

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

December 2023



December always arrives with a certain amount of trepidation—the holidays are supposed to be fun, but there is always so much to *do*. Shopping, cooking, baking, wrapping, making crafts, mailing boxes, sending cards, attending holiday events, hosting holiday events, making donations, volunteering, navigating holiday traffic on the roads, and...enjoying ourselves? Not always easy to find a balance in all that, but I'm following my daughter's lead—she is an avowed holiday-season fanatic, and finds so much delight in all the traditional activities that normally make me weary. Seeing the season through her eyes has brought back some of the joyous aspects of this month, and I find myself actually looking forward to it (though not necessarily being on top of everything). Whatever your celebrations this month, however much energy you choose to put into them, I hope you find the parts of the holidays that resonate most with you, and give yourself the gift of taking part. It's not always an easy month, but hopefully it will be one with light-filled moments. *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

A very happy birthday to our December nonagenarians



So many members celebrating 90+ birthdays in December! Joining our illustrious club this year: **Julie Hanan Friedman, Klaus Meinberg, Sandy Slichter, and Galen Wagner** turn 90; **Joshua Portugal** is 91; **Alice Bachelder, Robert Jones, Ted McKown, and Alan Parry** celebrate 92 trips around the sun; **Naomi Newman and Shirley Printz** turn 93; and **Ruth Smith** is 98. May you all get separate and special birthday and holiday celebrations in this busy month!

Looking for a good cause for your end-of-year giving?

Look no further! As you already know, Marin Villages is working hard to ease isolation and loneliness through so many opportunities to socialize and enjoy life together, as well as fulfilling almost 1,000 volunteer requests a month. We have no intention of slowing down, and in fact are looking at how to reach more older adults in the county. Your donation helps make all of it possible, whether a ride to a medical appointment, a happy hour, a companionship visit, a book club, a hike, or any of the many other opportunities we provide for connection. The link below will take you directly to our website donation page, or you can send a check or call the office. Thank you!

https://marin.helpfulvillage.com/fundraising_campaigns/14-fall-2023-annual-fund-campaign

Memories for Life: Reversing Alzheimer's [a movie]

For patients suffering from Alzheimer's disease, no memories are safe—from the recollections of daily responsibilities to their most cherished moments. However, some Alzheimer's patients are turning to a new method, spearheaded by American neurologist Dr. Dale Bredesen. This approach uses the expanded health data of each patient to find the root cause of their illness, and generate personalized protocols. Many patients following the protocol show signs of reversing their cognitive decline. Narrated by Michael Bublé, *Memories for Life: Reversing Alzheimer's* shows the results of this life-changing treatment. This link takes you to a preview and offers ways to rent the movie from streaming services such as Apple TV+ and Amazon Prime Video. <https://memoriesforlifefilm.com/watch/>

In-Home Supportive Services

In-Home Supportive Services Public Authority of Marin (IHSS PA) is a public agency established in 2002 by the Board of Supervisors. They serve low-income older adults and persons with disabilities who qualify for in-home support services in order to remain independent and safe in their own homes. They work in partnership with the In-Home Supportive Services Program (IHSS), administered by Marin

County Health and Human Services to match IHSS care recipients with qualified care providers so they can live healthier, more productive lives. Whether you or someone you know could use their services or might be interested in becoming a care provider, use this link to find out more: <https://pamarin.org/>

COVID UPDATE

As holiday gatherings and travel ramp up, COVID, flu and RSV cases are on the rise in Marin and across the region. In response, Marin County has joined all Bay Area counties in a statement highlighting five key steps (<https://www.marincounty.org/main/county-press-releases/press-releases/2023/hhs-respiratory-viruses-113023>) residents can take to stay healthy. These are all easily doable, and range from getting vaccinated to staying home when sick and masking in indoor public places. **Vaccination remains the single most protective measure to prevent serious illness.** The County of Marin's drop-in vaccination clinics are open until December 21st. Walk in or schedule an appointment for this service here: <https://www.safeway.com/vaccinations/group-clinic/MarinHHS>. Locate other vaccine providers here: <https://coronavirus.marinhhs.org/vaccinefinder>.

