

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

December 2022



While this photo is completely aspirational for me, it does capture my ideal for the season. No matter what traditions you celebrate, having a warm drink in a cozy setting with a book to read is perfect for the cold-weather days and nights. It definitely would be my happy place if I had more free time. And those little star cookies? *Zimtsterne*, or cinnamon stars, which have always been a part of my holidays thanks to my German mother. This month, rather than—or maybe while—stressing about celebrations and responsibilities, I hope you'll find time to for these little happy moments, adding whatever ingredients make them satisfying for you. *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

Season of giving!

This time of year, we're reminded what matters most is the time we get to spend together, supporting one another, learning together, and celebrating together. Our social events are buzzing and our dedicated volunteers are making a difference in members' lives daily. Our membership, volunteer corps, and program offerings are all expanding. Please remember us in your year-end giving and consider a gift of any size to keep us going and growing! This link allows you to donate online, https://marin.helpfulvillage.com/fundraising_campaigns/12-fall-2022-annual-fund-campaign, or you

can call the office at (415) 457-4633. Thank you to everyone making a donation to support our Annual Fund Fall Campaign!

Check out the new Mobility Matters webpage created just for us!



A great group of occupational therapy (OT) students from Dominican University spent the fall semester talking to Marin Villagers and developing an online instructional tool that our members and volunteers can use to address some of the most basic effects of aging. Mobility (getting in and out of your car) and the threat of falls (how to get yourself back up on your feet) are two topics you'll find in this quick tutorial, with video demonstrations! Click here

<https://carandfallsafety.my.canva.site/mobilitymatters/#page-1> to view their easy-to-follow advice.

We're grateful for our ongoing partnership with Dominican's Department of Occupational Therapy. Stay tuned for more help and guidance developed by OT students and other professionals.

COVID UPDATE

As predicted, winter and more time indoors are leading to increases in the big three viruses of the moment: COVID, flu, and RSV. Last week, our Marin and Sonoma community COVID level rose to medium (yellow) from low (green).

In the words of Marin Health and Human Services, "Influenza, RSV, and COVID-19 transmission rates each continue to rise in Marin County and across the region. Taken together, the so-called triple-demic of respiratory viruses is not showing signs of abating locally. Compared to the prior week, local wastewater levels for influenza, RSV and COVID-19 increased by 35%, 21%, and 6% respectively. COVID-19 case rates increased 44% over the past week. Influenza percent positivity—the percent of tests performed on patients with symptoms that are positive for flu—is the highest level ever for the month of December (25%). This signals both high and early flu transmission in Marin. **Remember flu and COVID-19 are vaccine preventable.** Most clinics offer both flu and COVID-19 boosters. There is still time to get your vaccines before the next holiday gathering. Visit <https://coronavirus.marinhhs.org/vaccinefinder> to find a vaccine near you."

They are also strongly recommending masking indoors. "Masking is effective at slowing the spread of all respiratory viruses. Protect yourself and others, especially those with compromised immune systems, by wearing high-quality masks like KN95, KF94 or N95."

MARIN VILLAGES PROGRAMS

Men's Coffee

Wednesday, December 21, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155).

Technology/Computer Help Office Hours

Wednesday, December 21, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our volunteer tech support group for the answers to these and all of your other burning technology questions! We look forward to continuing to help solve your frustrating tech problems. This is a space where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful tech volunteers. Even if you'd just like to sit in to learn a little more about technology, we'd love to have you participate! So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This opportunity is available to all Marin Villages members and volunteers. Please join us at this link: <https://us02web.zoom.us/j/89289995207>!

Choose Your Not Home Alone Holiday Event!



Join Donnalee Wells and other villagers and volunteers for one, two, or three of these holiday events at different restaurants. Always a fun time and a great opportunity to share the holidays with old and new friends. First come, first served, space is limited. PLEASE BRING CASH for your meal. All attendees must be COVID vaccinated. RSVP to Donnalee Wells at (415) 302-9244 or donnaleewells@comcast.net. Marin Villages rides are very limited for these holiday events.

