

# MARIN VILLAGES

Assisting Marin's older adults to remain active, connected  
and independent in the place they call home

## November, an Under-rated Month?

I never really think of November as being an exciting month. Actually, when I think about it, usually it is in connection for "readying" myself for the holidays. In fact, my favorite holiday, Thanksgiving, in recent years has signified the onslaught of sales, parties and year-end deadlines. November, though, is a probably one of the most special month of the year for many reasons.



In Marin, November is when we first notice the change of seasons. Our warm Indian Summer days are greeted by chilly, dark mornings. And just when we become accustomed to dawn coming later, we "fall back", change our clocks and recapture a much enjoyed extra hour. (Don't forget to do so on Sunday, November 4)

November is the month in which we express our values by turning out to vote and making our individual voice known. If you need a ride to the voting booth, give us a call! (Don't forget to either mail in your ballots or visit your voting booth on November 6th!)

Thanksgiving is celebrated at the end of November - a simple holiday when we gather with friends and family to give thanks - for friends and family, the life we enjoy and the blessings life has bestowed on us.



And of course, November is the month we show gratitude to our veterans who have sacrificed to protect our rights, this special right to vote and the life we enjoy. Please take a moment on November 11th - Veteran's Day - to celebrate the dedication of all of our U.S. military veterans.

**To our Veteran members and volunteers,  
thank you for your service!**

Below are a few websites to help support our veterans:

[U.S. Department of Veterans Affairs](#)

[Every day discounts for Veterans and their families](#)

[47 Stores that offer military discounts all year long](#)

---



## Welcome to our newest members

### Mill Valley Village:

Margery McFarland &  
John Franklin  
Fusae Miller  
Joanne Sakai  
Jean Symmes

### Ross Valley Village:

Elizabeth Leitch

### Novato Village:

Eddie Rivero

### San Rafael Village:

Gloria Perdue  
Marjorie Kurzman  
Donna Posard

## Hello to our newest volunteers

### Mill Valley Village:

Judy Cooper  
Earle Owen

### Novato Village:

Jo Johnson

### Ross Valley Village:

Tamela Smith

### San Rafael Village:

Lorraine Peters  
Shirley Sugawara

### Twin Cities Village:

Lori Lerner

---

## Picture Gallery from our Recent Events

We always report on what activities are coming up, but frequently forget to share how they went. We hope you enjoy the following picture gallery.

### Aging...BETTER!

*A Marin Village Community Event*

On October 6th over 100 people attended Aging...Better, a Marin Villages Community Event sponsored by Novato Village at the historic Novato Town Hall. The program featured a scientist from the Buck Institute who discussed our current understanding of the aging process, and an entrepreneur/inventor who discussed how advances in technology can benefit seniors.

Aging ... Better was the result of the hard work of several members of the Novato Village Steering Committee spearhead by Lou Livoti, and including Jean Gunn, Marge Jackson, Roberta Dixon and Frank Keenan. The idea for the event was sparked by a conversation between County Supervisor, Judy Arnold, a long-time supporter of Novato Village, and the Novato Village Steering Committee.



Jim Duckworth, of  
Novato Village, posting  
signage for **Aging  
BETTER**



Paula Weinberger and Shyla  
Bauer welcoming guests



Lou Livoti with speaker, Richard  
Caro.



Roberta Dixon, Supervisor  
Arnold, Lisa Brinkmann, Jim  
Duckworth and Jean Gunn

---

## Marin County Senior Information Fair

Hip, hip, hurray to Marin Villages staff and volunteers for, once again, winning an award for our creative booth at the Senior Information Fair. The theme, *Connecting Community*, was

a challenge. For our "Village Connections" booth we used pictures of our wonderful members and volunteers, expertly made cut-outs of our actual hands, and connected these to to illustrate how these helping hands support, comfort and are extended each and every day.

Our booth had a lot of activity. Thank you to our "happy hands" volunteers and all of those who helped answer questions, distribute brochures and make the day a success.



Lisa and BJ "Connecting Community"



"Happy Hands"



Volunteer, Sean Flahive, with sons Killian, Ronan and neighbor, Griffin



Member/volunteer, Jane Solomons (right) with Marilyn Boatwright



Volunteers, Michael Scheiner and Donna Posar



Members/volunteers, Sparkie Spaeth, Jane Solomons and Cherie Sorokin

## Sudha's Treasures - Opening Night Reception Town Center in Corte Madera

We enjoyed a great turn-out at the Sudha Treasures Benefit Sale Opening Night Reception! Member, Carrie Schoenbach, performed numerous works on her violin, while member/volunteer, Annemarie Clark, was instrumental in organizing and coordinating the store layout. A huge thank you to all the volunteers who have helped and are still working to make this a success!!



Cherie Sorkin, Marin Villages' Board President, thanking the guests.



Sudha Treasures volunteer extraordinaire, Annemarie Clark



Mill Valley Villagers, Carrie Schoenbach, entertaining guests



---

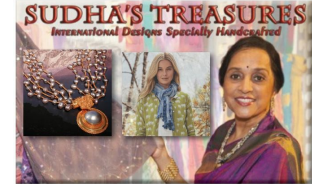
## Help Marin Villages while Shopping for Holiday Gifts!!

### Sudha's Treasures

Town Center in Corte Madera

October 27 - November 11 10AM - 6PM

Sudha will be donating all proceeds of the sale to: Berkeley Rep, Whistlestop, North Bay Children's Center and Marin Villages.



### Boon Supply ([boonsupply.com](http://boonsupply.com))

As seen in the latest Marin Magazine, Boon Supply's founder, Lily Kanter, is helping to fuel the shop-for-good movement while feeding her passion for great design. Featured as Time Magazine's July 2000 cover story, "The New Philanthropists," Lily brings over 30 years of experience in the business and technology sectors, most recently as co-founder and board member of home design brand Serena & Lily.

