

MARIN  
VILLAGES



Our Paths - Our Choices

## THE VILLAGE SQUARE

*A monthly gathering place for all our news*

May 2023



Surprise might be the second spice of life, after variety. Just when my days were flowing by on repeat, I took a semi-rainy solo drive down Highway 101 to Santa Barbara last week. And although I'd done this drive before, I was amazed at how, just a few hours from home, I drove through a landscape smorgasbord—from the lush crop-covered flatlands of the Salinas Valley to the Coast Range on both right and left (thank you, tectonic plates) to oak-covered hills and stunning rock formations. I thought I couldn't see anything more beautiful, until I popped out along the Pacific Ocean. It's easy to get caught up in the humdrum of every day, but this drive reminded me of the joy we can find in fleeting moments of beauty or wonder. I'm hoping you can do something out-of-the ordinary this month and bask in the feeling of awe you find in unexpected places. *Danielle, Marin Villages staff*

### MARIN VILLAGES NEWS

A very happy birthday to our May nonagenarians



And this month we need to add a very happy birthday to one of our centenarians! Shall we start a new club?? Beginning with the youngest May birthday, **Ginna Fleming** turns 92, and **Parvin Ramazannia** is 96. Our newest centenarian is **Nan Black**. Woot woot and three cheers! Sending you all the warmest birthday greetings.

### Jean Gunn joins Marin Villages' Board of Directors



Longtime Marin Villages member and volunteer Jean Gunn was elected to the Board of Directors in March. Jean helped launch Novato Village eight years ago and served as its chair for several years. A longtime resident of Novato, Jean was appointed by the Board of Supervisors to represent District 5 on Marin County's Commission on Aging. Working on many older-adult issues at the public policy and practical levels has given Jean an appreciation of the complexity and breadth of opportunity that Baby Boomers and others face as they age, and created connections to help position Marin Villages as a key community resource. Welcome to the Board, Jean!

### Dignity at Home—a program from Marin Center for Independent Living

The Marin Center for Independent living has a comprehensive program for Marin County residents with a disability and/or over the age of 60 that are at risk for at-home falls. Working with a regional home-modifications company, their services include a home safety assessment, small home repairs, wheelchair ramp, grab bars, raised toilet seats, a fall-prevention checklist, and more. Use this link to find out more or apply: <https://www.marincil.org/dignity-at-home/>.

### Dementia and Intimacy study seeking participants

Ana Bagtas, a former member of Marin County's Health and Human Services Department on Aging and now Director for Contra Costa County, is pursuing her doctorate in gerontology, and conducting a study on dementia and intimacy. If you are 60 years or older and have been diagnosed with mild to moderate dementia and would like to share your thoughts and help protect rights to engage in intimate relationships while keeping individuals safe and protected, contact Ana, principal researcher, at (916) 425-7633 or e-mail [abagtas@mymail.ciis.edu](mailto:abagtas@mymail.ciis.edu). Receive a \$20 gift card after completing an interview lasting 45-90 minutes. Confidentiality and privacy are strictly protected and COVID protocols are followed to keep everyone safe.

### Affordable rental housing available

The Ecumenical Association for Housing has listings of many affordable rental properties in Marin County. Fill out the form at this link <https://www.eahhousing.org/apartment-search/> to find options in Marin County. By entering your information, you'll be given a list of what is available—all at what's defined as affordable rents for the county. As well, the new (still under construction) Vivalon Healthy Aging Campus at 999 Third Street in San Rafael is accepting applications for the waitlist from adults 62 years old or older, earning between 30% and 60% of the area median income (AMI). To find out more, including income numbers required, use this link: <https://www.marinhousing.org/project-based-voucher-pbv-waiting-list-for-the-vivalon-healthy-aging-campus?locale=en>.

### The Pop-up Thrift Boutique is coming back!

You read it here first. After two highly successful years, we are having another Pop-up Thrift Boutique in the fall and will start collecting donations in July. So if you are spring cleaning, **please save your treasures for our amazing sale**, whose proceeds all go to supporting our wonderful programs.

