

MARIN
VILLAGES

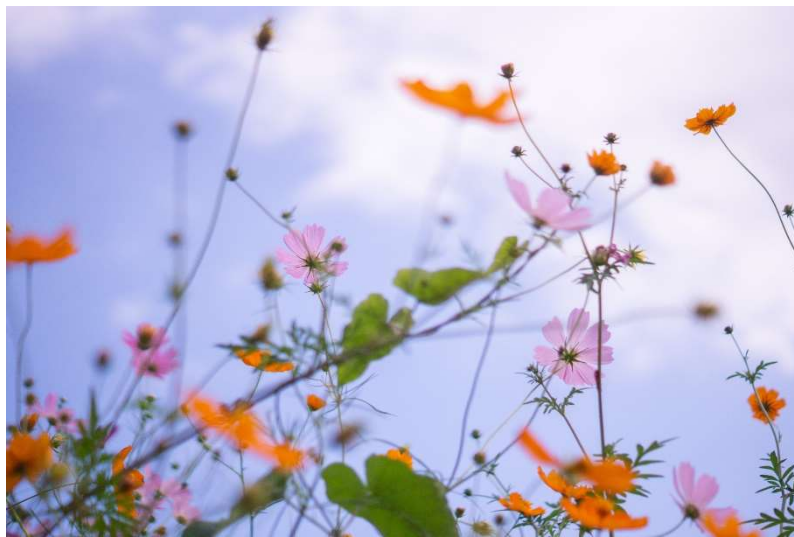


Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

August 2023



I always have mixed feelings about August. It's my birthday month, which, when I was young, marked that exciting moment of being a year older. Ten was way more grownup than nine! Several years ago I started to dread the next number in the count-up, until someone said to me that having a birthday to celebrate was better than the alternative, which was just the perspective I needed. Now I know that each August the number that represents my age will go up by one, but I'm grateful to be celebrating the day with family and friends. And the weather could not be nicer for August adventures of all kinds. If you are looking for something to do this beautiful month, check your local-village newsletters and see what your village is up to, or see below for some Marin Villages-wide events. Join your fellow Villagers for some summer fun! *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

A very happy birthday to our August nonagenarians



This is always a rewarding part of the newsletter. Our 90+ Club is celebrating these members this month: **Tom Tison**, welcome to the Club and happy 90th! **Grace Ades** and **Yvonne Brown** turn 91 this month; **Doris Kramer** is 92; **Jerry Moore** turns 93; **Carol Roecks** celebrates 94; **Ralph DeRango** turns 97 (we share a birthday, Ralph); and, drumroll, please... **Libby Byers** turns 101! We wish you all very happy birthday months!!

The Pop-Up Thrift Boutique is now taking donations!



The time you've been waiting and holding your treasures for has arrived! We are now taking donations for our Pop-Up Thrift Boutique at the Northgate Mall. You can drop off your gently used goods **Fridays & Saturdays, 11:00am – 4:00pm**, until we are full. Each year we reach capacity and eventually have to turn donations away, so the sooner you can donate the better. **Curbside drop-off** is located between mall entrances on the east side of the Northgate Mall, across the parking lot from HomeGoods. There will be a sign on the sidewalk outside, letting you know you're in the right place. Just pull right up to the curb at the sign. We will gladly accept women's clothing, accessories, shoes and purses; jewelry; artwork and collectibles; kitchenware; home décor items, including small-scale furnishings, rugs, lamps, and baskets; games and puzzles; linens; and luggage. Please contact Sue Steele at xerty.10@gmail.com or (415) 966-6614 with questions. Or call the office (415) 457-4633.

And please join us for a fun volunteering effort! In August we need help receiving and sorting the donations—it's a lively time with fellow members and volunteers. Please contact Sue Steele if you can help, and we'll see you there!

Article on elder financial abuse

Elder financial abuse is a big issue, but one that can be avoided with some knowledge and appropriate actions. See the Community Programs section below for an upcoming live event in Mill Valley that is

open to all, and you can also read this article from *The Atlantic* to start to learn more about this important topic. <https://marin.helpfulvillage.com/documents/6370/download>

DID YOU HEAR?

Competitive ice hockey at any age (no, really)



Larry, teammate Terry Rapper, and the whole Berkeley team!