Christmas Eve

Saturday, December 24, 2:00pm early dinner
San Rafael Joe's, 931 Fourth Street, San Rafael

Inside seating | open menu | separate checks

Christmas Day / Donnalee's Birthday Party

Sunday, December 25, 1:00pm early dinner (note earlier time!)
Royal Thai Restaurant, 610 Third Street, corner of Irwin, San Rafael

Inside seating | fixed menu | \$25 cash, Includes tax and tip

New Year's Eve

Saturday, December 31, 2:00pm early dinner
McInnis Park The Club Restaurant, 350 Smith Ranch Road, San Rafael

Private dining room | fixed-price menu TBD
Information to be updated on the Marin Villages website

Spend an Afternoon in Bali & Other Adventures

Tuesday, January 10, 2:00 – 3:30pm
Marcia Jaffe's house



Looking for overseas adventures? Whether you're eager to resume traveling or travel anew, get inspired here! Join Marin Villager Marcia Jaffe as she retraces her personal journey from first visiting Bali to founding the Bali Institute (<https://baliinstitute.com/>), now run by her son and his Balinese wife. She'll share her special insight into Bali's unique beauty and spirit, and lessons she's learned about how to plan travel experiences immersed in local culture. Bring your own travel experiences for discussion,

or come to soak it all in. Light refreshments served. To RSVP, please use this link.

<https://marin.helpfulvillage.com/events/4834-spend-an-afternoon-in-bali--other-adventures>

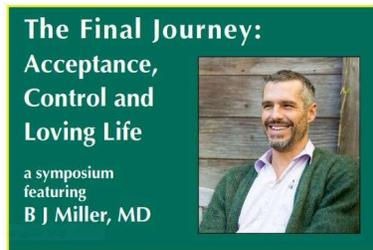


The Final Journey: Acceptance, Control and Loving Life

A symposium presented by Novato Village featuring B. J. Miller, MD

Thursday, January 12, 10:30am – noon (doors open at 9:30am)

The Buck Institute for Research on Aging, 8001 Redwood Blvd, Novato



B. J. Miller, MD is an American physician, author, and speaker. Dr. Miller’s career has been dedicated to moving healthcare towards a human-centered approach, on a policy as well as a personal level. Led by his own experiences as a patient, Dr. Miller advocates for the roles of our senses, community, and presence in designing a better ending. His discussion about end of life will be more existential and will include getting pleasure from time left. He sees patients and caregivers through his online palliative care service, Mettle Health (mettlehealth.com). His TED Talk has been watched over 16 million times.

https://www.ted.com/talks/bj_miller_what_really_matters_at_the_end_of_life?language=en

Cost is \$10 for all Marin Village members and volunteers; \$20 for others. Sign up and purchase tickets at this link: <https://marin.helpfulvillage.com/events/4800-the-final-journey:-acceptance,-control-and-loving-life---a-symposium-featuring-bj-miller,-md> or by calling the office (415) 457-4633.

The first 25 people to sign up will receive a free, autographed copy of Dr. B.J. Miller’s book, *A Beginner’s Guide to the End: Practical Advice for Living Life and Facing Death*. We look forward to

seeing you at this superb opportunity to meet B.J. Miller, MD, ask him questions, and learn about managing your own life journey. This symposium was made possible by the Kenneth Berg Trust.

COMMUNITY PROGRAMS

Sewer Band 2022 Holiday Concert—Las Gallinas Valley Sanitary District Non-Marching Band

Monday, December 19, 7:00 – 9:00pm

Marin Veterans' Memorial Auditorium, 10 Avenue of the Flags, San Rafael



Join the Las Gallinas Valley Sanitary District Non-Marching Band, affectionately called The Sewer Band, for a free holiday concert that's guaranteed to delight all! This evening of seasonal favorites will bring out the spirit of the holidays and leave you with a song in your heart and a dance in your step.

