



Ross Valley Village

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

February-March 2023 Newsletter

Hello wonderful Ross Valley Village members and volunteers,

Since this is the first Ross Valley Village newsletter of 2023, we'd like to wish you all a belated Happy New Year! We hope you had a good holiday season and are enjoying how very green Marin is after all of the rain.

We loved seeing so many of you in December, at our holiday party at Mac's in Fairfax. We hope you had as much fun as we did. Below are some of the photos from the party.





Since the party was such a success, we are going to hold a Valentine's party at Mac's on Monday, February 13 from 2:30 to 4:30. Please come celebrate with us. If you need a ride to or from the party, please let us know.

With love from the Ross Valley Steering Committee

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Say hello to our newest members, Josephine Tringale, Toni Weingarten, Carolyn Golden, Marilyn Jacobs and Gloria Horne!

Volunteers: Welcome to our newest volunteers, Catherine Babcock and Margaret Wash!

We look forward to meeting all our new members and volunteers at one of our future events!

ROSS VALLEY VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

Food & Drink

Valentine's Happy Hour

Monday, February 13, 2:30 – 4:30pm

Mac's, 19 Broadway, Fairfax

Please take a look at the flyer below for more invitation on how to RSVP.



Coffee & Conversation

Saturday, February 25, 10:00am

Peet's, Red Hill Shopping Center

Our lovely Angie Jackson will be hosting another coffee meetup at Peet's. The details are in the graphic below.



To RSVP or arrange rides, please contact Angie at marinresident@yahoo.com.

Table for 8

We have yet to set the next date for our popular lunch event! Please keep your eyes peeled for our next date soon.

Arts & Education

Asian Art Museum Visit

Monday, February 27

Our group outing to the Asian Art Museum has been rescheduled. Space is limited. If you are interested, please contact Kimberly Teal at (415) 770-7771. More details will be forthcoming in a future email.

Exercise

Walking Club

Friday, February 17

We are resuming our walks. Please contact Sarah Mansbach at Sarah.Mansbach@gmail.com or (415) 926-1640 for more details. If you need a ride, please feel free to reach out and we'd be happy to pick you up.

Books

Book Club

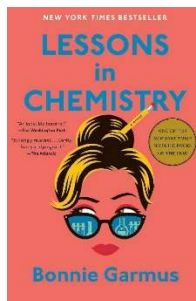
Friday, March 3, 11:00am

Picnic benches by Creek Park in San Anselmo

Our RVV book club recently read *The Four Winds* by Kristin Hannah. This story of pure determination and love of family during the Great Depression brings all the feels!



The book for February will be *Lessons in Chemistry* by Bonnie Garmus. This novel follows chemist Elizabeth Zott in the 1960s, working with her all-male team at Hastings Research Institute. Predictably, the men have a rather unscientific view of gender equality. However, when she meets Calvin Evans, true chemistry results. Years later, Elizabeth finds herself a single mother and unlikely star of a cooking show. Elizabeth's use of chemistry in her cooking is so revolutionary that it inspires other women to change the status quo. Both funny and vibrant, this novel is sure to be a page turner! If you are interested in joining us to discuss this book, please RSVP to Kelly at kellau55@gmail.com.



OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, February 1&15, 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).

Not Home Alone Valentine's Day

Tuesday, February 14, 2:00pm

La Toscana Restaurant, 3751 Redwood Hwy, San Rafael



Join Donnalee Wells and other Marin Village members and volunteers for a Valentine's Day early dinner at La Toscana, a charming family-owned Italian Restaurant in Terra Linda. Always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served, and space is limited to 20 guests. Please BRING CASH for your meal. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. If you need a ride, please call the office at (415) 457-4633. The event will be outside on the covered heated patio unless it rains and then it will be indoors. The fixed-price menu includes entree, coffee, tax and tip. Price Range is \$30-\$39. Entree choices are fish, chicken, beef, or vegetarian.

Technology/Computer Help Office Hours

Wednesday, February 15, 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>!

COMMUNITY EVENTS

For our vision-impaired members

Marin Villages has formed a partnership with Vision Impaired of Marin. We now have trained and knowledgeable Marin Villages vetted volunteers who are available to support and resource our vision-impaired members to services specifically to meet their needs. Please contact BJ Slater at the Marin Villages office if you would like to speak with one of these volunteers. (415) 457-4633

Vision Impaired of Marin supports those struggling with their vision, offering programs, information, resources and activities. For more information on programs, visit their website, www.bvim.org. To contact them, call (415) 459-5066 or email info@bvim.org.

