

MARIN
VILLAGES



Our Paths - Our Choices

Tiburon Peninsula Village

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

March 2020 Newsletter



REMEMBER TO VOTE! The MARCH 3 primary is almost here!!

If you need a ride to your polling place, please call the office in advance at (415) 457-4633 to request one.



WATCH FOR YOUR CENSUS FORM THIS MONTH

It's very important to participate in Census 2020. Required by the Constitution, the Census results shape the future of our community in two important ways.

- First, the results determine our congressional representation and are used to redraw congressional and state legislative districts. Incorrect population numbers in census data led 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, including help for seniors, funding for hospitals, housing assistance for older adults, Medicaid, wildlife restoration, fire departments, disaster response, and transportation.

Older adults are considered part of the "hard-to-count" (HTC) population and that may be especially true this year as the plan is for census data to be entered online as a first and preferred method of response, though there are options for you to respond by phone, or mail as well. Note: 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. Don't be an HCT person! Your response is critical to Marin County in so many ways!

Your data remains confidential by law and will not be made public till 2092 according to Title 13 of the U.S. Code.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Member: Julia Hannon Friedman

Julia is an energetic character with lots of experience in event planning, as well as advertising. She has already been to three events since joining last month!

Volunteers: Lori Harvey and Mary Eklund

Lori has signed up to do be a walking companion and to offer help with home and office organizing, assisting with home office tasks and errands. Mary has signed up to be a driver or walking companion, and to provide companionship visits, help with home organizing and decluttering and errands.

Thank you, Lori and Mary for giving your time and energy to our village!

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.

Food & Drink

TPV Monthly Coffee at Rustic Bakery

Thursday, March 12, 10:30am

Rustic Bakery on the Boardwalk in Tiburon

Join us for Dutch-treat coffee and pastry and lively conversation. No need to RSVP, but call the office if you need a ride.

TPV Lunch at Sam's

Monday, March 23, 11:30am

Sam's in Tiburon

Join us for lunch at Sam's in downtown Tiburon. \$15 cash, payable at the restaurant. Please RSVP by Friday, March 20 so we know how many spaces to reserve. Let the office know if you need a ride! (415) 457-4633

Save the Date in April for iPhone and iPad Help!

April 27 at the home of Cherie Sorokin. One-on-one help. Save up your questions. More to come on this event in the April newsletter.

MARIN VILLAGES EVENTS

SIGN UP FOR A PERSONAL LIFE PROFILE

Be a Pioneer!

You should have received an email invitation to sign up to create a personal life profile that can be used to help healthcare providers understand more about you in situations in which you are unable to speak for yourself. This is part of a program to help make healthcare more personal and age-friendly. Marin Villages is partnering with Dominican University of CA on this project. We need 27 or 28 volunteers to be pioneers in the development of this personal profile form. The process involves being interviewed by students at Dominican on either April 13th or 14th at the home of Cherie Sorokin in Tiburon. You can keep the form and decide how to use it. No personal medical information is collected. Sign up through the office to help with this important effort to improve how our healthcare system works! But hurry, as we are accepting volunteers on a first-come, first-served basis, and about ½ the slots are filled already.

SAVE THE DATE

Hold on to Your Wallet! Protection Against Fraud and Scams

May 16, 10:30am

Community Room next to Jason's in Corte Madera

This program will provide lots of important information on how to recognize and protect yourself against frauds and the latest scams of all sorts. This is the second of our Marin Villages Aging 101 events in 2020, and is being hosted by TPV and San Rafael Villages. All are welcome. More info to come as we get closer to the date!

Last month Ross Valley and Twin Cities Villages hosted a program called Safety in Numbers covering Fire Prevention Issues (including a proposed new tax to help improve wildfire protections) and the Census. See photos below.



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

COMMUNITY EVENTS



Happy St. Patrick's Day

Corned Beef & Cabbage and Irish Music

Tuesday, March 17, 5:30pm

Belvedere Community Center

Many will be celebrating with green beer and corned beef and cabbage. How about you?

The Rotary Club of Tiburon-Belvedere is hosting this event, which should be lots of fun even if it is not a Marin Villages event! If you are interested in attending RSVP by March 12 to rsvp.rotary@telli.com, or use the link below for more information. The cost is \$50, with a no-host wine and beer bar. <https://www.tiburonchamber.org/events/details/st-patrick-s-day-party-1004>.

Events at the Belvedere Tiburon Library

Check out the library website: <http://www.beltiblibrary.org/>

There is always something interesting happening at the library!

VILLAGE ANNOUNCEMENTS

We love our volunteers and want to be sure we are keeping in touch and making sure they are engaged in ways that make them happy. In that regard, we are getting to the point where we could use a local volunteer coordinator to help! The role means periodically checking in with our TPV volunteers by email or phone, alerting Gatian Cunningham or Cherie Sorokin, the TPV Steering Team, about any problems or issues related to volunteers, and attending a meeting up at the Marin Villages Office once a quarter with other Marin Village Volunteer Coordinators. If

you are interested, please email Cherie Sorokin at cheryl.sorokin@gmail.com, or Gatian Cunningham at gatianc@comcast.net.

AND MORE...



Ruth Wosser

Ruth passed away in late February, shortly before her 102nd birthday! Ruth was a long-time member of TPV and developed close relationships with many members, volunteers, and donors. We will certainly miss her cheery personality and sense of optimism. If you knew Ruth, TPV members and volunteers are invited to a memorial reception on March 1st between 1:00 and 4:00pm at the San Francisco Yacht Club in Belvedere.



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.

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