### COVID UPDATE

The FDA has authorized a second COVID-19 bivalent booster vaccine for those at highest risk, and retired the original monovalent vaccine. Public Health Officer Dr. Matt Willis discusses the factors to consider for those newly eligible for a second bivalent shot.

<https://www.youtube.com/watch?v=UO0MNpuUvhE>

### DID YOU HEAR?

#### Never Too Old—Laura Bock's story

In the fall of 1970 at the age of 24, now-Mill Valley Village member Laura Bock began her graduate studies in the history department at the University of Massachusetts. Suddenly, at the beginning of June 1971, she went blind. After a month of tests, she was diagnosed with optic neuritis and told she would not see again. She spent the following six months recuperating, and was able to return to Amherst in January of 1972.

With mobility training and orientation by the Commission for the Blind, she learned to navigate her surroundings. She hired several students to be readers and to take her on errands, as well as to help with research, note-taking, and paper-writing. Ultimately, she completed all her requirements for her Masters with the exception of three incompletes in her last semester.

In the fall of 2022, Laura got in touch with UMass and asked for her transcript. She wrote an eight-page proposal requesting her Master's on the basis of the classwork and orals she had completed 50 years before, along with five decades of work taking classes, doing presentations and trainings, and processing and preserving archival collections.

In March 2023 she was notified by the graduate committee of the history department that they had approved her proposal for a Master's. They concluded that her commitment to community history and

activism more than satisfied the three incompletes, even though she had not been in an academic community for five decades. Finally, at the age of 77 ½ she can proudly call herself a historian and continue doing the work she loves, consulting and archiving. If any Marin Village member or volunteer wants to get ahold of her to get ideas about their own pursuit of an academic dream deferred, please email her at [lbock@earthlink.net](mailto:lbock@earthlink.net).

Congratulations, Laura, from all of us at Marin Villages!

## MARIN VILLAGES PROGRAMS

### Men's Coffee

Wednesday, May 17, 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](mailto:irvgubman@gmail.com) or (415) 250-6155).

### Not Home Alone—Mothers and Others Day

Sunday, May 14, 2:00pm

Café Arrivederci, 11 G Street, San Rafael

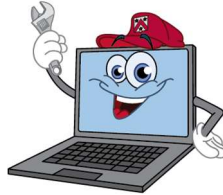


Join Donnalee Wells and other Marin Villages members and volunteers for an early Mothers and Others Day supper on the beautiful patio at Café Arrivederci. Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. All attendees must be COVID vaccinated. There will be a choice of any entrée on their large menu that costs \$25 or more. <https://cafearrivederci.com/> A 20% tip and 10% for tax will be added. RSVP ASAP to Donnalee at [donnaeewells@comcast.net](mailto:donnaeewells@comcast.net) or text or call (415) 302-9244. If you need a ride, please call the office at (415) 457-4633.

### **Technology/Computer Help Office Hours**

Wednesday, May 17, 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>!

### **Bocce Ball**

Friday, May 26, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



Bocce ball made its successful return on April 28! Don't miss out on another fun time this month. Please remember: wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Or just come for the company and watch others play if you prefer!

## **COMMUNITY PROGRAMS**

### **Tai Chi for Arthritis and Fall Prevention**

Various dates and times (see below)

Zoom

This is a free virtual online program for Marin County residents ages 60+. This easy-to-learn form of Tai Chi will improve movement, balance, strength, flexibility, relaxation, and overall health-related quality of life while also decreasing pain and preventing falls in older adults. Participants must have access to the internet and a computer or tablet with a webcam. This class is for beginners or those needing to review the basics.

