

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

February 2024



At this time last year I was writing about the warm weather and sense of spring approaching, while Punxsutawney Phil had seen his shadow, predicting six more weeks of winter. This year I write during a torrential rain that included hail at our house, and good old Phil did not see his shadow, supposedly foretelling an early spring. Which just goes to show you that groundhogs are no better at predicting the future than we are. So let's live in the moment! We have a lot of wonderful events on our Marin Villages calendar this month, from the usual fun monthly events to some enlightening new Zoom sessions with the Buck Center and our favorite, Dr. Canio, as well as the return of the My Life Profile project with Dominican University. See below for details, and join us—no matter the weather!

Danielle, Marin Villages staff

MARIN VILLAGES NEWS

A very happy birthday to our February nonagenarians



Virtual hearts and chocolates to our February nonagenarians! **Janice White** joins the club this year—welcome! **Eleanor Hein** turns 91; **Mary Pat Cress** is 92; **Marie Lazzari** celebrates 95; and **Ruth Vogel** marks her 96th this year. Happiest of birthdays to all of you!

Calling all Marin Villages prose-writers, poets, and artists of all kinds!

We are trying something new, and hope you will participate. We would love to compile members' and volunteers' poems, limericks, photographs, photos of your artworks, and anything else that could go into an electronic newsletter-type mailing. Depending on interest, we will publish it annually or semi-annually—a celebration of our Marin Villages' community's creativity! Out of space considerations, please limit prose submissions to 500 words. For photos, please include your name, the name of the piece of art, and anything you'd like to say about it (we will include what we can).

Since our inaugural edition will be a test run, we'll adjust as we go along, but for now, please submit your written or photographic works (or any questions—remember, we are still figuring this out ourselves) to communications@marinvillages.org by March 31, and we will go from there! Thank you to Joan Bertolone, who sent the following limerick and was curious to hear what other Villagers might be writing.

Make room for a village poet
Someone open the Moët
Just immerse
Create a verse
And we'll do our best to post it

Make it short and sweet
Funny or thoughtful's neat
Have some fun
And when you're done
We'll all enjoy your feat
~Joan Bertolone

Dominican University's My Life Profile project is back

Marin Villages, in partnership with Dominican University of California, is excited to offer an intergenerational opportunity that brings together the wisdom of our community's older adults with the fresh perspectives of doctoral Occupational Therapy students. This project, kicking off on March 26th, is a chance for you to work one-on-one with a student to create a "Personal Life Profile" that reflects your unique lifestyle, preferences, and stories. This isn't just a document; it's a personal testament that could significantly enhance your own healthcare experiences, ensuring that your individual needs and habits are understood and respected, especially in times when you might not be able to communicate them yourself.

We are inviting 17 Marin Village members or older adult volunteers to join this meaningful project that aims to transform healthcare in our community into a more personalized and age-friendly service. By participating, you'll not only contribute to your own well-being but also engage in enriching conversations that bridge generational divides. The profile you create together with your student partner will serve as a crucial tool for healthcare providers, guiding them to care for you in a manner that honors your unique identity. Don't miss this chance to shape your own healthcare narrative. Please call the Marin Villages office at (415) 457-4633 by March 4th to be part of this unique intergenerational opportunity.

COVID UPDATE

The CDC published findings showing adults who received the updated 2023-24 COVID-19 vaccine were 54% less likely to have symptomatic infection than those who didn't. In the video below, Dr Willis explains why this is important for Marin County as transmission rates increase fueled by the JN.1 variant. After declining in January, wastewater levels of COVID are rising again, and the county expects a second spike in cases this month. To find vaccine locations, please use this link.

<https://coronavirus.marinhhs.org/vaccinefinder>

<https://www.youtube.com/watch?v=BM2SB8sb3s0>

MARIN VILLAGES PROGRAMS

Not Home Alone Valentine's Day

Wednesday, February 14, 2:00pm

Red Rooster Restaurant 901 B St, San Rafael

Corner of Third Street



Join your hostess Donnalee Wells and other Villagers to celebrate Valentine's Day for an early supper at Red Rooster Restaurant—one of BJ's favorite restaurants! Always a fun time and a great opportunity to share the holiday with old and new friends. Six menu options will be available for \$27 – \$30 and include entree, salad, cookies, tax and tip. Drinks are not included. **RSVP TODAY.** Please bring **CASH** for your meal and drink, no credit cards. RSVP to Donnalee Wells by email, phone, or text at donnaleewells@comcast.net or (415) 302-9244. Please call the office for ride requests. (415) 457-4633

Briefing with Dr. Wynn Canio: "Am I Depressed, or What?"

