

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

March 2024



By the time this newsletter pops up in your inbox, we will be exactly one week away from the vernal equinox, also known as the first day of spring. If you're like me, you might be wondering why it will fall on March 19th, and not the 21st, as in past years. Funny you should ask! As it turns out, the last time it was on the 21st was in 2007, and it won't be back to that date again anytime soon. In fact, not until 2101. (This has to do, by the way, with the same reason we have Leap Year—the Gregorian Calendar and the solar year do not exactly line up.) So recalibrate your expectations—the first day of spring will fall on either March 19th or March 20th for the next 77 years. But regardless of the date, we still get to enjoy those first (hopefully) warm, dry days that tell us winter is behind us for another year. *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

[A very happy birthday to our March nonagenarians](#)



This month's celebrants come in pairs. **Mary Hammond** and **Jonathan Jacobs** are first-timers in the 90+ Club (welcome!); **Christina Oldenburg** and **Helen Bonapart** turn 91 this month; **Joyce Lewbin** and **Margaret DeRango** celebrate 93; and **Fran Boisson** and **Paul Hanson** are 95! We wish you all the happiest of birthdays and the cheer of spring.

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

We have been getting submissions and are excited about the potential of this new endeavor! As a refresher, we are compiling poems, limericks, photographs, photos of your artworks, and anything else that could go into a **new** electronic newsletter-type mailing featuring Marin Villages' members' and volunteers' creativity. But we need more submissions to make this work! Please consider sending your written or photographic works to communications@marinvillages.org by March 31, and we will hopefully put the collection together into a mailing. 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). We look forward to seeing your work!

COVID UPDATE

The CDC has recommended that those 65 and over receive a second dose of the most recent Covid vaccine, and Marin County Health supports that recommendation. Covid vaccines lose efficacy after six months, and Covid is not a seasonal virus like the flu—it cycles up and down all year—so it is likely we'll need to get boosters twice a year. And it works! People who get the vaccine are less likely to get sick, and less likely to have a bad case of Covid if they do. Matt Willis explains in the video below. (Note that the Covid booster discussion is in the first three minutes of the video. After that, he discusses the recent uptick in fentanyl deaths in Marin.) https://www.youtube.com/watch?v=iG_BhFPp66I

MARIN VILLAGES PROGRAMS

Mill Valley Village Men's Coffee

Wednesdays, March 6 & 20, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, including volunteers and members from other villages, to 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 St. Patrick's Day

Sunday, March 17, 2:00pm

Whipper Snapper, 1613 Fourth Street, San Rafael, between F and G



Join Donnalee Wells and other Marin Villages members and volunteers for a St. Patrick's Day early supper at Whipper Snapper Restaurant, a charming family-owned Restaurant in San Rafael. Always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served, and space is limited. 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. If you need a ride, please call the office. (415) 457-4633 The event will be indoors. The fixed-price menu will include your choice of a wonderful corned beef and cabbage entree or choice of a fish, chicken, or vegetarian entree. A more detailed menu will be emailed to you upon your RSVP.

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

Wednesday, March 20, 10:00 – 11:00am

Zoom



It's not too late to join us for a monthly 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. This Lifelong Learning Series is brought to you through a partnership between Marin Villages and the Buck Institute for Research on Aging.

Do not register again if you registered for last month's first session. Otherwise, register for the March Zoom session at this link. <https://marin.helpfulvillage.com/events/5854-the-biology-of-aging---a->

[special-interactive-learning-series-by-the-buck-institute/event participations/new](https://onlinelearning.buckinstitute.org/) 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

Technology/Computer Help Office Hours

Wednesday, March 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>!

Bocce

Friday, March 22, 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

End-of-Life Choices

Friday, March 22, 2:00pm

Marin Villages Office Building F conference room, 4340 Redwood Hwy, San Rafael



Guest speaker Susan Gess will lead a discussion about options available to those facing the end of their lives and will highlight two end-of-life topics: Medical Aid in Dying (MAiD) and Voluntary Stopping Eating & Drinking (VSED), including their legal context, eligibility requirements, and current practices. There will be plenty of time for questions and discussion. Susan retired after 28 years as a pharmacist with Kaiser. She now serves on the Advisory Council for End-of-Life Choices California and volunteers her time to support families throughout their exploration of choices at the end of their lives. Space is limited; please RSVP to Annie Rivo at anzied@gmail.com or (415) 378-3705

