



# Ross Valley Village

## August 2018 Newsletter

Serving the communities of Fairfax, Greenbrae, Kentfield,  
Ross and San Anselmo

Dear members and volunteers, we hope you are enjoying your summer months. We are actively recruiting volunteers and hope to have a new Volunteer Coordinator on-board by the end of the summer. If you know of anyone who might be interested in dedicating a few hours a month and lending a hand, send them our way!!

Warm regards,

Your steering committee

*Loulie Sutro, Sara Robinson, Suellen Lamorte, Anne Ramsay, Carolyn Jones, Teresa Sousa*

### Message from the Executive Director – Lisa Brinkmann



I was recently on a video conference call with members from other Villages, discussing technology issues, the use of data and how we might demonstrate our impact through the data we collect. Not exactly the most fun topic, but interesting and challenging.

I was mentioning the volume of requests we work on through the office when I saw a few faces on the screen mouth the words “Wow!” Last month, we had over 600 requests for services open on our dashboard and this month we almost hit 700. In the six years that I have been with Marin Villages, we have consistently been able to assign approximately 90% to volunteers.

Yes, it’s quite remarkable and a true testament to the dedication of our volunteers. What these numbers don’t reveal, however, are the friendships created, the stress levels relieved and the enjoyment exchanged through conversations and activities. We are truly grateful for the time our volunteers dedicate to making Marin Villages work.

In September, we will be celebrating our volunteers at the annual Volunteer Recognition Party. I encourage members and volunteers to attend. We also are soliciting nominations for the Nancy Forster Volunteer of the year award. If you would like to nominate a volunteer for “going above and beyond”, send us an email or give us a call. We’ll need these nominations no later than August 22.

Enjoy the rest of these summer months. Plan to attend some of our activities and events. And thanks to all our volunteers!

(Note: the Volunteer Recognition Party is Sunday, September 23 – time TBD)

## What's Happening in Ross Valley Village

If you would like to participate in any of the activities below and need transportation, please call the office at 415-457-4633 to arrange a ride.

### **Breakfast at Barefoot Cafe – Third Wednesdays**

**Wednesday, August 15, 9:30 a.m. to 10:30 a.m.**

**Where: Barefoot Cafe, 1900 Sir Francis Drake Blvd., Fairfax**

Join us for our monthly social hour over coffee and breakfast (you cover the cost) to make new friends and keep the old--bring your neighbor, friend, a family member or show up ala carte! We get a big group! A joint event by Age Friendly Fairfax and Ross Valley Village



### **Village Social: Coffee at Farm House Local – Third Thursdays**

**Thursday, August 16, 10:00 a.m.**

**Where: Farm House Local, 25 Ward St., Larkspur**

Just show up and have a cup of coffee, pastry and conversation. Park in main lot if driving!!

### **Ross Valley Village/Age-Friendly Fairfax – Staying Physically Fit and Preventing Falls**

**Friday, August 24 1:00 p.m. to 2:00 p.m.**

**Where: Fairfax Library**

How important is exercise as we age and what are the benefits? What types of exercise are best for older adults—cardio, stretching, core strengthening? A fall might not seem like it will happen to us but what are the ways in which we can prevent falls, at any age?

### **Ross Valley Village/Age-Friendly Fairfax –**

**Can We Prevent and Even Reverse Cognitive Decline Through What We Eat?**

**Friday, September 28 1:00 p.m. to 2:00 p.m.**

**Where: Fairfax Library**

What underlies our cognitive health and how can we care for ourselves on a daily basis so we can age with clarity and vitality? Eating healthy is an on-going goal for all of us. Come hear the latest in research and practice from Leni Felton, Clinical Nutritionist.

## **Around the Villages:**

### **Twin Cities Village/Age Friendly Corte Madera: Driving As We Age**

**Wednesday, August 15, 1:00 p.m. to 2:30 p.m.**

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

Worried about your driver's license renewal? Wondering if you should still be driving? Many people value driving as a mark of independence. The rules of the road, *and* your hearing, vision and reaction time have changed since you learned to drive. Discover how to tune up your driving skills and get helpful hints to pass the license renewal exam. This presentation will provide valuable information and help you continue to maintain your driving privilege as long as you are safe to do so. Presenter: Rosemary Robles, DMV Community Outreach Senior Ombudsman.



### **Tiburon Peninsula Village – Musical Review – Wine and Cheese**

**Saturday, August 18, 3:00 p.m. 5:00 p.m.**

**Where: Home of Cherie Sorokin, Tiburon**

Tiburon Peninsula Village presents lyricist, composer and Village member, Patricia Stamm, who will offer introduction to her music and play selections from her CDs "Crazy Fruitcakes" and "Out of My Mind."

Join the fun, enjoy Patricia's music, hear the story behind this musical venture and spend a lovely late afternoon visiting with other members and volunteers while relaxing with wine and cheese! Space is limited so please RSVP early – 415-457-4633. Please note, we'll do our best to find rides, if needed.

### **Happy Hour at the BACKSTAGE**

**Tuesday, August 28 3:00 p.m. to 5:00 p.m.**

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

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: Why Does Everyone Mumble?!**

**Wednesday, September 19, 1:00 p.m. to 2:30 p.m.**

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

Having trouble understanding your grandchildren? Do you have difficulty following conversations in restaurants? Join us to learn how hearing changes as we age and some simple strategies that can improve the quality of your life. In addition, you will learn how to seek hearing help from a skilled clinician, who will listen well to your needs, and explain the complex trade-offs involved in selecting and fine-tuning the best hearing aids for you.

Presenter: Lee Weissman, Doctor of Audiology, Novato.



### **Save the Date:**

**Marin Villages' Annual Volunteer Appreciation Party!**

**Sunday, September 23, time TBD**

**Where: Jason's Restaurant, 300 Drake's Landing, Larkspur**

Join us to celebrate the lifeblood of Marin Villages, our amazing volunteers. We will get a chance to recognize the folks that make our grass movement possible. More details on timing and program to come in the following weeks. Mark it on your calendar!



### **What's Happening Around Town:**

**Marin General Community Classes –**

**Mindfulness Meditation and Guided Relaxation**

**Every Monday, starting July 30, 10:00 a.m. to 11:00 a.m.**

**Where: 1350 S. Eliseo Dr., Greenbrae**

Space is limited. RSVP is suggested. Call 1-888-996-9644 to register or check their website:

<https://www.maringeneral.org/about-us/classes-evernts/mindfulness-meditation-and-guided-relaxation>

**Ross Valley Seniors**

**Thursday, August 2**

**12- 2pm**

**Fairfax Women's Club**

Come socialize, enjoy the luncheon and hear local historian Dick Miner present, "A Walk in Time: San Anselmo 1900 to 1950." First time guests always welcome (\$7 drop-in fee). Sponsored by Towns of Fairfax and San Anselmo. For more info, call 415-258-4669