Tuesday, February 20, 3:00 – 4:00pm

Zoom



Dr. Wynn Canio, geriatrician at Marin Kaiser, does another informative presentation for our Marin Villages community on the topic, "Am I Depressed, or What?". Sometimes we are down or sad for a few days. Usually this is because of something going on in our daily lives. It is perfectly normal. Depression is an illness that can occur perhaps without any obvious cause and can go on for an extended period of time. It affects how we see ourselves and actually interferes with daily life. Come hear Dr. Canio help explain the differences and how to get help if you need it. **This won't be a depressing session; it will instead be empowering!** To register, use this link.

https://marin.helpfulvillage.com/events/5846-zoom-briefing-with-dr_-wynn-canio:-%22am-i-depressed-or-what%3F%22

The Biology of Aging—a special interactive learning series by the Buck Institute

Wednesday, February 21, 10:00 – 11:00am

Zoom



Join us for a six-session live Zoom and online learning course to explore the biology of aging! This course is intended for a non-scientific audience to get the inside scoop on the exciting science going on at the Buck and in labs across the world. You will have access to original online lessons delivered by Buck scientists on a wide variety of topics related to aging—which you view at your convenience—and then you will attend monthly Zoom sessions where you can interact with Buck and Marin Villages leaders and your peers to explore topics more deeply. You'll get to participate in course content that is the latest learning in the field! This Lifelong Learning Series is brought to you through a partnership between Marin Villages and the Buck Institute for Research on Aging. Please register at this link: <https://marin.helpfulvillage.com/events/5845-the-biology-of-aging---an-exclusive-interactive-learning-series-by-the-buck-institute-for-research-on-aging> and then register to view the videos on the Buck website at this link: <https://onlinelearning.buckinstitute.org/>. If you have any questions during your registration, the office will be glad to help! (415) 457-4633

Men's Coffee

Wednesday, February 21, 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, February 21, 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, February 23, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend an afternoon 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

COMMUNITY PROGRAMS

Marin History Museum Speakers Series

Tuesday, February 27, 7:00pm

Elks Lodge, 1312 Mission Ave., San Rafael

Join Jeff Burkhart, the *Marin IJ's* Barfly, for an evening of stories about cocktails, delivered as only the Barfly can, with wit and professionalism. The evening will include three stories from his books and columns, and two cocktail demonstrations. As an added bonus, the award-winning short film, "Testing 1,2,3," will be premiered. Directed by Robin Lee and based on a story from Jeff's first book, "Testing" won Best Comedy Short in six film festivals: San Jose, Amsterdam, Santa Barbara, Silk Road (Cannes), Houston and New York. This will be the film's first presentation to the public at large. Q&A will follow. Cost is \$10.

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...

Do you know a *blatherskite*, or have you experienced *curglaff*? If you have no idea what I'm talking about, check out this list of **long-lost words** compiled by Wayne University each year. Do you remember any of them? Such linguistic richness in our language!

<https://today.wayne.edu/news/2024/01/08/wayne-state-word-warriors-release-2024-list-61301>

We are all so used to bar codes by now, we probably give them little to no thought. But their history is fascinating—did you know there was a **contest to decide on the final symbol** that would be used? The seven finalists run the gamut from rainbow-shaped to circular to tech-y looking numbers.

<https://www.cnn.com/2024/01/18/style/barcode-design-history-bullseye-partner/index.html>

Could South Africa have a better spokesperson than **Trevor Noah** to promote tourism?

<https://www.youtube.com/watch?v=Zx9KwqtVc30>

Do you remember **Torvill and Dean** winning the 1984 Ice Dancing gold medal to *Bolero*? A transformative moment. Well, they are still at it 40 years later, and by the looks of it, having a marvelous time. <https://www.youtube.com/watch?v=Kdo-KqKN008>

I don't think watching **Fred Astaire** (here with the amazing **Eleanor Powell**) dance will ever get old.

