

[View this email in your browser](#)**MARIN
VILLAGES**

Our Paths - Our Choices

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

MARIN VILLAGES NEWSLETTER



MARCH 2020

DIRECTOR'S CORNER

Dear Marin Villages Members and Volunteers,

This month's newsletter has a significant amount of information about several events and initiatives that are important to us all over the next six weeks. First, we encourage everyone to participate in the March Census and to vote next Tuesday, March 3rd in the initial stages of an election that is shaping up to be one of the most critical in our nation's history. Next, we encourage all of you to sign up for the new and free Marin County Pulse Point Respond app that will provide real-time updates about incidents such as fires and earthquakes, as well as alerting nearby first-responders in cases of cardiac arrest.

As you know from the message we sent out last week, Dominican University has partnered with Marin Villages to provide Personal Life Profiles for up to 28 of our members and volunteers in mid-April. As of this morning, 14 of you have already registered so if you are interested in participating, please call our office to secure one of the remaining 14

slots. Also, on April 4th, College of Marin will hold its annual Mini Medical School Seminar to provide people of any age with important information about the second half of life. Online registration information is included below.

Finally, on February 9th, 75 guests participated in the Safety in Numbers luncheon at Jason's Restaurant in Greenbrae to learn more about fire season preparation and safety as well as the importance of participating in this year's census. Our thanks to Loulie Sutro, Sara Robinson and the Steering Committee members from Ross Valley Village and Twin Cities Village for sponsoring this terrific event.

My best to everyone,

Peter Lee
Interim Executive Director
Marin Villages

SPECIAL ANNOUNCEMENT



Next Tuesday, March 3, is the Presidential Primary Election in California. Remember to vote, and if you need a ride to your polling place, please call the office in advance at (415) 457-4633 to request one.

WELCOME, NEW MEMBERS & VOLUNTEERS!

MEMBERS

Mill Valley	Lorraine Norby & Robert Jones, Steve Baskin
Novato	Betty Koenig, Marilyn Scarbrough
Ross Valley	Leonard & Audrey Tirman
San Rafael	Lou Harding, Annette Rose & Chris Hardman
Twin Cities	Marie Liss, Charles & Lynne McDanel
Tiburon Peninsula	Julie Hanan Friedman

VOLUNTEERS

Mill Valley	Cherie Bremer-Kamp, Rob Rowlands, Amy Metzenbaum
Novato	Christine Johannessen, Elizabeth Ganz
Ross Valley	Julie Mozena
San Rafael	Kirsten Meadows, Lauren Musso
Twin Cities	Beth Sherry
Tiburon Peninsula	Lori Harvey, Mary Eklund

We look forward to seeing you at an event soon!

MARIN VILLAGES EVENTS

If you would like to participate in any of the activities in this newsletter and need transportation, please call the office at (415) 457-4633 to arrange a ride.

Personal Life Profiles

April 13 & 14

Dominican University has offered to create a Personal Life Profile for 28 Marin Villages members that will help medical providers better understand your healthcare needs. This is part of a national initiative that is designed to make healthcare more personal and age-friendly and we are proud to have been chosen to work with Dominican on this project.

Please find a link below that will explain the details. If you are interested in having your own Personal Life Profile, please contact the Marin Villages office to make your reservation. Since there are only 28 slots available, we will fill the reservations on a first-come, first-served basis.

To find out more, please click [here](#).

LOCAL VILLAGES EVENTS

Education & Guests

Third Wednesday Speaker Series – Grief and Grieving – What to Expect While Navigating Our Losses

Wednesday, March 18, 11:00am – 12:30p
Corte Madera Community Center
498 Tamalpais Drive, Corte Madera

Grieving the death of a friend or loved one can present us with a myriad of unexpected changes to our thoughts, feelings and behaviors. Join us as we explore and discuss what to expect on the journey as we identify practical tools for navigating through the natural process of grief.

Presenter: Michelle Miller, LMFT, Grief Counselor with Hospice by the Bay

Books

Great Books Club

Wednesday, March 25th, 12:30 – 2:30PM
At the home of Ginni Saunders, Novato

Great Books Club reads a 50–75 page essay, poem or story drawn from both historic and contemporary classics. Our source is Conversations 2, published by the Great Books Foundation. New members are welcome! If you have questions, please email Ginni at ginnisaunders@gmail.com

Groups

Village Men's Group

Wednesdays, March 4 & 18, 11:00am – 12:30pm
Sweetwater Music Café, Mill Valley

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 at the Sweetwater. To get more information or to be put on the reminder list for upcoming meetings contact Alan Hayakawa (alan.hayakawa@gmail.com or (415) 384–8998). The group meets the first and third Wednesdays of the month. See the event on the [Marin Villages website](#).

COMMUNITY EVENTS

2020 College of Marin Mini–Medical School seminar

Saturday, April 4, 9:00am – 4:00pm
James Dunn Theatre, Kentfield Campus

College of Marin (COM) presents its fifth annual Mini-Medical School: Medical Science and Aging. The Mini-Medical School seminars have been developed with a focus on the second half of life, normal human aging, and avoiding diseases. Seminar content is appropriate for passionate and curious adults, both young seniors boomers, maturing adults, and students and community members of any age who have an interest in the second half of life. This is a free seminar, and all ages are welcome.

Program partners have included top medical school clinical professors as well as respected researchers from Stanford University; University of California, Davis; University of California, San Francisco; and Kaiser Permanente. This year's seminar will include presentations by:

Dr. Maa, Marin General Hospital, Division of General and Acute Care Surgery: <https://www.linkedin.com/in/john-maa-85819a1/>

Dr. Newman, the Buck Institute for Research on Aging:

<https://www.buckinstitute.org/lab/newman-lab/>

Dr. Willis, Marin County Department of Health and Human Services:

<https://www.marinhhs.org/people/matt-willis-md-mph>

Presentation topics will be listed on our website as they are finalized.