MARIN VILLAGES PROGRAMS

Bocce

Friday, December 15, 1:00 – 3:00pm (note earlier date this month!)
Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a day than on the bocce court?! 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 **This will be weather-permitting!**

Oops! I Had to Pee

Tuesday, December 19, 3:00 – 4:00pm
Zoom



Please join us as Dr. Wynn Canio, geriatrician at Marin Kaiser, offers another informative presentation for our Marin Villages community. Older adults are more vulnerable to developing difficulties in their ability to control when and where they urinate, which can interfere with daily life. She will discuss age-related changes, conditions that can contribute, and how to adapt to this new normal. Dr. Canio regularly shares advice on a range of health matters for healthy living from prevention through treatment and recovery. Please use this link to register. <https://marin.helpfulvillage.com/events/5572-zoom-briefing-with-dr-wynn-canio---%22oops!-i-had-to-pee!%22>

Men's Coffee

Wednesday, December 20, 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).

Learn more about the Osher Lifelong Learning Institute at Dominican University

Wednesday, December 20, 2:00 – 3:00pm

Zoom



Meet and talk to Osher Lifelong Learning Institute (OLLI) Dominican Director Calum MacKechnie. OLLI offers educational programs for anyone over 50, both in-person at Dominican and on Zoom, so you can access OLLI courses anywhere. Courses are offered year-round and are of the very highest quality. You can choose from many different subject areas, including history, art history, music (opera, jazz, Broadway musicals, and rock music), film, and many others. Join us! Register for the Zoom at this link: [https://marin.helpfulvillage.com/events/5672-keep-learning!-osher-lifelong-learning-institute-\(olli\)-at-dominican---find-out-more-at-this-zoom-event](https://marin.helpfulvillage.com/events/5672-keep-learning!-osher-lifelong-learning-institute-(olli)-at-dominican---find-out-more-at-this-zoom-event)

Technology/Computer Help Office Hours

Wednesday, December 20, 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—one, two, or all three



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. RSVP to Donnalee Wells at donnaleewells@comcast.net or (415) 302-9244. Marin Villages rides are **very** limited for these holiday events.

Christmas Eve Early Supper

Sunday, December 24, 2:00pm
Pacific Catch, Town Center, Corte Madera
Open menu

Christmas Day / Donnalee's Birthday Early Supper

Monday, December 25, 2:00pm
Royal Thai Restaurant, 610 Third Street, corner of Irwin, San Rafael
Fixed menu

New Year's Eve Early Supper

Sunday, December 31, 2:00pm
San Rafael Joes, 931 Fourth Street
Open menu

COMMUNITY PROGRAMS

For our vision-impaired members

Marin Villages has a partnership with Vision Impaired of Marin. We have trained and knowledgeable Marin Villages vetted volunteers who are available to support and refer 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...

Usually when a commercial makes it into the public consciousness, it's been made by a large company with a professional film crew. So when a bar in Enniskillen, Ireland produced **its own holiday commercial** about loneliness during the holidays, they had no expectations that it would go viral on social media and touch hearts internationally. <https://www.cnn.com/2023/11/30/travel/charlies-bar-northern-ireland-viral-christmas-commercial-intl-scli/index.html>

Innovation is always so inspiring, and this **high school in China**, whose design recently won a major architectural award, shifts all my thinking about academic spaces. <https://www.cnn.com/style/huizhen-high-school-world-building-of-the-year/index.html>

88-year-old marine scientist Sylvia Earle gets out of bed each morning ready to **save the oceans** by creating Hope Spots around the world. <https://reasonstobecheerful.world/sylvia-earle-hope-spots-ocean-conservation/>

