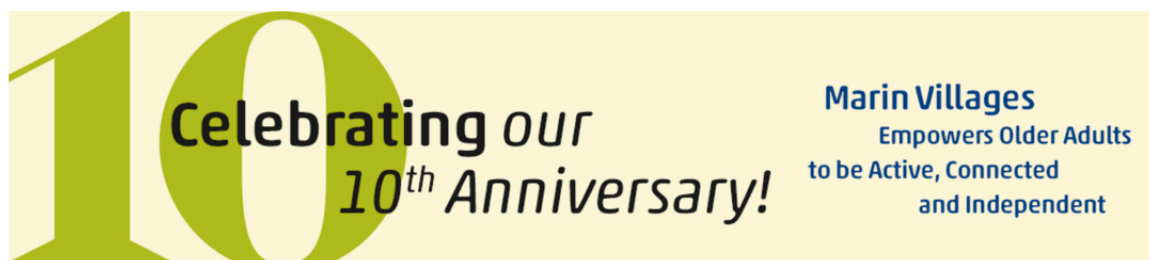
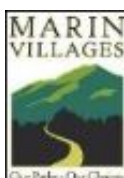


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MARIN VILLAGES NEWSLETTER

December 2019



Empowering older adults to
be active, connected, and
independent



Executive Director
Lisa Brinkmann

DIRECTOR'S CORNER

Oh the weather outside is frightful....

What a way to kick-off the holiday season! First of all, can you believe it is December

already? Yikes! It seemed like we were just talking about our 10th Anniversary year and all the activities we would host to celebrate, meet new friends and raise a little money doing it.

These events not only demonstrated the diversity in interest among our members and volunteers, but their skills and talents as well. We started with a poetry reading, then learned about soil and later found ourselves "sipping and painting." Our volunteer and member appreciation party was a highlight, with close to 150 guests - we'll have to find a new venue next year! And we do enjoy sharing meals together - Dim Sum, dinner at the Left Bank, Indian cuisine celebrating Diwali and our final celebratory luncheon with comedian Josh Kornbluth.

We thank all the members, volunteers, sponsors and community members who have supported us through the years and believed in the power of neighbors helping neighbors to help address the challenges of aging, the magic of socialization and the importance of connections in our world today.

I wish you all a very happy, healthy Holiday season!

WELCOME, NEW MEMBERS & VOLUNTEERS!

Members

Mill Valley Village: Sandy Slichter, Russell Nelson, Graciela Pera, Galen Wagner, Stina Fobian.

Ross Valley Village: Joy Duff

San Rafael Village: Loreen Rocca, Marcia Jaffe

Tiburon Peninsula Village: Bill and Lucrecia Coomber

Twin Cities Village: Ellie Werner

Volunteers

Mill Valley Village: John West, Rebecca Henn, Kristin Austin

Novato Village: Jane Knapp

Ross Valley Village: Nancy Grover, Jason Dodge

San Rafael Village: Robert Tooker, Kathleen Millican

Tiburon Peninsula Village: Charlotte Doyle

MARIN VILLAGES EVENTS

Not Home Alone for the Holidays

December 24 & 25

Time: 2:00 p.m.

Location to be determined

Join other Villagers for a holiday meal, good cheer and maybe even a movie afterwards.

Price and location will be posted on the website calendar.

LOCAL VILLAGES EVENTS

Food & Drink

Holiday Parties - check your Local Village newsletter for dates and locations! Or [click here](#) for a direct link to Marin Villages' calendar of events.

Village Business

Marin Villages' reaps the rewards of Sudha Treasure's

This year, Marin Villages was chosen as one of the top two recipients of the sales generated through the annual Sudha Treasure's sale. Over a three week period, volunteers were on hand, working side-by-side with Sudha and her team, to set up displays, sell beautiful, unique treasures from India, and ultimately assist with the clean-up. A huge thank you to Marin Villages' Board member and volunteer extraordinaire, Annemarie Clark, who coordinated this effort. And did it ever pay off!

Marin Villages has been awarded \$20,000 for its efforts and as a affirmation for the importance of the work we do. **Thank You Sudha Pennathur!**

Be Part of our Year-End Fundraising Appeal!

It's not too late to make a year-end contribution to Marin Villages! Our annual fundraising appeal is in full gear and we're depending on the generosity of friends and supporters to help fund our many programs and activities in 2020. If you would like to donate, just [click here](#) or send a check to:

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

If you are 70.5 years or older, you can make a contribution directly from your traditional IRA to a qualified charity (Marin Villages is one of these), donating up to \$100,000 without it being a taxable distribution. This deduction effectively lowers the donor's adjusted gross income. It is important that you follow the IRS rules, so contact your tax adviser for details.

Due to the holidays, many of our regularly scheduled activities have been cancelled. Please check with us later in the month to see what's happening in January.

COMMUNITY EVENTS

Overview - California Master Plan on Aging

Commission on Aging Meeting

Thursday, December 5, 10:00 a.m.

Marin Valley Mobile Country Club

100 Marin Village Blvd, Notato

California Master Plan on Aging. Come here details on what this Master Plan should cover and how it might benefit you or your family!

College of Marin's Mini Medical School

College of Marin

Saturday, January 25, 9:00 a.m. - 4:00 p.m.

The 2020 Mini-Medical School will be held in the James Dunn Theatre at College of Marin's Kentfield Campus. Registration will be available online in early December.

The seminar topics will be:

General Surgery, Nutrition, and The Immune System

READING CORNER

[How Walking May Affect Our Sleep](#) (NY Times)

[Scam targeting phones lead to millions lost to hackers](#) (CNN Business)

[Is some of California's \\$9.3 billion unclaimed assets yours?](#) (SF Gate)

[Delay in getting hearing aids can lead to more hearing problems](#) (NextAvenue)

[In France, Elder Care Comes in the Mail](#) (The New Yorker)

[How virtual reality breathes new life into old memories](#) (NBC News)

[Age-forward cities for 2030: The big challenge](#) (NextAvenue)

ANNOUNCEMENTS

Thank you to all our the generous sponsors who helped make our 10th Anniversary year a success.



FUN, FUN, FUN

We had a wonderful time celebrating our 10th Anniversary with a "finale" luncheon at the Marin Country Club in Novato. Executive Director, Lisa Brinkmann, kicked off the afternoon with an overview of our progress and successes. Supervisor, Dennis Rondoni, presented a Resolution of Appreciation for the work Marin Villages has performed in the county and to congratulate us on our 10 years. Comedian, Josh Kornbluth, entertained us with a humorous, yet serious talk on Aging. Board President, Cherie Sorokin, wrapped up

the event thanking all those who have helped with the event and in the leadership of Marin Villages. It was a very enjoyable event. Below are a few pictures:





IN MEMORY

Janice Smith, Twin Cities Village member

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