Wednesdays & Sundays, April 26 – June 18, 5:00 - 6:00pm

<https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=2cf5b94b-423e-45e6-907d-17bd5ef3e0ea>

Tuesdays & Thursdays, May 9 – June 29, 10:00 – 11:00am

<https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=2d8aeabf-2b4e-4496-83a3-58798744f771>

### **What Would You Do with an Extra 10 Years of Healthy Life?**

Wednesday, May 17, 6:00pm

Commonwealth Club, SF, or online



Healthspan is the period of life in which an individual is healthy and free from chronic disease. Interventions that promote healthy aging, such as diet and exercise, can help increase healthspan and reduce the burden of age-related diseases. Dr. Eric Verdin, president and CEO of the Buck Institute for Research on Aging, will be discussing his efforts and those of his colleagues at the Buck Institute in helping to advance our understanding of aging and develop new strategies for promoting healthy aging and extending healthspan. Online-only tickets are \$10, and in-person tickets, which include a reception after the talk, are \$20. Please use this link to register:

<https://www.commonwealthclub.org/events/2023-05-17/what-would-you-do-extra-10-years-healthy-life>

### **Marin County Commission on Aging Health Forum: Food for Thought**

Friday, May 26, 9:30am – 1:30pm

Homeward Bound of Marin, 1385 Hamilton Pkwy, Novato

Explore the connection, intersection, and transformative power of food, medicine, and community. Speakers include Anna O'Malley, M.D., Integrative Family and Community Medicine physician and director of Natura Institute for Ecology and Medicine; and Dean Ornish, M.D., president and founder of

the Preventive Medicine Research Institute and clinical professor of medicine at the University of California, San Francisco. The registration fee is \$30. Lunch will be provided by the chefs at the Fresh Starts Culinary Academy. Register and purchase tickets at <https://www.eventbrite.com/e/615894776857>.

## CHECK THIS OUT...

This shared-housing project in Sweden is **bringing older adults and younger immigrants together**, offering hope for both groups. An amazing idea!

<https://www.csmonitor.com/World/Europe/2023/0315/By-sharing-housing-seniors-and-migrants-in-Sweden-build-bridges>

A school in Nigeria started by a successful local businessman **accepts plastic bottles as tuition**, addressing both the problem of education for the poor and the trash littering his beloved community.

<https://qz.com/nigerian-school-accepts-plastic-bottles-as-school-fees-1850302101>

Did you know there is a greenway planned from Maine to Florida, primarily for bikes and pedestrians? Only a small part has been built, but the planners have big dreams.

<https://reasonstobecheerful.world/east-coast-greenway-maine-florida-car-free/>

I am in a bit of mourning that **James Corden** has left The Late, Late Show to return to England—his show was a source of so many hilarious clips. Here is a longer video of most of the last show from last week, featuring Will Ferrell, Harry Styles, and a few late-night hosts you might recognize in for one last comic sketch. The humor is more bittersweet than normal, but still there.

<https://www.youtube.com/watch?v=AeEYQ62t8hA>

And his last Carpool Karaoke, with his good friend **Adele**.

<https://www.youtube.com/watch?v=nV8UZJNBY6Y>

More music, different era. **Glenn Miller** with *In the Mood* from 1941's *Sun Valley Serenade*.

<https://www.youtube.com/watch?v=aKb-qfwBZ2M>

**Michael J. Fox** just gave an interview with Jane Pauley about his Parkinson's, life, and optimism. It's not easy to witness how his disease has progressed, but it's still amazing to hear him speak about the things that are important to him. <https://www.youtube.com/watch?v=7kuT6zm5G-c>

And to end on a silly note this month, Charlie Chaplin! Here is his sketch **The Mirror Maze**—his comedy is timeless. <https://www.youtube.com/watch?v=G09dfRrUxUM>



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

### Books



#### **The Diamond Eye**, by Kate Quinn

In 1937, in the snowbound city of Kiev (now known as Kyiv), wry and bookish history student Mila Pavlichenko organizes her life around her library job and her young son—but Hitler’s invasion of Ukraine and Russia sends her on a different path. A trained marksman, she becomes a deadly sniper called Lady Death by the Nazis, over 300 of whom she dispatches in the early days of the war. Based on a true story, the book follows her from her graduate school dissertation to the battlefields of the eastern front and then to America, where she is sent on a goodwill tour to try to convince FDR to send troops to Europe. She becomes friends with Eleanor Roosevelt, greatly helping her cause. While Quinn has fictionalized parts of the story, much of it is true, and it’s riveting. I could barely put it down, and now my family members are taking turns reading it, which almost never happens with our diverse interests! *Danielle, Marin Villages staff*