LGBT Coffee & More—a social gathering

Thursday, March 28, 2:00 – 4:00pm

A member's home—register for details



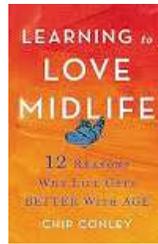
Come out to share coffee/tea/beverages & snacks, conversation, and friendship among LGBT members and volunteers from all villages and their allies. This informal, social gathering is hosted by a San Rafael villager in her Terra Linda home. There's no agenda but to meet and enjoy the company of others. Please RSVP on our website at <https://marin.helpfulvillage.com/events/5853-lgbt-coffee--more---a-social-gathering> and contact the office if you need a ride. (415) 457-4633

COMMUNITY PROGRAMS

Chip Conley: Learning to Love Midlife

Friday, March 29, 5:30 – 7:00pm

Sausalito Center for the Arts, 750 Bridgeway

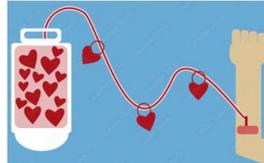


Marin Villages is co-sponsoring this event! Chip Conley is a man on a mission. The long-time hospitality industry disruptor and *New York Times* bestselling author believes the world needs a "pro-aging" message based upon Yale's Becca's Levy's research which shows that when someone shifts their mindset about aging from negative to positive, they gain 7.5 years of additional life. In Chip's talk, he will focus on Modern Elder Academy's core curriculum: navigating transitions, cultivating purpose, owning one's wisdom, and reframing our relationship with aging by being "age-fluid." Register here: <https://www.eventbrite.com/e/chip-conley-learning-to-love-midlife-tickets-852939845037?aff=oddtcreator> This is a paid ticketed event.

SAVE THE DATE

Be a Local Hero—The Outdoor Art Club Blood Drive

Wednesday, April 17, 10:00am – 2:45pm
One West Blithedale Avenue, Mill Valley



Mill Valley's Outdoor Art Club is hosting a blood drive. Please consider making a donation, as your participation will have a huge impact. It's easy—appointments can be made by calling (877) 258-4825 or going to vitalant.org. If you have any further questions please contact Mill Valley Village member and volunteer Sara Byruck at sbyruck@gmail.com.

Cowles Active Learning Program

Ongoing dates

Check out this program from Vivalon with workshops including *Storytelling: Your Story Well Told*; *Current Events and Social Issues*; and *Fiction and Memoir: Writing from the Heart*. Workshops have a charge, but scholarships are available. You can learn more and register here: <https://vivalon.org/calp/>

CHECK THIS OUT...

A pat on the back for those who still prefer pencil/pen and paper to the computer! Research shows that **writing things by hand is good for your brain**.

<https://www.psychologytoday.com/us/blog/evidence-based-living/202402/writing-by-hand-is-good-for-your-brain>

During the first Covid lockdown, a retirement home outside Vienna offered the residents a chance to brew beer in the basement, and their beer's popularity has taken off. A nice article about this and other **ways in which older adults stay active** in Austria. <https://reasonstobecheerful.world/senior-loneliness-vienna-microbrewery/>

A **rescued wombat** and her human 'sister' are the cutest things ever.

<https://www.youtube.com/watch?v=UFtotviy6P8>

This **Japanese dancer** is astounding—how does he do that stuff? (If you don't like the music, he is just as impressive on mute.) <https://www.youtube.com/watch?v=g8yLNIMwWuc>

David Tennant hosted the **BAFTA** (British Academy of Film and Television Arts—think Oscars but British) **awards show** this year, and his opening brought in Michael Sheen, Judi Dench, Tom Hiddleston and others on a Zoom looking for a dog sitter for Michael's dog. Hilarious!

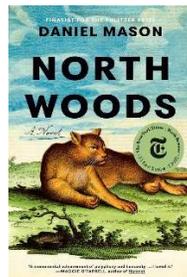
<https://www.youtube.com/watch?v=30KVuRD2o4s>

What would it be like to be **Robert De Niro's best friend**? Asa Butterfield finds out, awkwardly (but so sweetly). <https://www.youtube.com/watch?v=D2W3N5wsD6I>

Baba Yetu is a song originally composed for a video game, but became well-known and has been performed widely by a variety of artists, was nominated for a Grammy, and here is sung by the oldest choir in South Africa in a competition they won. I dare you not to be moved by the music and the voices. <https://www.youtube.com/watch?v=PCa8RxaOPW8>

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

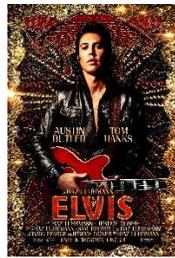
Books



North Woods, Daniel Mason

One of my favorite authors has a new book that narrates the story of a single place—a plot of land in western Massachusetts—over hundreds of years, starting with the Puritans. Mixing narrative forms and genres, he tells the story of our country as encapsulated in the experiences of those who live on the land—human, plant, animal, and even ghost. This mélange of a book captivated me with its minutiae and its grand, sweeping gestures; its heroes and its villains; its love of nature and of humans, even if they can't always both thrive together on this land. Mason was a finalist for the Pulitzer with *A Registry of My Passage Upon the Earth* (also reviewed in this newsletter a while ago), and his writing is nothing short of astounding. *Danielle, Marin Villages staff*