The acapella group **Pentatonix** singing *White Winter Hymnal*
<https://www.youtube.com/watch?v=o10drRI3VQ0>

And **The Maccabeats** sing their song *Latke Recipe*, which is impossible not to get up and dance to.
<https://www.youtube.com/watch?v=fg51la8Yayc&list=PLgWWM18u2RI0sAiiWDjmaPFa6s16KLd7A&index=6>

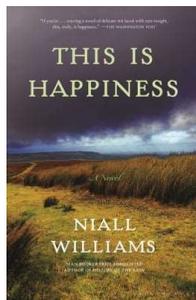
How much do you know about **Kwanzaa**? This brief video taught me a lot in a short time.
<https://www.youtube.com/watch?v=JKLvagI9Xvg> And once you've seen that, you might want to get up and do the **Kwanzaa Slide**... <https://www.youtube.com/watch?v=SCT8XZI57OE>

Who knew that **Roger Federer** has been making funny commercials for many years now? A compilation. <https://www.youtube.com/watch?v=2qtJHEwPrYQ>

This Cirque du Soleil video has some of the **most amazing diving** you're likely to ever see—the divers are actually launched from huge swings! <https://www.youtube.com/watch?v=4pX4Iplsv7I>

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

Books

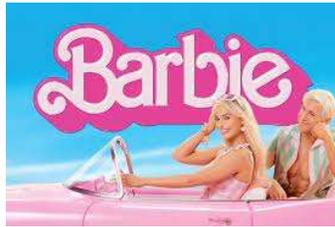


This is Happiness, Niall Williams

I have an admitted soft spot for Irish writers, often the most wonderful storytellers. Williams was long-listed for the Man Booker Prize for another book in 2014, and his talent is evident in this tale that takes place in a village called Faha, in County Clare. The narrator Noe looks back on an episode from 1958, when a stranger named Christy McMahon arrived in town ready to right a wrong from his past and befriended Noe in the process. A quiet and powerful tale spools out from there, taking Christy and Noe around the community as they convince locals to become part of the Rural Electrification Scheme and Noe develops crushes on the local doctor's daughters. If it's action you're after, this won't be your

book. But if beautiful language, a good story, and the complexities of human behavior draw you in, put the kettle on and pull out this book. *Danielle, Marin Villages staff*

Movies



Barbie, available on Amazon Prime, YouTube, Apple TV+, and more

Ok, bear with me here. My first reaction to the fact that this movie had been made was, “Why?” But the movie is nothing like I expected. Greta Gerwig and Noah Baumbach wrote a screenplay that turns gender roles on their heads, turns them back, and then turns them back again, actually making you think about how society works and the structures and beliefs we take for granted, even if there might be a perfectly valid alternative. Visually, the way Barbieland is designed and filmed feels just like playing with dolls used to, and the many characters in Barbieland (President Barbie, Physicist Barbie, Lawyer Barbie, etc.) are lots of fun and played by fantastic actors. While it seems superficial, this movie actually has a lot of compelling things going on. *Danielle, Marin Villages staff*

