



MARIN VILLAGES

Assisting Marin's older adults to remain active, connected
and independent in the place they call home



I know, I should be writing about uplifting, joyful holiday activities and wishes, but I am using this holiday post to send my last wish for 2018.

I wish that you stay safe, healthy and free from falls.

Falling for many older adults is the first (mis)step to serious life changes. The most dire, of course, is death, but for many it results in hospitalization, rehabilitation and modified mobility - and ultimately the loss of independence.

Winter and the holidays bring early darkness, wet and slippery walkways and steps, chilly days and lots of festivities. In the hectic days ahead, I ask that you consider these few tips:

1. make sure your home and surroundings are well lit - before it gets dark;
2. take an extra minute or two before racing off - slow it down a notch;
3. be aware of wet leaves, tile steps and walkways;
4. dress warmly - wear your scarves, gloves and hats;
5. monitor the holiday cheer - watch your alcohol intake;
6. don't be shy to ask for or take a hand/arm if you're offered;
7. if you need a cane, walker or other device - use it!



I wish you all a happy holiday and look forward to 2019!



Welcome to our newest members

Mill Valley Village: Novato Village:



Hello to our newest volunteers

Mill Valley Village: Twin Cities Village:

Ingrid Butler
Rosellen Courtright

Marlene McDonald

Joanne Sakai
Karen Murray

Linda Denis
Peggy Burnett
Anne Zucchi

Ross Valley Village:

Cecile Buckley
Yvonne Beller
Kay Slade
Patricia Fasco

San Rafael Village:

Ginette Givone
Mara Mamet

San Rafael Village:

Gail Gifford

Twin Cities Village:

Joy Gordon
Marian Baskind

Tiburon Peninsula Village:

Christina Kan-Duley

Events "Around the Villages"

(for a complete list of all events and activities in all of our Villages, please see our website calendar at www.marinvillages.org)



Holiday Parties Abound



All of our local villages are hosting holiday gatherings during the month of December. These are open to members and volunteers, and in some cases, guests.

Please check our [event calendar](#) so you can mark your calendar for some holiday cheer!!

Age Friendly Fairfax Forum: "Handling Life's Emotional Ups and Downs"

Friday, December 16 - 1:00-2:00 pm

Fairfax Library 2097 Sir Frances Drake Blvd.

Enjoying and feeling at ease with life, and also experiencing loneliness and depression are common at all ages. But aging brings its own special challenges and advantages. What specific tools or resources can help us with these ups and downs of living? Join our conversation with a clinical therapist to consider making the most of our feelings and experiences.

Marin Villages - Volunteer Training

When: Thursday, December 13, 2018 11:00 - 12:30 p.m.

Where: Marin Villages Community Conference Room

4340 Redwood Hwy, Ste F-138, San Rafael

Come learn about our volunteer program - how the dashboard works, tips on working with seniors and reminders of home safety. This is a highly recommended program for all volunteers, and anyone thinking of volunteering. To sign up, [click here](#) or call the office at 415-457-4633

Marin Villages Annual Appeal

How else but through the generosity of an organization like the Gruber Family Foundation would Marin Villages have the opportunity to double its fund raising potential?

The Gruber Family Foundation has offered to match all funds, dollar for dollar, raised through this year's annual appeal - up to \$10,000! Help us meet (and exceed) this goal so we can continue to provide personal, friendly assistance to older adults and organize the programs and activities to keep us all active,



connected and independent!!

Please consider making a donation, by [clicking here](#) or mail a check to the office at:
Marin Villages
4340 Redwood Hwy, Ste. F-142
San Rafael, CA 94903

Other ways of donating:

- Selling appreciated assets (property, stocks, bonds, etc) to make a charitable gift to Marin Villages may enable you to reduce or even eliminate capital gain tax and claim an income tax deduction.
- Those age 70.5 years and older can make gifts directly from their IRA, free of federal income tax without increasing adjusted gross income

Contact your tax professional for specific advice.

Help Marin Villages while Shopping for Holiday Gifts!!

Boon Supply (boonsupply.com)

Boon Supply is partnering with non-profit's to help boost their fundraising efforts and Marin Villages has joined their platform to add some fun to donating. When purchasing through the Boon Supply **50% of the proceeds of each purchase goes directly to Marin Villages!**



To shop, go to boonsupply.com, under "Find a Fundraiser" type in **Marin Villages** and happy shopping. You can also just [click here](#) to view the merchandise.