### Movies



#### **Murder Mystery 2**, Netflix

This is a light but oh-so-entertaining comedy/mystery starring Jennifer Aniston and Adam Sandler as married full-time detectives Nick and Audrey, who are struggling to get their private-eye agency off the ground. They find themselves at the center of international intrigue when their very rich friend Maharaja is kidnapped at his own lavish wedding. What ensues is part surprise and part hilarity. It’s hard to go wrong with such veterans of comedy, as well as with the settings—Hawaii and Paris. Go into this with just the right expectations (i.e., you won’t leave the film feeling enlightened in any way but you will get belly laughs), and you won’t be disappointed. *Danielle, Marin Villages staff*



## TV

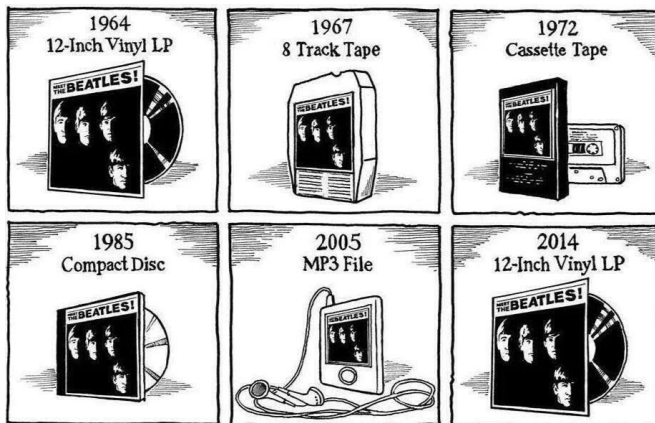


### The Mandalorian, Disney+

I love the description of this show as a space western. Yep, that's pretty much it: good guys, bad guys, the battle between good and evil. Classic Star Wars with a John-Wayne-type hero—the Mandalorian Din Djarin, played by Pedro Pascal (not that we get to see his face—Mandalorians must keep their helmets on at all times. But his voice...). In addition to the sometimes-eye-popping Star Wars-type settings and creatures, the reason to watch this show is Baby Yoda. If you can watch a few episodes with this adorable little creature and not have your heart melt, you're made of sterner stuff than I. This tiny Yoda-in-the-making is both fearfully vulnerable and gifted with The Force, which he is still learning how to use. It's a recipe for a lot of fun, if you like Star Wars. *Danielle, Marin Villages staff*

## HUMOR

### Eine Kleine Music Humor...

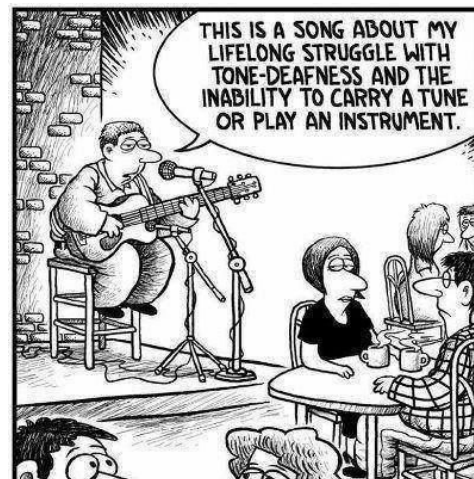


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"How expensive would it be to just skip practice and get right to perfect?"



## BEFORE WE GO

**Harry Belafonte** was a legend in so many ways, from his humanitarian and civil-rights efforts to his singing, acting and more. Here he has some fun with the Muppets in 1977, singing *Turn the World Around*. According to the comments, he worked with Jim Henson in creating these African Muppets, and they were not used again beyond this episode. He also sang this song at Jim Henson's memorial—Henson considered this production to be his best work on the series.

[https://www.youtube.com/watch?v=tPaKWihFs\\_Q](https://www.youtube.com/watch?v=tPaKWihFs_Q)

*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](mailto: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](http://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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