

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

March 2020 Calendar of Events

“Aging is an extraordinary process whereby you become the person you always should have been.” -- David Bowie

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Joan Peterson, Lou Harding, Giancarla Tacchi, Gene Karas

Volunteers: Kristen Meadows, Lauren Musso

We look forward to seeing you at an event soon!

LOCAL VILLAGE EVENTS (open to all unless noted)

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.

Book Chat

Monday, March 2nd, 2:00 – 4:00pm

At the home of Alison Fuller (415-816-0715)

304 N. San Pedro Court, San Rafael

Please join us to share and talk about what you have been reading lately, and what you think about it! Please RSVP to Val Stilson at (415) 479-1439 or valerie.stilson@sbcglobal.net. Hope to see you there.

First Wednesday Coffee

March 4th, 2:00 – 4:00pm

At the home of Suzie Pollak

1423 Grand Avenue, San Rafael

Join us at Suzie’s house for coffee, tea, snacks, and lively conversation. This monthly event is a time to catch up with Village friends and introduce new folks to San Rafael Village.

MahJong

Thursday, March 5th, 2:00pm

Thursday, March 19th, 2:00pm

823 Butternut Drive, San Rafael

On the first and third Thursdays of the month, Villagers interested in learning/playing MahJong are encouraged to sign up and purchase your cards before you attend. There is an experienced teacher to help those new to the game. Contact Gail Gifford at (415) 456-9466 for more information and to purchase your cards.

Dealing with Loss

Thursday, March 5th, 2:00pm

Dealing with Loss is a support group that comes together once a month. **There is still one slot available for a new participant.** This is an intimate exchange of like-spirited people reaching for deep personal sharing, support, and learning new tools. It is facilitated by Jackie Hewitt, who brings more than two decades of grief support to the group. Contact Jackie Hewitt at jackiejoyous@gmail.com or (707) 849-9786 with questions.

Movie Group

Monday, March 9th, approx. 4:00pm

Usually at Century Regency Theater, Smith Ranch Road

We meet for a late-afternoon movie and dinner. On the Thursday before the second Monday of each month (our monthly movie date), those Villagers on the movie-goers list will receive notice of which movie has been selected. If interested in becoming a part of this group and receiving monthly notices, contact Joan Hartwell at joanhw@comcast.net or (415) 479-9101.

Not Home Alone: St. Patrick's Day Celebration

Tuesday, March, 17th, 2:00pm

Ristorante La Toscana

3751 Redwood Hwy, San Rafael

We will meet for a late lunch/early dinner at 2:00pm followed by a movie for those who wish. Please RSVP to Donnalee Wells at ibrakeforestatesales@comcast.net or (415) 302-9244.

Read it Out Loud!

Wednesday, March 18th, 2:00 – 4:00pm

Drake's Terrace, 275 Los Ranchitos Road, San Rafael

In the Bistro Room in the Garden Building, which is at the far end of the driveway

Hosted by Marilyn Sharp (916) 837-4464. You may park anywhere in the parking lot. Please join us as we read to one another various passages, snippets, articles, poetry and even jokes that

have remained in our thoughts and are just too good not to share! Please RSVP to Val Stilson at (415) 479-1439 or valerie.stilson@sbcglobal.net.

Tour of the Presidio Officer's Club, with lunch to follow

Thursday, March 19th, 10:00am

The Presidio Officer's Club, San Francisco

We will meet at 10:00am to carpool for an 11:00am tour. The group is limited to 15, so please RSVP soon to Carole Sherick at csherick@gmail.com or (415) 479-0930.

Lunch Out!

Tuesday, March 24th, 12:30pm

Bombay Grill, 1444 4th Street, San Rafael

Delicious food and wonderful service! A buffet is available, as well as ordering from the menu. It is hard to choose from the many delicious dishes, including vegetarian, chicken, and lamb. You can order the level of spiciness you prefer. Lots of food and great prices. Please bring cash to pay your tab and plan to add 20% tip. RSVP to Val Stilson at (415) 479-1439 or valerie.stilson@sbcglobal.net.

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. If you have questions, please email Ginni at ginnisaunders@gmail.com.

Villages Book Club

Thursday, March 26th, 12:30pm

At the home of Karen Gray

If you would consider joining us this month, you don't have to read the book first, just come meet us and see for yourselves what a lively group of six readers we are. Everyone welcome. This month's selection is *March*, by Geraldine Brooks. For more information, please call Karen Gray at (714) 403-3345.

Memoir Writing Group

Friday, March 27th, 2:00pm

Susan Mines facilitates our Memoir Writing Group which meets on the last Friday of the month. This group has been meeting for over two years and is currently full (table space is maxed out). Contact Susan at souzele@comcast.net or (415) 479-1351 for more information or to be placed on a waiting list.

SAN RAFAEL VILLAGE COMMITTEES

Membership/Volunteer Committee

Wednesday, March 11th, 1:00 – 3:00pm

Marin Villages office, 4340 Redwood Hwy, Suite F-142, San Rafael

Help recruit new members and volunteers and support the ones we have. Contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net.

Program Committee

Friday, March 13th, 1:30 – 3:30pm

Marin Villages office, 4340 Redwood Hwy, Suite F-142, San Rafael

Interested in helping plan activities and social events for San Rafael Village? Consider joining the Program Committee. Contact Carole Sherick at csherick@gmail.com or (415) 479-0930.

Steering Committee

Friday, March 20th, 1:30 – 3:30pm

Marin Villages office, 4340 Redwood Hwy, Suite F-142, San Rafael

Are you interested in helping guide and further expand San Rafael Village? Do you have organizational and administrative skills you can contribute? If so, please contact Sparkie Spaeth at oksparkie@aol.com or (415) 250-3172.

SAN RAFAEL VILLAGE ANNOUNCEMENTS



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.

AND MORE...

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. 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.

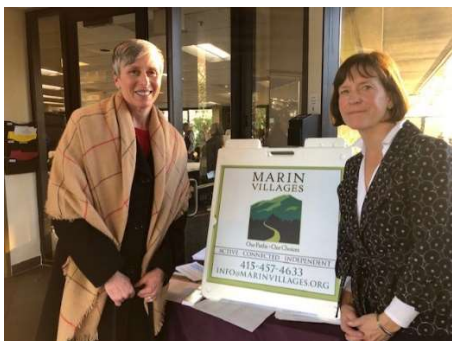
This event was the first of three Aging in Marin speaker events. The next will be in May and will focus on financial concerns and fraud. Another will be held in the fall on nutrition and health. Keep an eye out for these.



A beautiful spread



Food, drink, and many friends



Stephanie McNally of Canal Alliance and Sara Robinson of Ross Valley Village



Todd Lando and Supervisor Katie Rice



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 till 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.



A Public-Safety App is Now 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.

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org