Psychological Perspectives on Aging at Dominican

Fridays, Jan. 13 – Feb. 17 (6 meetings), 10:00 – 11:40am

Zoom

How and why do we age? This course will overview various psychological approaches to the study of aging. Different faculty from the Psychology department will consider aging from their own areas of expertise. We will investigate questions such as why aging happens and the cognitive changes that are associated with aging. *Please note: three of the six classes will be in-person, on campus.* The course costs \$120, plus a \$25 membership fee to the Osher Lifelong Learning Institute at Dominican. To become a member, use this link:

<https://reg138.imperisoft.com/Dominican/SelectMembership/Registration.aspx>. To register for the class, start at this page and then fill in the boxes to search for the class.

<https://reg138.imperisoft.com/Dominican/Search/Registration.aspx>

CHECK THIS OUT...

This friendship between an 83-year-old Tik Tok star (yes, you read that right) and a 31-year-old who helped her become that shows the **power of intergenerational friendships**.

<https://www.cnn.com/2022/11/05/us/tiktok-intergenerational-friendship-undivided-cec/index.html>

It's the gift-giving season, and what is better than books to help pass the cold days and evenings of winter? Here, some booksellers from around the country talk **book gift ideas for all ages**.

<https://www.nextavenue.org/books-make-ideal-holiday-gifts-for-readers-of-all-ages/>

We've all heard that **walking** is healthy. Here are some tips for how to best do it to boost longevity and overall health. <https://www.nextavenue.org/walking-smart/>

The rapt attention this baby is paying to **Luciano Pavarotti singing "Nessun Dorma"** is all of us. Watch his adorable feet. <https://www.youtube.com/watch?v=ZX6fsvXKw7M>

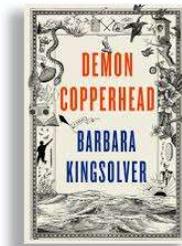
We all know **dogs** are loving and devoted, but this piece by Anderson Cooper shows that they are smart in ways we might not have known. <https://www.youtube.com/watch?v=tGIUZWNjxPA>

This sweet boy on *America's Got Talent* **interpreted the song he danced to** in ways that moved everyone and were perhaps beyond his years. <https://www.youtube.com/watch?v=RnKOD7sabUs>

To end on a silly note, the movie *Love Actually* turned 20 this year, and according to Hugh Grant he never wanted to do this **dance scene**, but was contractually obligated to. It's turned into one of the funniest bad-dancing scenes in movies and spawned a generation of knock-offs on Tik Tok. <https://www.youtube.com/watch?v=zcgxBHBsl-4>

BOOKS, MOVIES, OR TV WE CAN'T STOP THINKING ABOUT

Books



Demon Copperhead, by Barbara Kingsolver

Fellow fans of Barbara Kingsolver, rejoice! Her latest book is here, and it has her signature gift for the long story that immerses you in her characters' lives and exploits and seems to end too soon even after 500 pages. *Demon Copperhead* is set in the westernmost county of Virginia, in the mountains of southern Appalachia. Demon is a boy "born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival." Inspired by Dickens' *David Copperfield* but set in the modern version of institutionalized poverty in which Dickens grew up—foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses—this book isn't easy in subject matter but has no problem holding your attention through it all. *Danielle, Marin Villages staff*

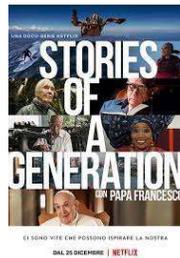
Movies



The Swimmers, Netflix

Two sisters flee war-torn Syria in the early 2010s, and end up swimming alongside their overloaded dinghy making its way from Turkey to the island of Lesbos in Greece. Based on a true story, the movie depicts the girls' early-life training for the Olympics, coached by their father, himself a world-class swimmer whose ambitions were cut short by compulsory military service in Syria. When it becomes clear that life in Syria is becoming too dangerous, the sisters set out with a cousin to reach Germany, and enter the sometimes-horrific world of refugees fleeing for a safer, better life. Yusra Mardini, the younger sister, eventually makes it to the 2016 Rio Olympics, swimming for the Refugee Team. It's an unsparing look at what migration really means for millions, and also a tale of hope and achievement. *Danielle, Marin Villages staff*

