Join us for in-person lunch, tasty food, and conversation. RSVP is not required. Check Grazie's menu using this link: <https://grazie-restaurant.com/menu>. For more information contact Joanne Keenan at (415) 883-5729 or jkeen@pacbell.net



We enjoyed lunch at Boca Pizzeria in August

Happy Hour at Rickey's

Wednesday, September 22, 4:00 – 6:00pm
Located at InnMarin, 250 Entrada Dr., Novato

Enjoy cocktails or non-alcoholic beverages—so many choices! Hope to see you there! RSVP is not required. For more information, contact Marge Jackson at (415) 892-1238 or marge-32@hotmail.com.



August Happy Hour at Rickey's



Birthday cupcake for Joan Ripple

Education & Presentations

***The more you know...* about Marin County Parks Senior Strolls**

(A Novato Village Zoom presentation)

Wednesday, September 8, 11:00am – noon

Join us by Zoom to learn about the Marin County Parks and the program called Senior Strolls. We are very fortunate to have both Park Ranger and Interpretive Naturalist Shannon Burke and Principal Natural Resources Planner Jon Campo as our guests.

Shannon looks forward to sharing a PowerPoint presentation of senior-friendly trails in Marin. Jon says, “We have some very exciting trail projects in the development phase that will create more accessible trails for seniors in the coming years, such as at [Roy's Redwoods](#).”

August presenter Sara Oser's Tips for Hearing Loss—see all the slides:

<https://marin.helpfulvillage.com/documents/4388/download> (note that it takes a few seconds to download)

- When going to a restaurant, find a table in a corner. Ask the restaurant to turn down the background music.
- Don't sit where dishes and silverware clatters.
- Write down your order and give it to the server.
- In your meeting, do not allow clearing of the table while the speaker is speaking.

IN COMMUNITY

Hearing loss affects the whole community.

Families need to learn to talk in the same room and talk face-to-face

Reduce background noise

Identify what was not understood

Do not interrupt.

Speak slower, at a moderate pace

Recognize listening fatigue and allow breaks

MEDICAL OFFICE

- Before meeting, tell office that you have hearing loss, and ask them to put it on your chart.
- Bring someone with you. They can take notes.
- Bring questions to ask doctor.
- Bring paper and pen to write.
- Ask doctor for referral to ENT to see if medical reason for hearing loss. They may have an audiologist there.
- Ask doctor for audiologist recommendation.
- Review important points with doctor before leaving.

Exercise

Novato Village Walk—Rush Creek Lagoon

Thursday, September 2, 9:15 – 11:00am

Meet at the Atherton Ave. Commuter Parking Lot

Due to limited parking space at the entrance to the Rush Creek Lagoon walk, Novato Village Walkers will meet at **9:15am** in the *Atherton Ave. commuter parking lot*. Take Atherton Ave. exit going north on Hwy 101, turn right on Atherton Ave. Make the first left off Atherton Ave. onto Binford Rd. The parking lot is immediately on your left. We will proceed to a small parking lot at the head of the trail for Rush Creek Lagoon. The walk, starting at 9:30am, is a flat, wide, and firm dirt-packed trail. We will be walking about one mile out to the lagoon. This is an “out-and-back” walk. **Please RSVP** to Pat Bailey (pbailey49@aol.com or (415) 652-9073) because we don't want to miss you at the parking lot!



Civic Center Lagoon walkers in August

Books

Book Lovers' Group Zoom

Tuesday, September 14, 1:00pm

September's book will be *The 5 People You Meet in Heaven* by Mitch Albom. The group will meet by Zoom, and the Zoom link will be sent to all by email. If you can't make it, contact Marcia Sprinkle (email, text or phone) with your ideas about places the group can meet in-person going forward. Marcia Sprinkle: msprinkle1884@yahoo.com or (415) 310-3955.

Fun & Adventure

Clipper Card Purchase & Lunch at Jackson Café

Thursday, September 23, 11:00am – about 3:00pm

Meet at: Novato Fair Shopping Center, Diablo Ave & Redwood Ave

Novato Village would like to plan for some adventurous trips using the Clipper Card for Seniors. For instance, take the SMART train to Santa Rosa and enjoy lunch. Or, take the Larkspur Ferry

and go to San Francisco's Ferry Building to visit the shops. And how about a baseball game at Oracle Park using the Larkspur Ferry?