Marin Villages' own Vice President of the Board of Directors and Twin Cities Village Chair **Larry Meredith** is also an avid ice hockey player. (He's originally from Canada, so the sport is in his DNA.) The *New York Times* recently profiled the Snoopy Senior hockey tournament in Santa Rosa, and Larry—captain of the Berkeley Bears—is quoted. It's a great article about pursuing your passions at any age. Here are Larry's own words:

"You can take the boy out of Canada but...

In my most indelible memory as a small child I am bundled in warm clothes on an ice rink outside Toronto where my mother is teaching me to skate. Shortly thereafter she is teaching me how to make contact between the hockey stick and the puck. Hockey is embedded in the Canadian DNA and playing hockey was a rite of passage for Canadian boys growing up in the 1940s and 50s.

When I was growing up, every Saturday night families across Canada would gather around the radio to hear 'Hockey Night in Canada,' the play-by-play action of the game at Maple Leaf Gardens. It's been quite a while since I lived in Canada but from visiting friends, I gather that hockey continues to be a central focus of life. Hockey rules!

Playing hockey was an important part of my life from kindergarten through graduate school and beyond. Though hockey has not played a central role in my immediate family, my kids have spent their share of time on the ice. Figure skating for my daughter and hockey for my son were high on the family agenda...as was the Snoopy Hockey Tournament, created by Charles Shultz in the 1960s.

Below is a link to a recent NYT article on the Snoopy Senior Hockey Tournament with a peek into the dressing room and the psychology of the geezers who continue to play hockey long after the evidence suggests that they should pick up a less demanding activity."

If you don't have a subscription to the *Times*, you can read the article in this PDF:

<https://marin.helpfulvillage.com/documents/6376/download>. If you are a *Times* subscriber, you can access the article online here: <https://www.nytimes.com/2023/07/24/sports/hockey/senior-hockey-snoopy.html>

COVID UPDATE

Research is showing a link between genetic makeup and vulnerability to the COVID-19 virus, leading to possibilities for future therapies. Dr. Matt Willis explains this new development in this video.

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

MARIN VILLAGES PROGRAMS

Men's Coffee

Wednesday, August 16, 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 the first and third Wednesdays of the 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—Summer Sangria Supper

Wednesday, August 16, 2:00pm

Whipper Snapper Restaurant, 1613 Fourth St., between F and G Sts, San Rafael



Join your hostess Donnalee Wells and other Marin Villagers and volunteers and let's celebrate summer with an early supper at Whipper Snapper Restaurant. Whipper Snapper is a charming, family-owned restaurant established in 2008 by chef/owner Bill Higgins, former executive chef for cha-cha-cha restaurants in San Francisco. It is always a fun time and great to get together with old and new friends. First come first served, space limited to 30 guests. **RSVP is required.** Please **bring cash** for your no-host

meal and bar drinks. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Volunteer rides might be limited.

You will be able to choose one of the following entrees. Price includes entree, choice of small mixed greens salad with coconut vinaigrette dressing or cup of gazpacho, plus tax and 20% tip.

Grilled fish tacos \$30

Slow roasted pork shoulder \$39

Chicken Caesar salad \$34

Farmers market grilled vegetable quesadilla \$28

Technology/Computer Help Office Hours

Wednesday, August 16, 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

Friday, August 25, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a summer day than on the bocce court?! Wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Come for the company and watch others play if you prefer. Either way, join us! Bring a snack to share with the group. Questions? Call Larry Meredith. (415) 860-2535 Need a ride? Call Marin Villages' office. (415) 457-4633

SAVE THE DATE: Not Home Alone—Labor Day

Monday, September 4, 2:00pm

Boca Pizzeria, 454 Ignacio Blvd, Novato 



This event will be held on the lovely patio and indoor/outdoor room at Boca Pizzeria. There will be a set menu, which includes tax and tip. We will send the menu once you RSVP. First come first served, space limited to 30 guests. RSVP is required. 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. Volunteer rides might be limited due to the holiday.

