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MARIN  
VILLAGES



Our Paths - Our Choices

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



ROSS VALLEY VILLAGE  
NEWSLETTER

JUNE 2020

## HOW TO TAKE CARE OF YOUR MENTAL HEALTH

Calls are increasing to the county mental health crisis response lines. They are hearing from young adults, single adults, those with pre-COVID mental health issues and those who are feeling anxious, angry, frightened, frustrated and sad. In other words, every type of person. All of those feelings are normal during this pandemic according to mental health experts.

Yet as the crisis continues, the prolonged isolation, fears about financial insecurity, separation from loved ones, and even fears about returning to doctors for needed medical care trigger spikes in depression, anxiety, substance abuse, changes in eating and/or sleeping patterns, and physical symptoms. According to a recent poll by Kaiser Family Foundation, almost 1 in 5 say the pandemic is having a “major impact” on their mental health.

At times like this, we can use someone to talk to, to learn that others are experiencing the wave of emotions that we are feeling. Marin Villages is here for you. We are able to make companionship phone calls or emails regularly. Call the office to arrange for a regular

companionship caller. **It is ok to not be ok at this time.** The county is also providing resources to people experiencing distress or heightened anxiety right now. They want to hear from anyone who needs help.

- 24/7 Behavioral Health Services, Mental Health and Substance Use Access and Assessment: (888) 818-1115
- 24/7 Crisis Stabilization Unit: (415) 473-6666
- 24/7 National Suicide Prevention Line: (800) 273-8255
- If you are experiencing an emergency please call 911 immediately

Hopefully these options and the resources provided below illustrate how none of us is alone in this pandemic. Take action to take care of your mental well-being now.

### **Here are some tips for how to handle mental health challenges during this stressful time:**

- **Eat regular and balanced meals.** Need help getting groceries? Call the office for an errand volunteer
  - **Get plenty of sleep**
  - **Go outside,** even if in your yard or on your deck. Take off your shoes and put your feet in the grass or on a warm stone or warm wood to ground your thoughts and body. Sit in the sun for a while.
  - **Stay physically active.** Exercise and stretch, walk and try our chair yoga class.
  - Acknowledge your feelings and **practice self-compassion.**
  - **Connect** with family and friends by phone or video, or with neighbors outside.
  - **Practice gratitude.** Think of what you can be grateful for. Research shows that doing this regularly increases happiness and reduces depression while lowering the body's stress response.
  - **Do you need someone to talk to regularly?** Call Sara at Age-Friendly San Anselmo to be matched with a local Check-In and Chat volunteer. (240) 838-0868
  - **For information on County resources and services specifically for older adults** (persons 60+), persons with disabilities, and family caregivers, call (415) 457-INFO (415-457-4636) or email [457-INFO@marincounty.org](mailto:457-INFO@marincounty.org)
  - **Great Plates Marin:** If you would like three free restaurant meals a day delivered to your home please call (415) 456-9073 to apply, or visit <https://www.townofsananselmo.org/1413/Great-Plates-Marin> for more information and tips on applying.
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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Ron Steinau, San Anselmo

**Volunteers:** Cindy Stameroff, Fairfax

We look forward to seeing you at an event soon. Thank you for giving your time and energy to our village!

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## LOCAL VILLAGE VIRTUAL EVENTS CALENDAR

### Education & Presentations

#### **Gardening and the Great Outdoors Discussion Group**

Tuesdays, 4:00pm

Led by Alexis Fineman, this reading and discussion group will focus on things that are happening in the outside world around us. This is a broad topic, and readings and discussion may range from seasonal gardening activities to local wildlife activity, weather patterns, natural history, and the changing climate, depending on group interest. Each week a series of articles will be sent out. The content of these articles will guide the discussion for the coming class. Email [SaraAgeFriendly@gmail.com](mailto:SaraAgeFriendly@gmail.com) to receive Zoom meeting information.

#### **Watercolors with Debra**

Mondays and Wednesdays, 10:30am – 12:30pm

In Debra's class, you'll discover the inner artist you might not have known existed. Debra will teach techniques to beginners, and experienced artists will have the opportunity to hone their skills and enjoy the creative process. All you need are round brushes, Size 8, 10, or 12, watercolor paper and watercolors. Amazon has a variety of supplies you can easily order. Riley Street in San Rafael ([www.rileystreet.com](http://www.rileystreet.com)) and Perry's Art Supplies in San Anselmo (415) 454-3317 are taking phone orders and providing curbside delivery.

Meeting ID: 337-280-620

Join URL: <https://zoom.us/j/337280620>

### Exercise & Wellness

## **Online Golden Chair Yoga with David Knox**

Thursdays, 11:00am

This is a gentle chair yoga class in which we will learn to safely move and stretch our body. Our focus will be on breathing, range of motion, strength, and flexibility. The practice will also be infused with yoga philosophy, physical and energetic anatomy, and meditation. Please have a sturdy chair with no arms and a small blanket available. The chair will be used for seated poses as well as support for standing poses. Please be able to move from the chair to standing and back to the chair safely. Join us for gentle to moderate stretching, yoga inspiration, and guided meditation. All levels welcome. One hour in length. E-mail [kmacleod@townofsananselmo.org](mailto:kmacleod@townofsananselmo.org) for the Zoom link and password (Be sure to have Zoom downloaded onto your computer ahead of time.)

## **Chair Exercises with Pam**

Wednesdays, 1:00pm

Join Pam Waterstone for gentle, safe exercise while remaining seated. These mild exercises are ideal for those with high risk of falls, who have severe joint problems, or who are wheelchair bound. These exercises have shown to improve strength, flexibility and blood circulation, as well as to boost one's mood.

