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MARIN VILLAGES NEWSLETTER

JANUARY 2020



Empowering older adults to
be active, connected, and
independent

Aging is an extraordinary
process where you become
the person you always should
have been.
~David Bowie

A FAREWELL from Lisa Brinkmann, Executive Director

The reality of my pending retirement hit home recently at one of the holiday parties, when it was noted that I had spent close to a decade promoting the importance of Villages and the need for community-

based organizations to provide another link in the social safety net to ensure “good” aging for the older adults in our community. Somehow a decade sounded **so** much longer than ten years!

I am very grateful to the many individuals who have believed in the mission of Marin Villages from our beginnings and throughout the last 7+ years. Imagine, engaging older adults from diverse backgrounds, with unique skills and experiences, in a movement to connect neighbors, encourage community participation, and promote extending one’s independence for the sole purpose of creating an active, healthy and safe environment in which to age—look what we’ve accomplished!

I am very proud of the organization we’ve become. These first ten years found us learning from our experiences, building systems and processes to meet the changing needs of the organization, and establishing guiding principles to reinforce our mission of helping older adults remain active, connected, and independent in the place they call home.

The next decade is very appropriately starting with the year 2020, as it will see us sharpening our vision to ensure success for the next ten years. I thank all our members, volunteers, and donors—current and those who may no longer be with us—for your generosity in sharing your experiences, time and beneficence. I will look back with warm and fond memories of all the lessons I’ve learned, and know my life has been enriched by all of you.

Thank you.

WELCOME, NEW MEMBERS & VOLUNTEERS!

MEMBERS

Mill Valley Village: Ed and Liz Specht, Claire Auslen, and Linda Aroyan and Peter Veris

Novato Village: Joanne Lang, and Walter and Carol Littrell

Ross Valley Village: Corinne White

San Rafael Village: Gloria Potter

We look forward to seeing you at an event soon!

VOLUNTEERS

Mill Valley Village: Kent Johnson and Fredericka Cobey

Ross Valley Village: Cheryl Williams

San Rafael Village: Erin Grucz

Thank you for offering your time and energy to Marin Villages!

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](tel:415-457-4633) to arrange a ride.

Marin Villages – Aging in Marin Series: Safety in Numbers

An event brought by Ross Valley and Twin Cities Villages

Sunday, February 2nd 2:00 – 4:00pm

Drake's Landing Community Room

Come socialize and hear three speakers who will share important information on how you can plan for your safety and health and participate in helping Marin plan for your welfare. Todd Lando of Firewise Marin will share how you can plan to stay safe and informed during fire season. Marin Supervisor Katie Rice will explain the March wildfire-prevention ballot initiative. Stephanie McNally of the Canal Alliance will speak about how your participation in the 2020 Census is vital to Marin getting the important resources needed for our welfare. There will be appetizers, beer, and wine, and socializing time with the three speakers.

LOCAL VILLAGES EVENTS

Education & Presentations



Gabriella Mautner introduces her newest book, *Victor Nameless*

Thursday, January 23rd, 1:00 – 3:00pm

Scout Hall, Mill Valley

“Gabriella Mautner is a local treasure, an internationally recognized novelist and memoirist who has distinguished herself with literary work of a rare and high caliber,” Michael Krasny, KQED Radio. Mill Valley Village is delighted to announce a very special event celebrating and introducing the newest book, *Victor Nameless*, by village member Gabriella Mautner. “A true story of love, hope against all odds, and redemption, set against the horror of the second World War, the Holocaust, and the drama of refugees. Victor, a young German–Jewish musician, falls in love with Tatyana, a beautiful Jewish photographer from Yugoslavia. Unable to stay together, they promise to carry a torch for each other.”