COMMUNITY PROGRAMS

Elder Fraud Community Summit

Wednesday, August 23, 10:00am – noon

Cascade Room, Mill Valley Community Center, 180 Camino Alto, Mill Valley

Don't miss the opportunity to join a discussion on elder fraud, a crucial topic that impacts seniors locally and nationwide. In this engaging presentation and panel discussion, representatives from the Mill Valley Police, Marin County Public Guardian, Adult Protective Services, Marin County Ombudsman Program, the Financial Abuse Specialist Team (F.A.S.T), and the Marin County District Attorney's Office will present the latest scams and share protective strategies. Engage directly with these dedicated professionals and ask your pressing questions. Their guidance can help shield you and your loved ones from financial exploitation. This collaborative event with the Mill Valley Library and Recreation Department aims to empower our community with essential information and strengthen our collective resilience against elder fraud. Registration is not required but is strongly encouraged at this link:

<https://www.eventbrite.com/e/elder-fraud-community-summit-in-mill-valley-tickets-660761805347?aff=oddtcreator>

ESCOM and Marin County Commission on Aging

These two organizations are presenting a series called *Computer Training for Marin Adults*. The two below are followed by two more in September. Please use this link to find out more and to register. <https://lp.constantcontactpages.com/sv/f7jryly>

Ride Sharing Apps

Friday, August 11, 2:00 – 3:15pm

College of Marin - Kentfield Center (Student Services Building SS 111)

835 College Avenue, Kentfield

How to use ride-sharing apps to get on-demand rides.

Mobile Health Apps

Friday, August 25, 2:00 – 3:15pm

College of Marin - Indian Valley Center (Building 10)

1800 Ignacio Boulevard, Novato

How to monitor steps, distance, medical services.

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, support, 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 – **Zoom support group** <http://www.bvim.org/support-groups>

Every two-three months – **Luncheon meeting** <https://bvim.org/luncheons>

Second Saturday of each month – **Talking Book Club** <http://www.bvim.org/talking-book-club>

CHECK THIS OUT...

Organizations in California and Oregon are working to **reintroduce sea otters in the Pacific**, with surprisingly positive effects on the ocean's ecosystems. <https://reasonstobecheerful.world/sea-otters-reintroduction-coastal-ecosystem-climate/>

Here are ten ways to **optimize brain health** that can increase neuroplasticity and cognitive reserves; these are habits that can be started at any age! <https://www.nextavenue.org/10-tactics-for-optimizing-your-brain-health/>

My first reaction to this headline was, “Yuck!” But on further reading, this could be a viable way to **help keep safe drinking water flowing** in California. <https://reasonstobecheerful.world/california-purified-wastewater-recycling-drink-of-the-future/>

I wish I were a surfer just so **Sammy the Seal** would hop onto my board!
https://www.youtube.com/watch?v=xz2M01_9jVk

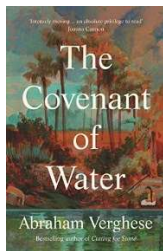
These cows in Ireland really seem to respond to **this tourist’s singing**.
<https://www.youtube.com/watch?v=HbPNyqUWJGI>

Brigham Young University has an amazing dance program. Here is **the routine that won them the Jazz National Championship** in the D1A division of the 2023 NDA College Cheer and Dance Championships (danced to Billy Joe’s *Piano Man*). <https://www.youtube.com/watch?v=LfdHlow820I>

The Andrews Sisters meet The Spice Girls? Yep! And the musical result is actually a lot of fun.
<https://www.youtube.com/watch?v=u9jGGiqjwf4>

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

Books



The Covenant of Water, Abraham Verghese

An epic novel by the author of *Cutting for Stone*, *The Covenant of Water* covers 77 years in the life of one family on the Malabar Coast of India. It “follows three generations of a family that suffers a peculiar affliction: in every generation, at least one person dies by drowning—and in Kerala, water is everywhere. The family is part of a Christian community that traces itself to the time of the apostles, but times are shifting, and the matriarch of this family, known as Big Ammachi—literally ‘Big Mother’—will witness unthinkable changes at home and at large over the span of her extraordinary life.” Despite its impressive length of over 700 pages, the writing, the story, the details, the characters, and the setting all held me captive till the last words. And then I wanted more. *Danielle, Marin Villages staff*

TV



Explained, Netflix

We stumbled on this recently and have become hooked. Each episode is a 20-minute dive into a diverse topic—think apologies, chess, the end of oil, diamonds, the next pandemic, music, tattoos, time, fairy tales, and about thirty more. Designed to whet your appetite rather than be exhaustive, of course, the episodes engage you in a topic you might not know anything about, and always come up with something interesting that sticks in your mind. It's easy to skip topics that don't interest you and find ones you're willing to try—the 20-minute commitment is pretty minimal if you don't like it!

Danielle, Marin Villages staff

HUMOR



"You can come down now, Everett.
The children have grown up and left."





BEFORE WE GO

Watching this **cute kitty snuggling with his equally cute “brother”** is all I want to do today.

https://www.youtube.com/watch?v=Zb1ODjHX5_I

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org