<https://www.youtube.com/watch?v=eY2Dk1fpPPo>

I was in the mood for some Paris vibes and came across this lovely 2020 version of ***Sous le Ciel de Paris***.

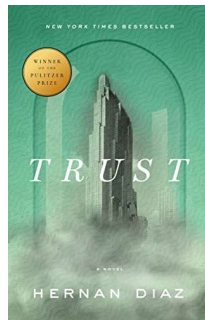
<https://www.youtube.com/watch?v=Vol9dZ-t93s> But if you prefer **Edith Piaf's** version, here it is (no video, just her singing). <https://www.youtube.com/watch?v=SC06Nyl6KKU>

Ed Sheeran had an idea for a Heinz ketchup commercial...

<https://www.youtube.com/watch?v=keOaQm6RpBg>

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

Books



TRUST, Hernan Diaz

Four competing narratives of one story illustrate the way each of us both has and finds our own lens for our experiences. Benjamin and Helen Rask are legendarily successful and wealthy, even in the excesses of 1920s New York. But how did they really acquire that wealth, and at what cost? This mystery centers the four versions of the story, versions told by four people with very different motivations. From the back of the book: “At once an immersive story and a brilliant literary puzzle, TRUST engages the reader in a quest for the truth while confronting the deceptions that often live at the heart of personal relationships, the reality-warping force of capital, and the ease with which power can manipulate facts.” Set a century ago, it feels equally relevant in a time when we are inundated with nonstop information from both reliable and dubious sources. Winner of the 2023 Pulitzer Prize for Fiction *Danielle, Marin Villages staff*

Movies



The Boys in the Boat, in theaters and on Apple TV+ and Amazon Prime

This story of nine University of Washington students who came together in 1936 from all walks of life and grew into one of the most accomplished eight-man rowing teams in America is a moving reminder of life in America shortly after The Great Depression and also the power of resilience. The story primarily follows Joe Rantz, who is living in a car among other homeless people in Seattle and studying engineering at UW. He tries out for the JV rowing team with the promise of a dorm room and a campus job, not for the rowing. While the movie primarily follows him, each of the eight men came to the boat

with a story, and their path from Lake Washington to the Berlin Olympics is an unlikely but true hero's tale. I absolutely loved the book, and recommend reading it either before or after seeing the movie (or even instead of, though this is supposed to be a movie recommendation). The characters will stick with you for a long time. *Danielle, Marin Villages staff*

TV



The Boys of '36, PBS and YouTube

For those who want to see real footage of the actual "boys," this hour-long documentary gives further insight into the eight men depicted in the movie and their achievement. It's worth a watch. *John, Marin Villages staff*

TECH TIPS

A TV Tech Tip this month: this article from NPR talks about the various streaming services available, what they offer, and what they cost. With so many to choose from, it's hard sometimes to know what to choose and how to not overlap services. This article offers some helpful advice on how to decide what's most important to you and find the services that meet your needs.

<https://www.npr.org/2024/01/31/1226117501/best-streaming-service-netflix-amazon-prime-hulu-disney-max>

HUMOR

**Does anyone know
a good Groundhog
Day joke?**

I keep hearing the
same one over and
over again.



"Don't even think about it, buster!"



BEFORE WE GO

Once again, a poem and a video, with thanks to Sue Steele for this lovely poetry from Vilma Ginzberg.

On Turning 97

although there is more to tell
and fewer words to tell with
and my sack of wisdom
is heavier than I can handle
yet every moment of truth
is a new epiphany

and each day a burst of freshness
that lights my way
through this underbrush of old age

even as the road ahead shortens
and the path has lost its smoothness
and my steps halt and stammer
yet every glint upon the rock
each drop of shining rain
fills me with light

there are bits of heaven on this path
I promise
~ Vilma Ginzberg

And lastly, a little joy from **Masaka Kids Africana** about going to school—I wish my kids would wake up with this attitude! <https://www.youtube.com/watch?v=Zbf79dFxpE8>

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