Riders age 65 and over can apply for a Senior Clipper Card by mail, email, fax, or **get a card in person for just \$3**. You'll need a credit card and verification of your birth date with an accepted form of identification for a Senior Clipper Card. See what qualifies:

<https://www.clippercard.com/ClipperWeb/youth-senior-cards.html>

Meet us at Novato Fair Shopping Center to form carpools at 11:00am. We'll be at the parking lot on the side by the Dollar Store, near the Redwood Avenue entrance. We'll purchase the Clipper cards at the **Golden Gate Transit Customer Service Center, San Rafael Transit Center, Platform D, 850 Tamalpais Avenue, San Rafael**. Then we'll have lunch across the street at the Jackson Café. Note that this event is just to get the Clipper Cards to be ready for future adventures together, and, of course, enjoy lunch.

>>**Please RSVP by Tuesday, September 21. We don't want to miss you at the parking lot.** Let Pat Bailey know you want to be in the carpool: pbailey49@aol.com or (415) 652-9073.

Groups

Village Viewers Movie Group

Saturday, September 18, time & location to be announced

In August we saw the movie *Respect*. This was a spectacular movie! Then we enjoyed a delicious dinner and discussion at HopMonk. Please join us on the third Saturday of each month. I will be picking the movie closer to the date and will email everyone the information. Hope to see you there. Contact me, Joanne Lang, with questions or movie suggestions at (916) 716-5800 or Jlangtpa@gmail.com.

Village Business

Novato Village Steering Committee

Tuesday, September 21, 10:30am

Home of Beth Livoti

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

MARIN VILLAGES EVENTS

Not Home Alone—Labor Day

Monday, September 6, 2:00pm

Boca Pizzeria, 454 Ignacio Blvd., Novato



Donnalee Wells welcomes all Villagers to our Not Home Alone—Labor Day celebration. We will have lunch on the lovely shaded patio of Boca Pizzeria in Novato. Come meet new friends and enjoy the food and lively conversation as we greet the fall season. Please RSVP to Donnalee Wells by text, phone or email, (415) 302-9244 or donnaleewells@comcast.net.

Marin Villages' Thrift Boutique Pop-up Shop

September 30 - October 2, 11:00am – 4:00pm

Northgate Mall, Terra Linda

What started as Marin Villages' first-ever rummage sale has morphed into a thrift boutique pop-up shop at Northgate Mall! Please don't miss this spectacular sale—come and browse for treasures, gifts, and fun surprises. More details will arrive in your inbox soon, but save the dates and plan on more than one visit!

COMMUNITY EVENTS

ESCOM/Emeritus Events, Calendars, Clubs

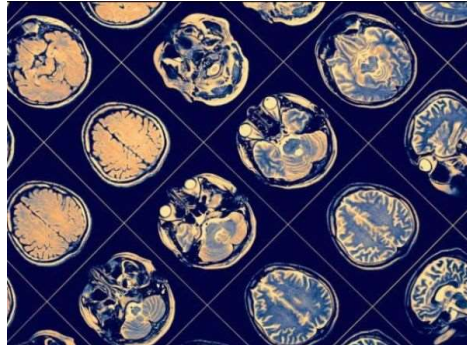
No matter what your interest, there's an ESCOM club that's right for you. See what's being offered and contact a club leader to join the group! Use the following link and then click on "Club Listings" to see the full list. <http://escom.marin.edu/clubs>

With the onslaught of COVID, the ESCOM Centers at Kentfield and IVC have been closed for the last 17 months. Consequently, most of the clubs are meeting via Zoom. Some are on hiatus but will return once these centers open again.

