



Twin Cities Village

January 2020 Newsletter

Serving the communities of Corte Madera and Larkspur

Please always check out the events page on [The Twin Cities Village Website](#) as sometimes the times of events change after the publication of the monthly newsletter.

A Farewell Note from Executive Director, Lisa Brinkmann

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.

What's Happening in Twin Cities Village

Twin Cities Memoir Writing Group

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

Where: at private homes

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

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 office at 415-457-4633 to enroll! Once enrolled, Alice Joyce, the group facilitator, will contact you with further details.

Happy Hour

Tuesday, January 14 3:00 – 5:00pm

Where: Left Bank Brasserie, Larkspur

Members, volunteers, and friends are all welcome at this friendly social event. No-host bar with tasty finger foods. While nothing is guaranteed, our experience is that all attendees leave at least 10% happier.

Twin Cities Village Steering Committee

Monday, January 27 10:30am – noon

Where: Larkspur Park & Recreation Center

The steering committee meets on the fourth Monday of each month to discuss a variety of topics, all related to Twin Cities Village.

And Elsewhere Around Marin...

LionShare Day of Service

Saturday, January 11, 2020 9:00 am – Noon

Dedicated members of the CM Lions Club are volunteering to help our older residents in Corte Madera with tasks such as changing smoke alarm batteries, turning a mattress and opening difficult windows for cleaning.

If you are a senior in need of a "hand around the house" and live in Corte Madera call (415) 480-9758 to schedule help from our beloved Lions.

Village Men's Group

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

Where: Sweetwater Music Café, Mill Valley

This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us at the Sweetwater. To get more information or to be put on the reminder list for upcoming meetings contact Alan Hayakawa (alan.hayakawa@gmail.com or 415-384-8998). The group meets the first and third Wednesdays at 11am at the Sweetwater.

On-street parking is available nearby as well as behind City Hall (across the street). Members may call the office (415-457-4633) to request a ride to this or any other event.

Art Exhibit: Portraits With a World View

January 7 – 23, 2019

Meet the Artist: Sunday, January 12, 2:00 – 4:00pm

Where: Corte Madera Library

Marsha's passion is to preserve images of people not yet transformed by globalization. As she travels and connects to individuals, she captures their images first in photographs and follows with an artistic rendering. Come to the reception to meet the artist, enjoy light refreshments and find the beauty in diversity.

Reducing Inflammation and Managing Sugar

Monday, January 13, 10:30am – 12:15pm

Where: 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

Where: 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

Where: 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.

SAVE THE DATE

Marin Villages – Aging in Marin Series: “Safety in Numbers”

An event hosted by Ross Valley and Twin Cities Villages

Sunday, February 2 2:00 – 4:00pm

Where: Drake’s Landing Community Room

Come socialize and hear three speakers who will share important information on how:

- you can plan to stay safe and informed during the fire season;
- March’s wildfire prevention ballot issue might impact you; and
- to ensure your voice is heard and you can secure key future resources through participation in the 2020 Census.

Todd Lando of Firewise Marin, Supervisor Katie Rice and Stephanie McNally of the Canal Alliance will be our speakers.

Refreshments and beverages will be served. If you need a ride, please call the office at 415-457-4633.

Twin Cities Village Contacts

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