

MARIN
VILLAGES



Our Paths - Our Choices

Novato Village

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

November 2023 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Steering Committee Co-chairs Beth Livoti and Linda Henderson say...

Veterans Day is November 11—we thank all veterans for serving our country.



Thanksgiving is November 23—we wish you a peaceful day!



Monthly Quote:

"Don't count the days; make the days count."

-Muhammad Ali

Muhammad Ali, born **Cassius Marcellus Clay Jr.** (January 17, 1942 – June 3, 2016) was an American professional boxer and activist. Nicknamed "The Greatest," he is regarded as one of the most significant sports figures of the 20th century and is often regarded as the greatest heavyweight boxer of all time. Ali was hospitalized in Scottsdale, Arizona, on June 2, 2016, with a respiratory illness. Though his condition was initially described as fair, it worsened, and he died the following day at the age of 74 from septic shock.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Elizabeth Ferris, Judith Emerson

Volunteers: Aiten Hassouna, Judy Barrie, Celia Cuomo

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

NOVATO VILLAGE EVENTS

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

Thursday, November 2, 11:00am – NEW TIME: Village Walkers at Indian Valley Campus

Thursday, November 9, 1:30pm – CoffeeTea&Chat at Creekside Bakery, 1719 Grant Ave

Tuesday, November 14, 9:30am – Novato Hikers at Indian Valley Campus, **Waterfall Trail**

Tuesday, November 14, 1:30pm – Book Lovers' Group at Barbara Wein's home

Wednesday, November 15, noon – Lunch at TOAST, 5800 Nave Dr, Novato

Thursday, November 16 – Happy Hour NEW DATE, LOCATION & TIME; watch for an e-blast

Saturday, November 18 – Village Viewers Movie Group, time and location TBA

PLAN AHEAD!

Holiday luncheon

Tuesday, December 5, noon – 2:00pm

The Key Room, 1385 N. Hamilton Parkway

A reminder e-blast will also be sent with the details and sign-up for the event!

Food & Drink

CoffeeTea&Chat

Thursday, November 9, 1:30 – 3:00pm

Creekside Bakery, 1719 Grant Ave., Novato

Drop in to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is not required. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org. For more information, contact Marge Jackson, (415) 892-1238 or marge-32@hotmail.com.



You are always welcome at CoffeeTea&Chat! Bring a friend.

Lunch at TOAST Restaurant

Wednesday, November 15, noon – 2:00pm
5800 Nave Dr, Novato

TOAST is located in the Hamilton Marketplace Shopping Center, Novato. The menu offers American Comfort Cuisine in a beautiful, contemporary, and inviting space, designed by renowned architect, Stanley Saitowitz. TOAST features a brick pizza oven, extensive beer and wine selections, and an espresso bar, with both indoor and outdoor seating, and plenty of parking. Check the menu: <https://order.spoton.com/so-toast-restaurant-6712/novato-ca/61a963e824b4c429b026dbba>

Please RSVP by Monday, November 13, so we can tell the restaurant how many guests we'll have for seating. You can pay with credit cards or cash. To RSVP, email novatovillage@marinvillage.org or call Joanne Keenan at (415) 883-5729. Joanne does not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633.



We enjoyed lunch at Beso Bistro in October

Happy Hour—one-time date change!

Thursday, November 16, time may change
Location & time to be announced by e-blast

Watch for the e-blast with the new location and time. The Happy Hour will not be on the fourth Thursday of this month because that date is Thanksgiving. Cheers!



October Happy Hour at Blazers

Exercise

Novato Village Walkers –Tour IVC Campus renovations (cancelled if raining)

Thursday, November 2, 11:00 – noon (note new time!)

1800 Ignacio Blvd, Novato, **Parking Lot #1**

Guest hostess and Novato Village member Sandi Bowman, co-chair of Friends of Indian Valley Campus COM, will take us on a walking tour of Indian Valley Campus to see the new and renovated IVC facilities, which have been made possible, in part, by the Friends of IVC group.

Meet at Parking Lot #1—permits for free parking will be provided by Pat Bailey.

Please RSVP so Pat knows how many permits to order. We don't want to start walking without you. If you are interested in walking with this group, please let Pat Bailey know at pbailey49@aol.com or text or phone (415) 652-9073.



Hamilton Levee walk in October

Novato Village Hikers—Ken Harth Waterfall Trail, IVC campus (cancelled if raining)

Tuesday, November 14, 9:30 – 11:00am

1800 Ignacio Blvd, Novato



Join your fellow Novato Village hikers to hike the Ken Harth Waterfall Trail. Meet in the upper **FREE parking lot #5**. Please bring water, walking sticks if you use them, and a hat, and wear sturdy shoes or hiking boots. This is approximately a 2-mile hike over some rocky terrain with moderate up and down hills. The hike should end around 11am depending on the pace. Here is [a map](#) of the trails at Indian Valley.