Meeting ID: 401-420-981

Join URL: <https://zoom.us/j/401420981>

## **Heart to Heart with Therapist Lynne Dixon**

Mondays, 5:00 – 6:00pm

Each week we will be exploring our thoughts and feelings related to issues that touch us during the pandemic. For anyone suffering grief, anxiety, or other emotional struggles during the pandemic, this is a virtual support group led by Lynne Dixon, a psychotherapist and Good Fairy volunteer. Come as needed or attend every week. Share your views and find some comfort. Please email Lynne ([Lynne@lynnemdixon.com](mailto:Lynne@lynnemdixon.com)) by 3:00pm the day of the meeting to let her know you would like to attend, and a link will be sent to you. Please arrive on time; the meeting will be locked at ten past the hour to allow for a safe and productive space.

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## MARIN VILLAGES EVENTS

### Meeting on Public Health

Friday, June 5, 3:00pm

Mill Valley Village, Ross Valley Village, and Novato Village are inviting you to a scheduled Zoom meeting on the topic of Public Health. Speakers will be Larry Meredith and Sparkie Spaeth, Marin Villages board members who both have extensive public health experience. They will be interviewed by Marin Villages President Cherie Sorokin. Hope you can join us! Please RSVP to Loulie Sutro ([lhsutro@msn.com](mailto:lhsutro@msn.com)) to receive reminders.

### Join Zoom Meeting

<https://us02web.zoom.us/j/84753364794>

Meeting ID: 847 5336 4794

Password: 190374

### One tap mobile

+16699006833,,84753364794#,,1#,190374# US (San Jose)

### Dial by your location

+1 669 900 6833 US (San Jose) (same meeting ID and password)

### Staying Safe and Sane

Thursday, June 18, 4:30pm

Save the date of June 18 at 4:30pm for a presentation on Zoom by Marin Villages members **Sue Steele** (MA, psychotherapist) and **Patricia Stamm** (MD, psychotherapist). This program will provide practical self-care tips to help us navigate the ups and downs we experience during this pandemic. They will also provide helpful info on what to look for in a therapist, if at some point you think you need some actual one-on-one counseling. Sue Steele is on the Marin Villages board and an active member and volunteer in Mill Valley Village. Patricia is a Marin Villages member and volunteer in Novato Village. Both are practicing therapists. Please RSVP to the office at (415) 457-4633 if you are interested in attending this program.

### Marin Villages Book of Poetry

*Roses are red  
Violets are blue  
We're looking for poems  
written by you!*

We have launched a new village-wide program to create the first ever Marin Villages book of poetry. Poems can be funny, sad, happy, silly, or deeply philosophical. They can rhyme or not, be related to COVID-19 or not. The only criteria are that they be written by you during this time of sheltering-in-place and sent to us before June 30. Give it a try! Get those creative juices flowing and join your fellow villagers in this fun project. Email or mail your poems to Cherie Sorokin, [cheryl.sorokin@gmail.com](mailto:cheryl.sorokin@gmail.com) or 120 Geldert Dr., Tiburon 94920.

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## COMMUNITY EVENTS

### College of Marin Community Education Classes for Summer

Take advantage of the extra time and learn about one of the following:

Hemingway and Fitzgerald  
Wild Goose Qi Gong  
Intro to Social Media for Older Adults  
The British Invasion: British Rock

...or others from their schedule! Visit [www.marincommunityed.com](http://www.marincommunityed.com)

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## PETAL PUSHERS FLOWER DELIVERY

Next week is the last week!



## Know someone who could use a colorful surprise and emotional lift?

Nominate a person to receive a [Petal Pushers](#) flower delivery next week. A group of volunteers are making flower arrangements from local garden donations and delivering them by bike and car to people who are housebound, who could use a special thank you, who are having a birthday, or who just need a little joy in their day. Go to the [Petal Pushers website](#) and enter in the information about the person the arrangement should go to. Deliveries are on Thursdays. The program ends on June 4. Safety precautions are taken throughout the floral cutting through delivery process.

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## AND MORE...

### [Quarantine Kitchen: Recipes to bring spring inside!](#)

**Recipes from local Le Cordon Bleu chef and author Lynda Balslev**

[Chilled Pea Soup with Tarragon and Cream](#)

[30 Minute Coconut Chicken Curry](#)

[Porcini and Rosemary Crusted Lamb Chops](#)

[Pantry Dinners: Lemony Spaghetti with Tuna, Peas, and Chiles](#)

[30-minute Dinners: Asparagus Carbonara](#)

### **TED TALKS For Emotional and Mental Well-Being**

[It is ok to feel overwhelmed, here is what to do next](#)

[In praise of slowness](#)

[Embracing elderhood as a stage of life](#)

[How boredom can lead to your most brilliant ideas](#)

[Why you should talk to strangers](#)

[What is depression?](#)

[Why we all need to practice emotional first aid](#)

### **Helpful Tip**

**Do you or someone you know use a medicalert?** If it is tied to a landline, it is likely that it won't work in a power outage since most landlines are now on the VOIP system (phone system over internet cable). So anyone with a medicalert potentially has extra vulnerability in an outage. Your Medical Care Alert System requires a clear, strong, reliable telephone signal to ensure that both voice and data are clearly transmitted over the phone line to the monitoring center. Check with your medical alert system provider to check on what will happen in a

power outage that takes out the internet.

*"The only way to make sense out of change is to plunge into it, move with it, and join the dance." -- Alan Watts*

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## 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](http://www.marinvillages.org)) for application forms and online donations.

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