REGISTER HERE: <https://com-mmsregistration-4-4-2020.eventbrite.com>

EVENT DETAILS: <http://www1.marin.edu/mms>

If you have any questions, please email: minimed@marin.edu or call (415) 485-9500.

READING CORNER

How to Build Healthy Habits

It's not about willpower. Good habits happen when we set ourselves up for success. This NY Times challenge will show you how.

Read more

<https://www.nytimes.com/2020/02/18/well/mind/how-to-build-healthy-habits.html?referringSource=articleShare>

[This 91-year-old's workout routine proves it's never too late to get moving](#)

At 91-years-young, Lloyd Black—a retired teacher in Semmes, Alabama—just became Member of the Month at his local Anytime Fitness. After gym manager Ashley Seaman congratulated Black in a [Facebook post](#), his thrice-weekly exercise habit went viral—and frankly, have you ever been more inspired to make time in your schedule to sweat?

Read more

<https://www.wellandgood.com/exercise-for-older-adults/>

ANNOUNCEMENTS & PAST EVENTS



Photos, from top left: Stephanie McNally of Canal Alliance and Sara Robinson of Ross Valley Village; Todd Lando and Supervisor Katie Rice; a bountiful spread; food, drink, and many friends at the event.

[The Safety in Numbers event in February was filled with helpful information, fabulous food, and an attentive audience](#)

On February 9, Ross Valley Village and Twin Cities Village committees hosted a three-speaker event for all Marin Village members. A crowd of 75 people enjoyed a colorful selection of food and beverages while hearing about fire season preparation and safety from the executive director of Firewise Marin, Todd Lando.

Supervisor Katie Rice followed with a video and information on the upcoming Wildfire Safety Measure C. Our interest is potential coordinated prevention programs for protecting and supporting seniors, low-income homeowners, and people with disabilities needing assistance to keep their homes fire-resistant.

The last speaker was Stephanie McNally of Canal Alliance, sharing the reasons why the US has a census every ten years and why it is so important to participate in order to keep enough federal funding and representatives for our communities. (For more information on this, see the Census article below.) The audience waited eagerly for the raffle drawings for emergency “go kit” backpacks and American Red Cross emergency radios, and departed with many helpful handouts, checklists, and even Measure C yard signs.

This event was the first of three Aging in Marin Speaker events. The next will be in May and will focus on financial concerns and fraud. Another will be held in the fall on nutrition and health. Keep an eye out for these.



Make Marin Count by Participating in the Census in March

Marin Villages urges all members to participate in the upcoming Census 2020 when it comes to your mailboxes in mid-March. Required by the Constitution, the census results shape the future of our community in two important ways. First, they determine our congressional representation and they are used to redraw congressional and state legislative districts. Incorrect population numbers in census data lead to

underrepresentation in electoral districts.

Second, the data collected informs planning and hundreds of billions of dollars allocated in federal funding for local programs in communities across the country. This includes funding for hospitals, housing assistance for older adults, Medicaid, wildlife restoration, fire departments, disaster response, and transportation. The data from the 2020 census will impact our communities, Marin County, and California for the next decade. When our census data underrepresents our true population numbers, we do not get the necessary funds for services for older adults, families, and children.

When you receive your information, you will be able to respond by phone, mail, or online in one of 12 languages. If you don't respond by April, the census takers will visit you where you live asking you to complete it in-person, as it is required by law.

Tell your friends, family, neighbors, coworkers, and anyone working for you that it is important to respond. Marin County will benefit from an accurate and fair count. Your data remains confidential by law and will not be made public until 2092 according to Title 13 of the U.S. Code. Your answers are only used to produce statistics that will help you over the next ten years and will help your descendants learn about their family members when they research their genealogy at Ancestry.com decades from now.



Valentine Greetings from the Heart

In February, Mill Valley Village members discovered handmade valentines in their mailboxes, created by Mill Valley public school students from Edna Maguire and Park Elementary schools, Mill Valley Middle School, and Tam High. The project was a collaborative effort between the schools, the Mill Valley Rotary, and Mill Valley Village.

Members were delighted with the beautiful handcrafted cards filled with heartfelt wishes from local students. Many members sent back words of appreciation heartily enjoying this bit of friendliness and kindness. This project is one example of an intergenerational collaboration that reaches deeply across our community.



[A Public Safety App is Available to Marin Residents](#)

An application for mobile devices now available in Marin County is designed to provide the public with real-time fire agency incident information and to locate CPR-trained people near someone in cardiac arrest.

The [free PulsePoint Respond app](#), available in the **App Store** and **Google Play**, offers Marin residents access to real-time fire incident information. Also with the app, local bystanders in Marin can be alerted to administer cardio-pulmonary resuscitation (CPR) if needed, as cardiac arrest alerts are sent to nearby participating residents when an emergency occurs in a public place.

What do you need to know? The app is now in use by all Marin fire agencies, the Marin County Emergency Medical Services Agency (Marin EMS), and the Marin County Department of Health and Human Services (HHS). PulsePoint is fully endorsed and paid for by the Marin County Fire Chiefs Association, led by Novato Fire Chief Bill Tyler.

It allows you to preselect which types of incidents to follow or to know instantly what is going on when fire engine or ambulance sirens are sounding in your neighborhood. In addition, with the alerts to participating residents in an area when someone goes into cardiac arrest, residents can start potentially life-saving CPR before emergency medical responders arrive. The app is available in English, Spanish, French, and Japanese.

IN MEMORY

Ruth Wosser, Tiburon Peninsula Village

HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to 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 and online donations.

Copyright © 2020 Marin Villages, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