The Critical Need for New Approaches to Alzheimer's Disease

(A Buck Institute Zoom)

Tuesday, September 14, 11:00am – noon



Join us for an online conversation with three Buck Institute professors who are bringing insights from research on aging (aging is the largest risk factor for Alzheimer's) to their efforts to understand the molecular drivers of Alzheimer's and identify targets and strategies for developing treatments and preventive measures. The conversation will be moderated by **Kris Rebillot**, senior director of communications. There will be time for your questions.

Alzheimer's is more feared than any other age-related disease. Estimates vary, but the figures are staggering: more than 5.5 million Americans, most of them age 65 or older, have dementia caused by this memory-robbing disease. The controversial FDA approval of Aduhelm (questions about efficacy and the drug's high cost will keep it in the news for years) highlight both the desperation for treatments and the fact that hundreds of failed clinical trials leave Alzheimer's a disease still without a cure. The estimated healthcare costs for treating those with Alzheimer's was \$305 billion last year. The personal burden for patients and families is incalculable.

Register here: <https://www.buckinstitute.org/events/the-critical-need-for-new-approaches-to-alzheimers-disease/5f9f-69716671> The Zoom link will be sent the day before the event.

Marin Society of Artists

1515 3rd Street, corner of E, San Rafael



Join the Marin Society of Artists for some wonderful upcoming exhibits!

Visible/Invisible

The current MSA members show. See the world that lies below the surface of a painting; there is truly more than meets the eye. The artists were asked to show what they can see with their eyes or show what can only be seen with their imagination and heart. There is a Zoom reception on Friday, September 3 at 4:00pm; sign in here:

<https://us06web.zoom.us/j/81575406961?pwd=TE52d1JsZFRUcFQ1VVR1S2RiV0c5QT09> The passcode is MSA

In our virtual gallery:

All About Women

This new show opens Saturday, August 28. Enjoy a national fine arts exhibition produced by the Marin Society of Artists featuring 94 artists from 28 states. The video version of All About Women is available here: <https://www.youtube.com/watch?v=-aXs6fwe1TA>. There will be a Zoom reception on Sunday, September 12 at 5:00pm to meet the artists.

<https://us06web.zoom.us/j/83728274662?pwd=NGJsaUxVQno2UXhmQTNoSWV0SEVRQT09>
The passcode is MSA.

NOVATO VILLAGE ANNOUNCEMENTS

Novato Village Steering Committee Cameo Bio

Meet our Novato Village Steering Committee Treasurer, **Beryl Bourke**. Beryl was born in Middlesex, West London, England. Several special memories from her childhood include joining Brownies and Girl Guides (called Scouts in US), Scottish country dancing, ice skating, and photography.



Beryl moved to San Francisco, then to Mill Valley in 1967. She and her husband Brian purchased a home in Corte Madera, where they lived until 1989 when the family moved to a larger home in Novato. Beryl and Brian Bourke were married for 49 years. Brian passed away in 2014. They had three sons. Beryl's eldest son, Paul lives with her. Her second son Sean died in 2016. Her

youngest son David lives in London with his wife and two children. She has two sisters who also live in London. Beryl's eldest granddaughter is married and lives in Sacramento; she is expecting a baby next year. Beryl also has a granddaughter in Santa Rosa and a grandson in Illinois.

Beryl says, "I've worked in finance at Fireman's Fund, and then for the County of Marin. I was also a Tax Preparer for ten years at H & R Block, during tax season, while I worked at the County. Before children, I worked in payroll at PG&E in San Francisco."

How did Beryl learn about Marin Villages and get involved in the Novato Village and its Steering Committee? She says, "A few years ago I met Joanne and Frank Keenan on a cruise through the Panama Canal. Frank told me about Marin Villages and I thought I would like to volunteer when I retired. Then I met Marge Jackson at a church picnic and she gave me the information about joining Novato Village."

Some closing thoughts: Beryl shared that she also volunteers with St Anthony's St. Vincent De Paul Conference. She says, "They help people with groceries, rent, utilities etc. I love volunteering with Novato Village; I have met so many wonderful people, both Novato Village members and other Novato Village volunteers."

AND MORE...

Welcome to CLUB 90! We have two new members in CLUB 90—celebration time!



The CLUB 90 pin



Welcome bouquets and pins to Doris Kramer and Gladys Andraca

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.