Movies



Elvis, Netflix

This movie was in theaters almost two years ago, but if you haven't seen it, it's a fun watch at home. The ever-hyperactive Baz Luhrmann (*Moulin Rouge, Strictly Ballroom!*) co-wrote and directed it with his signature all-over-the-map style, and Tom Hanks is a bit of a caricature as Colonel Tom Parker; but Austin Butler is an energetic, soulful Elvis (who actually sings quite like The King), and of course the music never gets old. The Presley family gave the movie many accolades for getting the relationship between Elvis and Parker right, which says something. *Danielle, Marin Villages staff*

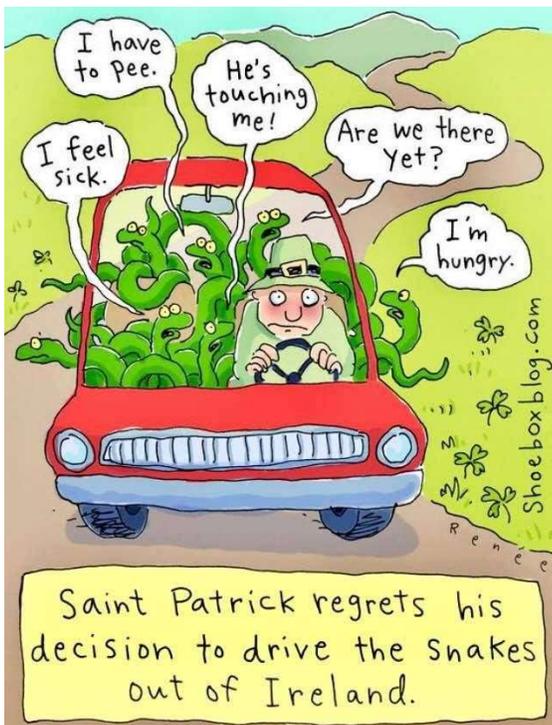
TECH TIPS

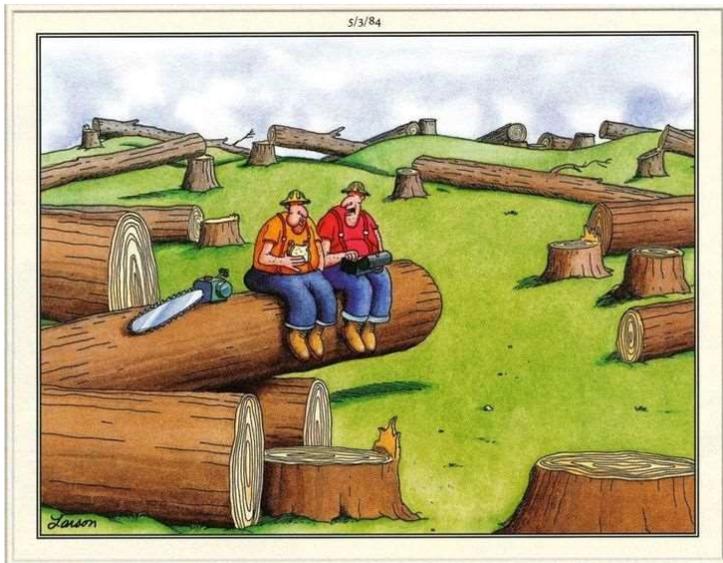
See the two latest additions to the Tech Tips page on our website—this time focused on both **scams/phishing** in general and tips on **how to guard against phone scammers** in particular. Read the detailed and helpful information here (scroll down for the monthly tips):

Scams and phishing [https://marin.helpfulvillage.com/pages/10387-marin-villages---tech-tips-\(scams-and-phishing\)](https://marin.helpfulvillage.com/pages/10387-marin-villages---tech-tips-(scams-and-phishing))

Phone scams [https://marin.helpfulvillage.com/pages/10388-marin-villages---tech-tips-\(scams-calls\)](https://marin.helpfulvillage.com/pages/10388-marin-villages---tech-tips-(scams-calls))

HUMOR





“You know what I’m sayin’? ... Me, for example. I couldn’t work in some stuffy little office. ... The outdoors just calls to me.”

BEFORE WE GO

Remember **Earth, Wind & Fire**? They’re still at it, and here they do a recent medley of their greatest hits—*September, Boogie Wonderland, Let’s Groove...* Memories!

https://www.youtube.com/watch?v=e_pPWdHu69s

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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