Marin Villages Members and Volunteer Columbia Employee Store Discount!

Marin Villages members and volunteers are invited to shop the Columbia Sportswear Company Employee Store from December 7th - January 1st. You can enjoy:

- the EMPLOYEE discount (items marked at 40-50% off regular retail pricing)
- the latest product from the Columbia Sportswear Company family (SOREL, Mountain Hardwear, prAna, and of course Columbia Sportswear).



To enter the store, you will need to bring a copy of the attached invite ([click here](#)) as well as your Marin Villages' member/volunteer card. If you don't have a card, call the office and we'll send you one or drop by and pick it up. You are also able to bring up to 4 guests!

Below is the store contact:

Richmond Employee Store Team | Columbia Sportswear Company
1414 Harbour Way South, Ford Point Suite 1005, Richmond, CA 94804
Store Phone Number: 510-558-2995

Staff Changes

We are disappointed to announce that Martha Walters is no longer working with us as our Volunteer Coordinator. Martha shared: "It is with mixed emotions that I am leaving Marin Villages. I wish all the members and the outstanding volunteers all the best." We wish her much success.

We are currently searching to fill this position.

Are you Ready?

The devastation from the Camp Fire is only now being discovered, but one thing that many that we know is that you can never be "too" ready for a disaster. Seniors, in particular, seem to be especially hard hit. There are steps you can take to prepare, so that if a major fire, earthquake or other emergency strikes, you know that you have done all you can to plan for it and the aftermath.

Ready Marin is Marin County's source for information on emergency preparedness, whether you are just starting or an experienced emergency volunteer.

Its mission is to provide guidance, training and resources to keep you and your family safe during an emergency, whether it requires you to evacuate or shelter in place. You will find information and links to resources, checklists, and training opportunities. Let's get prepared.



[Click here](#) for the link to their website and access to these valuable tools, plans and checklists. (or go to readymarin.org)

Around Town

San Rafael Village member/volunteer art show

Halocline Studio is proud to present artwork from Bay Area artists who use discarded materials in highly creative ways. These artists have a keen eye for finding creative capability in what is too commonly thrown out. The show opens this December 1st from 7-9pm. We hope to see you at the studio to celebrate these amazing artists!

Address: 1608 Sir Francis Drake Blvd, Unit B San Anselmo, CA 94960 (north side of the street, just before Fairfax town limit)

Reception is December 1st, 7:00 -9:00 pm

& exhibit continues through December 28th, Monday-Friday 9am-5pm.

Call Randy Gaul to ensure gallery will be open (415) 497-0453.

Larkspur Library Presents: Medicare: Annual Choices and Changes

December 5 1:00 - 3:00

Larkspur Library, 400 Magnolia Ave., Larkspur

Get educated so you can make informed choices about your Medicare options. This is a free and unbiased seminar presented by Health Insurance Counseling and Advocacy Program (HICAP), HICAP is a non-profit, and authorized by the CA Department of Aging. They do not sell anything or endorse any companies.

Holiday Office Hours

Please know that the office will be closed on
December 24th and 25th.

We appreciate your friendship, patience and understanding as we approach the holidays. While we hope to fulfill most of your requests, we may have greater challenges during the end of the year, as many of our volunteers might be spending time with their families and friends. Thanks!



Reading Corner

If you have articles that you feel might be of interest to other members and volunteers, please feel free to send them to us at info@marinvillages.org



Health

[Need a flu shot? Get it now \(NY Times\)](#)

[Ginsburg's Prudence helped her Admittedly Worrisome Diagnosis \(SLATE\)](#)

[What to know about flu shots, no matter who is paying \(NY Times\)](#)

Topics of Interest

[New government guidelines say get your exercise in small doses \(Washington Post\)](#)

[Why it takes a Village to Care for a retiree \(US News and World Report\)](#)

[Before you hire, questions for in-home caregivers \(caringfromafar.com\)](#)

[Marin Age-Friendly reshapes communities \(Marin IJ\)](#)

Technology

[Why installing a smart doorbell might be a clever move \(Washington Post\)](#)

Volunteers needed!!

Help us recruit volunteers to assist with the many activities required to run Marin Villages. Requests are minimal - a few hours a month, doing things you enjoy anyway!

For volunteers interested in focusing on projects, we have those too! Social media, web content management, newsletters - to name a few. Tell a friend or, better yet, sign up yourself!

For an application, call 415-457-4633 or go to our website under Volunteers and download

an application.

We  **V**olunteers!

 Like us on Facebook