Please RSVP by November 10 to BEMiller249@gmail.com or (415) 298-9514 so Barbara knows how many will be doing this hike. Look for her near her white Prius.



October hike: Bahia Loop Trail

Books

Village Book Lovers' Group

Tuesday, November 14, 1:30pm

RSVP by Sunday, November 12 to get the location address

The last book club meeting was canceled due to a death in Diana Shima's family. The November meeting will be at Barbara Wein's home.

November - *Queen of Dirt Island* by Donal Ryan

December - *The Sound of a Wild Snail Feeding* by Elizabeth Tova

Please RSVP to Diana Shima by Sunday, November 12 for Barbara's home address.

dianashima3@comcast.net.

Fun & Games

Mah Jong Club

Tuesdays, November 14 & 28, 10:00am – noon

Indian Valley College ESCOM Center, 1800 Ignacio Blvd., Novato

This club has been formed to teach people how to play Mah Jong and to offer a venue for experienced players to meet. This is not a club where you can drop in with the expectation that you can join a game. You must contact the club leaders, so they can plan on the number of people who need lessons or just want to play. Contact either Linda Henderson linda_h@peak.org or Pat Bailey pbailey49@aol.com.



Mah Jong, a game of skill and luck played by four people using domino-like engraved tiles, emerged in China in the 1800s, and in the 1920s it briefly sparked a global fad.

Groups

Village Viewers Movie Group

Saturday, November 18, time and location to be announced by email

Last month we viewed the movie *Killers of the Flower Moon* with Leonardo DeCaprio, Lily Gladstone, and Robert De Niro. The plot took place in the 1920s; members of the Osage Native American tribe of Osage County, Oklahoma, are murdered after oil is found on their land, and the FBI decides to investigate. The acting was wonderful and the story was interesting, but a bit slow-moving. It wasn't as violent as we thought it would be, so that was good. The time and location for the November 18 movie will be announced the Wednesday prior to the event by email. Hope to see you there! Contact Joanne Lang, with questions or movie suggestions, at (916) 716-5800 or write to this email: novatovillage@marinvillage.org.



Most voted thumbs up—one “not so sure”

Village Business

Novato Village Steering Committee

Monday, November 13, 2:00pm

Beth Livoti's home

The date and time of the Steering Committee meeting has changed. Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for more information and the address.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, November 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 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).

Technology/Computer Help Office Hours

Wednesday, November 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>!

Not Home Alone—Thanksgiving

Thursday, November 23, 2:00pm

Café Arrivederci, 11 G Street, near 2nd, San Rafael



Join your hostess Donnalee Wells and other Villagers to celebrate Thanksgiving at local Italian comfort-food favorite Café Arrivederci! All Villages members and volunteers are welcome. Menu to be determined, and drinks may be purchased separately at the bar or from the server. First come, first served, space is limited, and RSVP is required. Please bring **CASH** for your meal, no credit cards. Please RSVP to Donnalee Wells by email, phone, or text at donnaleewells@comcast.net or (415) 302-9244. Volunteer rides may be not be available due to the holiday.

Bocce

Friday, November 24, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a 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 **Note that this will be weather-permitting in November—watch for an announcement from the Marin Villages office.**

COMMUNITY EVENTS

Staying Safe in the Community

Tuesday, November 7, 10:30 – 11:30am
Zoom

Hello Marin Villagers! We are a group of Occupational Therapy Dominican students offering an educational session on staying safe in the community. Want to learn about environmental modifications, community mobility, staying connected, and improving balance that can make your life easier and safer? We have designed a fun and engaging program to teach effective strategies. You can help yourself or someone you know with this information and prepare for the future! To register, please use this link. <https://marin.helpfulvillage.com/events/5523-staying-safe-in-the-community---a-zoom-event-from-dominican-university-ot-students>

Marin Veterans' Memorial Auditorium

Saturday, November 11, 9:30am
Veterans' Memorial Auditorium, 10 Avenue of the Flags, San Rafael



Honor those who have served our country. **Marin's Veterans' Day** program will begin in the Marin Veterans' Memorial Auditorium with music, military exercises and a brief address. It will continue in front of the World War I, World War II and Korean, Vietnam and Merchant Marine Memorials on the Avenue of the Flags. Refreshments will be served after the ceremony in the Redwood Foyer.