Ongoing events:

First Wednesday of every month - <http://www.bvim.org/support-groups>

Every two-three months - <http://www.bvim.org/luncheon-meeting>

Second Saturday of each month - <http://www.bvim.org/talking-book-club>

ESCOM

Looking for something to do and to stimulate your brain? Check out Emeritus Students College of Marin (ESCOM). ESCOM is a program of the College of Marin, which provides engaging life-long programs for active adults in Marin County and beyond. It's free to join. If you're interested in looking at what ESCOM offers, use this link: <https://escom.marin.edu>

Yoga Classes with Tamela Smith

Mat Yoga—9:30 – 10:45am Monday, Wednesday, and Friday

Chair Yoga—11:30am – 12:30pm, Monday, Wednesday, and Friday

Tamela's classes are sure to inspire you to new levels of fitness. The classes are hybrid: in-person at the Fairfax Women's Club or on Zoom. You are welcome to show up 15 minutes early to chat with each other. Tamela provides modifications for chair or standing. Free for Fairfax residents and a donation is requested for all others. To get more information or RSVP, please contact Tamela at tamelak@comcast.net or yogaforchickens@gmail.com.

ROSS VALLEY VILLAGE ANNOUNCEMENTS

Birthdays

Many happy returns to all our special members with February and March birthdays.

Gloria Horne, February 1
Elaine Nehm, February 7
Ruth Vogel, February 9
Barbara Otto, February 15
Elizabeth Leitch, February 24
Lionel Aiken, March 1
Holly Burgess, March 4
James Campodonico, March 14
Kay Gillis, March 15
Barbara MacLennan, March 23

AND MORE...

Getting to know you



Kay Gillis: A life of opportunities, challenges, and transitions

Picture a young nurse driving a station wagon with a kangaroo guard in the front through the outback of Fremantle, Western Australia, in the early 1970s. You would be seeing Kay Gillis during the year she spent treating native Aborigines and immigrants from Europe for head lice, trachoma, leprosy, and other ailments. This service typifies Kay's adventurous and compassionate life journey. "Working overseas was a great experience and adventure," she says.

Kay attended elementary and high school in Marin, and then went to the University of Colorado and Stanford, where she obtained her B.S. in nursing. She then went on to St. Mary's College, where she received her M.S. in Health Services Administration. After her stay in Australia, Kay returned to the Bay Area and worked as a nurse at Sierra Community College in Rocklin, California. She then worked at Holy Names College where she devoted herself to the care and education of ESL students from Saudi Arabia, Japan, Iran, and Brazil.

Moving 'back home,' Kay bought a house in Larkspur and went into medical sales, first for a company with a large territory that marketed burn-patient products. She was responsible for in-service trainings on how to use the company's products. She later entered the private sector in downtown San Francisco, in the medical insurance field, working with nurses across the United States. She became a case manager which enabled her to find out about the standards of medical care throughout the U.S. This was her last professional position.

Subsequently, Kay became a landlady after inheriting rental property. In 1996, feeling the need to understand landscaping, she took the Master Gardeners program which provides intensive horticultural training to individuals who then volunteer as Master Gardeners in their communities by giving lectures, providing information to home gardeners, working at Farmers' Markets, and many other projects.

When younger, Kay was very active physically in skiing, backpacking, hiking, and other sports. She was a strong athlete. She is currently doing things she can handle health-wise, such as walking and participating in an exercise program to 'keep the body mobile.' She is engaged in the world, taking Ollie classes, primarily on current events, history, and politics. Reading, philanthropy, and participating in Marin Villages activities also occupies her time. She believes in 'packing it all in when you can,' which she obviously has done throughout her life. Kay hopes she will keep a joyful spirit, make the best of whatever she is dealing with, maintain a positive attitude, and be generous. Anyone who meets or knows Kay Gillis finds these qualities prominently in her as well as her being a lot of fun. She believes in giving back and volunteering while maintaining a sense of humor and compassion for others.

Interview & profile by Kathleen Jackson

Recommendations Corner

Horse by Geraldine Brooks

One of our volunteers recently read this historical fiction novel that weaves through timelines, ranging from Kentucky in 1850 to New York City in 1954 and Washington DC in 2019. We follow the trajectory of a record-setting horse right before the Civil War, and the people whose lives the horse touches even centuries later.

A Man Called Otto

We have been hearing rave reviews about this latest film. Based on the book *A Man Called Ove*, this film follows Otto Anderson, a grumpy man whose only existence is to criticize and ridicule others. When a young family moves in next door, Otto meets and reluctantly befriends them. What follows is a heartwarming story of unlikely friendships and Otto's evolution.

HELP US HELP OTHERS

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 visit <https://marin.helpfulvillage.com/pages/10049-marinvillages---donate> to contribute.

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