**50% of the proceeds from your purchases will go directly to Marin Villages!** When you go to their website, under "Find a Fundraiser" type in **Marin Villages** and happy shopping. You can also just [click here](#) to view the merchandise.

---

## Events "Around the Villages"

(for a complete list of all events and activities in all of our Villages, please see our website calendar at [www.marinvillages.org](http://www.marinvillages.org) )



### Conversation with Mystery Writers Nancy Tingley & Wendall Thomas

Thursday, November 8 - 7:00 - 8:00 p.m.

Larkspur Library

Marin Villages' volunteer and mystery author, Nancy Tingley, and comic, mystery/adventure writer, Wendall Thomas will talk about their novels. Nancy is also a specialist of South and Southeast Asian art and has worked as a curator and art consultant. Wendall teaches at UCLA at the Graduate Film School and lectures internationally on screenwriting.

### How to Use the Internet Safely

Wednesday, November 14 10:30 - 12:00 p.m.

Where: Central Marin Police Authority, 250 Doherty Dr., Larkspur

Do you use email, online bill pay or surf the internet? Are you worried about how to keep your information safe with so many security breaches? Learn how to better protect your personal data by proactively using some tips and tricks for safer use of the internet. This presentation will also help you with strategies for managing passwords, recognizing scams and teaching you the benefits of identity monitoring vs credit monitoring.

Barb Lyon of RelyOnB.net is a 20yr veteran of tech startups, managing customer and business operations. She brings her expertise to those who need help managing the administrative and financial demands of their lives.

**Age Friendly Fairfax Forum: "Housing Challenges: What Are Our Options and Our**

### **Rights?"**

**Friday, November 16 - 1:00-2:00 pm**

**Fairfax Library 2097 Sir Frances Drake Blvd.**

If you are a homeowner in Marin, what might be your options to stay in your home as you age-have you considered a junior or accessory unit, or sharing your home? If you are a renter, what are your rights when rents get raised and what other options might be available for your housing needs?

### **Marin Villages - Volunteer Training**

**When: Thursday, November 15, 2018 11:00 - 12:30 p.m.**

**Where: Marin Villages Community Conference Room**

**4340 Redwood Hwy, Ste F-138, San Rafael**

Come learn about our volunteer program - how the dashboard works, tips on working with seniors and reminders of home safety. This is a highly recommended program for all volunteers, and anyone thinking of volunteering.

---

## **Around Town**

### **Interested in Forwarding Alzheimer's Research?**

The Preventive Medicine Research Institute (PMRI) is conducting the first randomized controlled trial to determine if the progression of early stage dementia due to Alzheimer's can be reversed by a comprehensive lifestyle medicine program. The inclusion criteria include: 1) current diagnosis of dementia due to Alzheimer's, and 2) Clinical Dementia Rating scale (CDR) = 1 or less.

The intervention includes meeting in Sausalito 3 days/week, for 4 hours. For more information and to learn if you or someone you know qualifies, please call (415) 332-2525, ext. 255 or email your questions to [research@pmri.org](mailto:research@pmri.org).

### **Sausalito Village's 5th Annual Art Exhibition**

**Sunday, November 11 - 6:00 p.m. - 8:00 p.m.**

**Sausalito Library and City Hall**

**420 Litho Street, Sausalito**

Join Sausalito Village for it's Opening Reception of its 5th Annual Art Exhibition, featuring works from it's artists and writers.

[Click here](#) to view the flyer for more information.

### **SPAHR - Free Discussion Group for LGBT Adults**

**2nd Wednesday of each month - Noon - 2:00 PM**

**Corte Madera Town Center**

**Community Room 201**

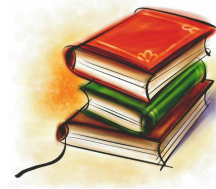
- Brown Bag Lunch: Noon - 12:30 pm
- Facilitated Discussion: 12:30 - 2:00 pm

Bring your lunch and join old friends or meet new ones as we share our lives and laughter in a safe comfortable setting! For More Information: Bri Silva  
[bsilva@thespahrcenter.org](mailto:bsilva@thespahrcenter.org) (415) 457-2487

---

## Reading Corner

If you have articles that you feel might be of interest to other members and volunteers, please feel free to send them to us at [info@marinvillages.org](mailto:info@marinvillages.org)



### Health

[Even a 10 minute walk may be beneficial for the brain](#) (NY Times)

[How intermittent fasting can be add years to your life](#) (Sharecare)

[Avoiding Falls is an important part of staying healthy](#) (LA Times)

### Topics of Interest

[Why is CBD Everywhere?](#) (NY Times)

[At 106, this doctor is not slowing down](#) (CNN)

[How the elderly lose their rights](#) (The New Yorker)

[You just need to remember to exercise](#) (UCI News)

[Sinns of cognitive decline in pets](#) (CBS Pet Projects)

[What would an Age-Friendly Community look like?](#) (Guardian)

### Technology

[The Apple Watch learned to detect falls](#) (Popular Science)

[Tiny Device Is a huge Advance for Treatment of Severe Heart Failure](#) (NY Times)

---

## Volunteers needed!!

Help us recruit volunteers to assist with the many activities required to run Marin Villages. Requirements are few - a few hours a month, doing things you enjoy anyway!

For volunteers interested in focusing on projects, we have those too! Social media, web content management, newsletters - to name a few. Tell a friend or, better yet, sign up yourself!

For an application, call 415-457-4633 or go to our website under Volunteers and download an application.

**We**  **V**olunteers!