Bingocize® (In Person/Remote)

Weekly on Mondays & Thursdays, 11:00am – noon through December 11
930 Tamalpais Ave, San Rafael



Stay active, have fun, and prevent falls with Bingocize! Looking for a fun, engaging way to get fit and reduce your risk of falling? Bingocize is the class for you! This evidence-based class combines the game of bingo with gentle exercises, seated or standing, and falls prevention information in a relaxed atmosphere. Bingocize is proven to improve strength, balance, and fitness. Join Vivalon's twice-weekly Bingocize group and see results. Bingocize is exercise for your body, mind, and spirit. Come give it a try—you might even win a prize! To register: Maeve Murphy, (415) 456-9062 x102 or mmurphy@vivalon.org

Winter vaccines—get them!

As we start to spend more time indoors, we are all more vulnerable to viruses, including flu, Covid, and RSV. The County expects cases of all these to rise in the coming months, but you can protect yourself with vaccines. Marin County Public Health is partnering with Safeway and Marin Community Clinics to increase access to flu, Covid, and RSV vaccines. Please note that this particular vaccine service is not available to Kaiser members—please contact Kaiser directly if you are a member to get details on receiving these vaccines. To find a vaccine clinic and/or make an appointment, please use this link.

<https://www.safeway.com/vaccinations/group-clinic/MarinHHS> Call the Marin Villages office if you need a ride!

Technology For Life

With most communication and business transacted on digital devices, familiarity with your phone is more important than ever. Technology For Life has developed *Virtual Instruction for Technology And Digital Literacy* or VITAL to help people learn the ins and outs of their iPhones.

The VITAL program consists of a series of short instructional videos to watch and follow along at your own pace. Each video introduces you to the core functions of your iPhone. If you have an iPhone, consider joining this beta-testing period for VITAL. You will receive a loaner iPad that is preloaded with the VITAL app. You can watch the videos while you are practicing on your iPhone, pause, go back and rewatch, and practice as many times as you like. We estimate it will take about a week to get through all of the videos, and you can keep the loaner iPad for up to two weeks. To sign up, please contact Linda: linda@technology4life.org or (415) 325-5790. Space is limited to 10 students in the beta-testing phase; any names beyond that will go on a waiting list.

NOVATO VILLAGE ANNOUNCEMENTS



NOVATO VILLAGE HOLIDAY LUNCHEON

You're invited to join the festivities as we ring in the holidays!

Tuesday, December 5, noon

Key Room, Homeward Bound, 1385 N. Hamilton Parkway, Novato

Menu:

- 🎄 Classic Caesar Salad w/crispy Parmesan and croutons
- 🎄 Choice of entrée: prime rib w/sherry jus, or filet of organic salmon w/lemon herb beurre blanc, or vegetarian option
- 🎄 Scalloped potatoes w/Gruyère cheese; sautéed green beans w/slivered almonds
- 🎄 Oblivion chocolate cake w/ganache and crème chantilly
- 🎄 Red and white wine
- 🎄 Coffee and tea

Cost: Members & volunteers, \$35; guests, \$54

Space is limited—reservations must be postmarked by Tuesday, Nov. 14. Please use the form on the next page.

.....Mail this portion of the form to Jean Gunn—address below.....

Name: _____

Email: _____

Phone: _____

Entrée choice [prime rib, salmon or vegetarian]:

Please mail the above portion of this form & your check (payable to Jean Gunn) before Tuesday, Nov 14 to the address below. You will receive an email confirming your reservation.

Mail check (payable to Jean Gunn) & this portion of form to:

Jean Gunn
2 Fox Hollow Place
Novato CA 94945

AND MORE...

Comments about the POLST presentation

This important healthcare document was explained by medical personnel Louis G. Livoti, MD and Lynn von der Werth, MSW, a Sutter medical social worker, at an in-person session on October 11.

The Physician Orders for Life-Sustaining Treatment (POLST) form is a tool for end-of-life planning. The form ensures that a patient's treatment wishes are known and will be followed by health care professionals during a medical crisis, when the patient cannot speak for themselves. Filling out a POLST form is entirely voluntary. However, California law requires that the physician orders in a POLST be followed by health care professionals, and provides immunity from civil or criminal liability to those who comply in good faith with a patient's POLST requests.

Comments from guests who attended:

“Thank you for offering this presentation on a very important topic. We all need to be aware of emergency/end-of-life measures in our lives.”

“I thought it first rate. Thanks for making it happen.”

“Yesterday provided us with valuable info regarding issues that have been on my mind for a while now. I think Lou and Lynn did a terrific job of putting us at ease, and sharing their knowledge with compassion and sensitivity.”

“They provided lots of examples and encouraged questions and comments.”

Regarding future presentations, we are proposing some possible options. We'll keep you informed about when and where these presentations will be scheduled in 2024.

- End-of-Life Options Act
- Hospice
- A general conversation around the end-of-life issues
- A conversation around being comfortable with discussing end-of-life issues

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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