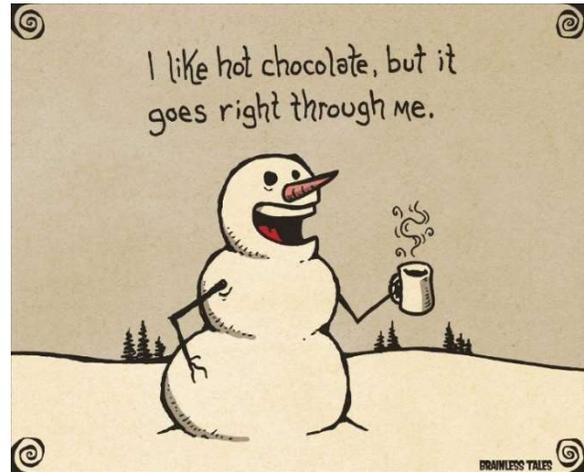
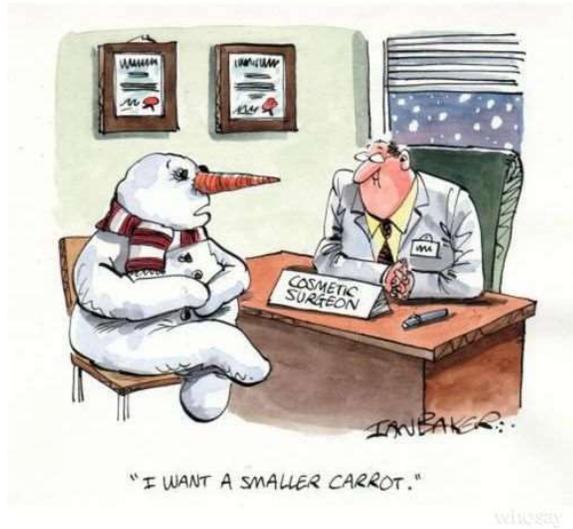
TV



Stories of a Generation with Pope Francis, Netflix

This four-part documentary is based on Pope Francis' book, *Sharing the Wisdom of Time*. The premise is simple—people over 70 talking about their lives and loves and struggles. In fact, the four parts are titled, "Love," "Dream," "Struggle," and "Work." The first episode features the Pope, Jane Goodall, and Martin Scorsese, but subsequent episodes focus on everyday people who have something meaningful to share. A fisherman on the Italian island of Lampedusa who comes across 200 refugees floating in the water and rescues 47 of them who become his "children"; a 90-year-old who devotes her life to finding her grandson when her daughter is killed by the military government in Argentina in the 1970s; an 88-year-old skydiver; a 77-year-old surfer—ordinary people doing things they don't consider extraordinary, but many of us certainly will. *Danielle, Marin Villages staff*

HUMOR



BEFORE WE GO

Well, this was a revelation. If humans **snored as adorably as this little hummingbird**, we'd all sleep better! [https://www.youtube.com/watch?v= uEfmQt34Nc](https://www.youtube.com/watch?v=uEfmQt34Nc)

If you know someone who might be interested in Marin Villages or this newsletter, please forward it on 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.

If you know someone who could use our services or is interested in volunteering with 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.

We always welcome donations to support our work! Please use the button below to contribute. Also consider joining our Legacy Circle of donors who have designated Marin Villages as a beneficiary of a gift of cash, real estate or personal property in their estate planning. There are many ways to do so, and no required dollar amount. If you'd like to find out more about our new Legacy Circle, or legacy gifts in general, call Executive Director John Power at (415) 457-4633.

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