TV



Monty Python's Best Bits (mostly), Netflix

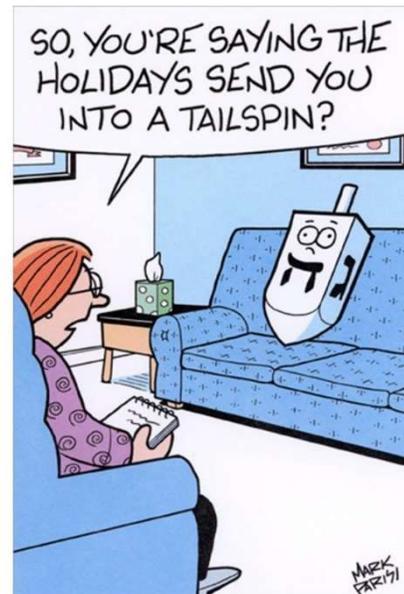
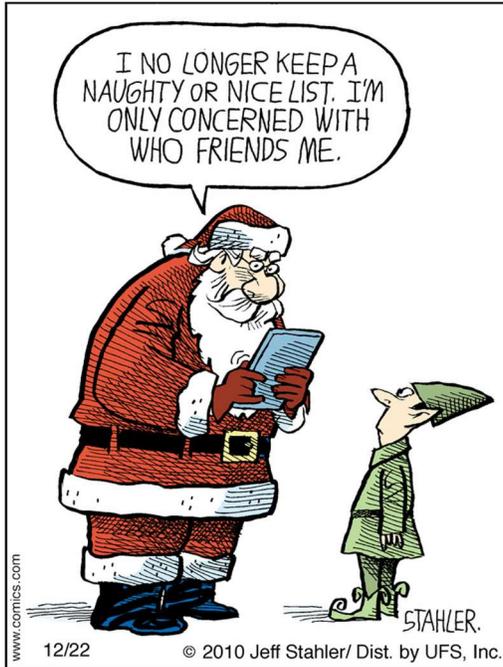
This show has a simple premise: five comedians talk about their favorite Monty Python skits and then the skits are played. I'm a long-time Monty Python fan, so some are familiar but many are not. It's a chance for a few belly laughs and memories of how absurd and *yep-we're-going-there* they could be. Funnily enough, my kids actually love the humor, even though it was created decades before they were born. Some things are timeless. *Danielle, Marin Villages staff*

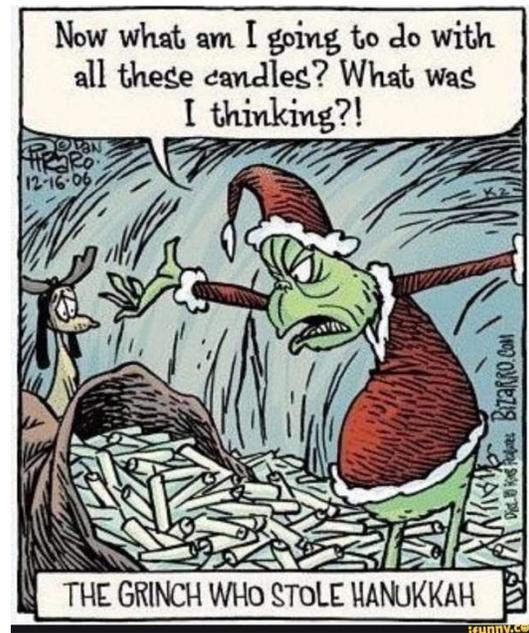
TECH TIPS

Did you know that our Marin Villages website has a Tech Tips page? If you haven't been there yet, check it out! Our wonderful tech volunteers keep it updated with timely and helpful information, and it features a reminder of the monthly drop-in tech-help office hours with the link to the Zoom (in case

you can't find your most recent *Village Square* or reminder email). Bookmark this page (and if you haven't bookmarked before, please ask our tech volunteers—they'd be happy to show you how!): <https://marin.helpfulvillage.com/pages/10372-marin-villages---tech-tips>

HUMOR





BEFORE WE GO

I thought we'd end with two items this month. The first, an inspirational poem from Saul Fisher.

Coming to Terms

as I get old
 frail and weakened
 my balance doesn't work so well
 no more jitterbug with double back spins
 can't climb that rocky slope

and yet in my mind
 i'm 35 years younger
 i can do anything
 so that i'm always surprised
 with what simply won't work

a measure of time's
 quicksilver alchemy
 an invitation to a precious awakening
 to celebrate the richness
 of living life fully

And our monthly video to take you into your day today... The axolotl might be one of the cutest creatures out there (certainly the cutest salamander). Try not to smile as you watch these little guys.
<https://www.youtube.com/watch?v=yOL3t4LMUo>

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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