Gabriella was born in Chemnitz, Germany and spent her childhood there. At the onset of the Nazi regime, her family moved to Italy where she spent her early adolescence. When Italy became unsafe the family sought refuge in Holland. In 1942, disobeying a German command to report to a concentration camp, the family fled through the maze of Nazi–occupied Belgium and France, finally reaching safety in Switzerland. They subsequently arrived in the United States in 1946. Following her bachelor’s and master’s degrees in English/Creative Writing from San Francisco State University, Gabriella taught The Craft of Writing at the College of Marin and her alma mater, and was on the faculty of the Fromm Institute at the University of San Francisco for thirty–four years. Her other novels are *Out of a Season*, *Lovers and Fugitives* and *Addio Positano*. Her memoir, *The Good Place*, was published in both Germany and the U.S. She is also the recipient of a Milley Award from the City of Mill Valley for her literary achievements.

Gabriella will not only give us some insight into her background and how it informed her literary works, but will have books for sale and be available to sign them after her reading.

Scout Hall's main entrance, which is at 30 Mountain View Avenue, is handicap accessible and leads right into the main hall where the event will be held. There is parking along Mountain View as well as around the corner on East Blithedale near the old main entrance.

Books

GREAT BOOKS CLUB

Wednesday, January 22, 12:30pm

At the home of Ginni Saunders

Great Books Club will meet on the fourth Wednesday of each month from 12:30 – 2:00pm. We will continue reading from the Great Books Conversations 2, available from the Great Books Foundation. If you have questions, please email Ginni Saunders at ginnisaunders@gmail.com.

Groups

Twin Cities Memoir Writing Group

Wednesdays, starting January 8th 1:00 – 3:00pm

At private homes

Join us for the Twin Cities Village Memoir Writing Group that will meet on four Wednesdays this month at Marty Schwarz's home.

We will explore free-writing exercises and discuss key writing elements such as how to create a narrative and how to structure your memoir. Only three openings remain, so call the Marin Villages office to enroll and if you need a ride, at 415-457-4633. Alice Joyce, the group facilitator, will contact you with further details after you enroll.

Village Men's Group

Wednesday, January 15th 11:00am – 12:30pm

Where: Sweetwater Music Café, Mill Valley

We have a terrific venue, the Sweetwater Music Hall, for our men's

group and encourage you, whether a volunteer or member, to come join us. It is an informal gathering with no particular agenda beyond the company of friends.

Contact Alan Hayakawa (alan.hayakawa@gmail.com or 415-384-8998) to get more information or to be put on the reminder list for upcoming meetings.

Looking forward to hearing from you and hope you can join the group to share your time, stories, concerns, hopes, and whatever else comes to mind.

COMMUNITY EVENTS

College of Marin's Mini-Medical School 2020

Saturday, April 4, 2020

James Dunn Theatre, Kentfield Campus

College of Marin (COM) presents the fifth annual Mini-Medical School: Medical Science and Aging. 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. Program partners have included top medical school clinical professors as well as respected researchers from Stanford University, University of California, Davis, UCSF, and Kaiser Permanente.

For event details, please visit: <http://www1.marin.edu/mms>. If you know of anyone who would like to be added to the email list, please let us know. If you have any questions, please contact Sita Williams at minimed@marin.edu.

The Ribbon of Road Ahead: A Remarkable Journey with Parkinson's Disease

Monday, February 3 7:00 – 8:30pm

3575 Geary Blvd, San Francisco

Cost: \$15, General Admission; \$5.00 students and seniors (62+)

Carol Clupny, MS, Speech Pathologist & Author

As a successful speech pathologist, Carol was accustomed to helping

others live their best lives. A mere year later, at the age of 50, she struggled to understand why she could no longer paddle a kayak or throw a ball for her dogs. She finally received a diagnosis: Early-onset Parkinson's disease. "Keep exercising, take your medication and you'll have five to ten years before life gets difficult," her young doctor advised. Carol's response? She abandoned her recliner in order to get moving, walking over 1,000 miles on ancient pilgrimage paths in France and Spain and cycling across Iowa with the Pedaling for Parkinson's team.

Institute on Aging welcomes Carol to share her memoir, *The Ribbon of Road Ahead: One Woman's Remarkable Journey with Parkinson's Disease*. From diagnosis to deep brain stimulation (DBS), Carol will illustrate how adversity in our lives can be overcome if we dare to choose an "attitude of adventure." This event is for everyone: people with Parkinson's, family members, health care professionals, anyone who has faced exceptional challenges in life, and those who just want to hear a good, inspiring story. Carol will review symptoms of Parkinson's Disease, treatments for the disease, and how attitude and life choices can affect the progression of P.D.

Registration/Information: <https://carolclupnyioa.eventbrite.com>

Reducing Inflammation and Managing Sugar

Monday, January 13, 10:30am - 12:15pm

Corte Madera Library

Amanda Newman-Crutcher, the Nutrition Education Manager at Ceres Community Project, will discuss inflammation: what causes it, and which foods lower it. She will review the health impacts of sugar consumption and how to manage blood sugar without feeling deprived. Learn to prepare Ceres' Toasted Sunflower Seed Kale Pesto and Tahini Miso Sauce, and then enjoy eating them!

All Things Apple

Tuesdays, January 14 - 28 1:00 - 3:00pm

Corte Madera Library

All Things Apple is a series of free, drop-in classes for both beginner and intermediate Apple users. Discover how to get the most out of your

Apple computer, iPad or iPhone in these interactive classes. And, learn how to protect yourself from online hackers and create safer passwords.

January Session Topics

January 4: Telephone and Facetime

January 21: Camera & Photos

January 28: iCloud for Syncing and Storage, external memory/storage

For a complete list of classes through March 10 visit

<https://marinlibrary.org/19646-2/>.

Third Wednesday Speaker Series – Options to Get Around: Marin Transit Systems AND the SMART Train

Wednesday, January 15 11:00am – 12:30pm

Corte Madera Community Center

Mobility is the key to independence for everyone. Come learn about the many transit options available in Marin County. They include public bus systems, ferries, paratransit services, transportation programs, a trip-planning personalized “Travel Navigator” and now the SMART train. Presenter: David Ohman, Travel Navigator Supervisor, Marin Access.

READING CORNER

[How two experimental Alzheimer's drugs reverse aging](#)

[I'm on Medicare but I still got stuck with a \\$25,000 hospital bill](#)

[Volunteering and other good deeds reduce physical pain, study finds](#)

MEMBERS' AND VOLUNTEERS' CORNER

Marin Villages member Ginni Saunders took a trip down memory lane in the Marin IJ when the Washington Nationals won the World Series.

When I was about 3, my father listened to Washington Senators games

on a small radio console. He sat cross-legged on the floor, shoes, rags, chamois and polish in front of him. He told me Arch McDonald was the game announcer. I looked inside the radio box, wondering how a man could fit inside that radio.

Later, my father told me that Arch McDonald would read the results of away games from ticker tape. I asked him to buy ticker tape for me so I could announce games...

[Read the whole article here](#)

Please enjoy this Christmas poem by Novato Village member Marilyn King!

2019: A Night Before Christmas

From oppressive reality and below-low temperatures
 we step across a threshold into Ghirardelli Square's kite shop.
 Here, hanging above our heads and below ceiling lights
 beaming down through a banquet of colors, appears a wonderland
 of flying things with strings that keep company with blue skies.
 This enchanting canopy, lit from above, imbues the scene with the hue of happiness.
 I'm enthralled by dragons with mouths afire and down-to-the-tail scales,
 tropical toucans twitching long, fuchsia-feathered tails,
 rainbow spinnakers hugging snow-white sails,
 pirate ships that never plunder, grab no booty, and airplanes,
 which, should they crash, won't fly asunder, and ever refuse to burn.
 Our eyes grab on to the whole gaudy oddity: gift-wrapped artillery
 to arm our hearts against the old, cold cheek of world.
 From paper cups we sip hot cider that warms our hands, paints roses on our lips.

Origami night unfolds like inevitability.
 People like us bursting to cry out, *Bring on the kid stuff! Ignite our passion for play!*
 I'll buy these glowing hopes, these paper promises of birds and butterflies
 to skate above the earthbound when life's gone flat,
 trumped us till nothing rises.
 I'll doff my leaden leggings, float skyward on surprises,
 claim
 my lost
 freedom,
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(
childhood irresponsibility.

ANNOUNCEMENTS

Twin Cities Village's holiday luncheon was a wonderful opportunity to showcase the benefits that the Villages offer the elderly in Marin.

[Read the article here](#)

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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