



# MARIN VILLAGES

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

## Director's Corner

Isn't it amazing what a little sunshine can do for your spirits and energy level? I wasn't sure I was going to make it through March with all the rain, but then we were gifted with a brilliant, Spring weekend.



While the last thing I wanted to do was to sit in a car for hours on end, I apprehensively (I'm always a bit anxious of traffic on the weekends) set out Saturday morning for Rescue (it's a town) to celebrate my great niece's 5th birthday. The trip had originally been planned to visit my brother, who was recovering from hip surgery, but it morphed into a birthday celebration with his grandkids.

The ride itself was surprisingly pleasant. During the 2+ hours, I was amazed at how lush and green everything has become. At one point, outside of Vacaville, I actually had to check the exit signs to make sure I was on the right freeway, as I passed orchards in bloom and lakes where I hadn't seen water before. And best of all, the terrible congestion was going the other way!

As I walked up to the door, I was greeted by my great niece, Lauren, who was smiling from ear to ear, bursting with excitement as she immediately declared, "today's my birthday party!" And while she giggled as I handed her a present, she exclaimed "and my best friend is coming!" It was a time to celebrate.

Watching the kids, I was reminded of how important simple celebrations with friends and new acquaintances can be. Getting together, sharing a fun game or project, enjoying favorite foods (pizza and cake) and spending the time to congratulate milestones can buoy joyfulness for days. Memories are made which are enjoyed for months. And while I couldn't go on the trampoline or swing upside down on the swing set, I thought back to the times when I could.

Please plan to join us at our many activities, especially during this 10th Anniversary year, and let's make some memories together!

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## Cherie Sorokin Marin Women's Hall of Fame Inductee



Congratulations to Marin Villages' Board President, Cherie Sorokin, on her induction to the Marin Women's Hall of Fame! We are very proud of her accomplishments and to have had the honor of watching her receive this award.

Cherie was recently featured on Channel 26 as well as in March 13th article in the Tiburon Ark.



**Welcome to our newest members**

**Mill Valley Village:**  
Diedre McCrohan  
Donna Terry

**Novato Village:**  
Blythe Ousterman  
Connie Ferguson

**Ross Valley Village:**  
Victoria Saxe

**San Rafael Village:**  
Barbara Duttweiler  
Gerald Kotler  
Christoher Ureel

**Twin Cities Village:**  
Margo Lesch  
Carol Robinson



**Hello to our newest volunteers**

**Mill Village Valley:**  
Michelle Fallone

**Novato Village:**  
Carole Ning

**Ross Valley Village:**  
Linda Smith

**San Rafael Village:**  
Juliette McDowell

**Tiburon Peninsula Village:**  
Jeanne Austrian

**Twin Cities Village:**  
Diane Flores

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**In Memory**

Please keep the following members who have passed away since January in your thoughts:

**Mill Valley Village:** Alan Bonapart, Bernard (Clyde) Cohen, Pauline Scott

**Novato Village:** Bernadette (Bernie) Bolger

**San Rafael Village:** Patti Newman, Barbara Rozen

**Twin Cities Village:** Judy Long, Thomas Robertson



**Mark your calendars** and look for upcoming events to celebrate Marin Villages' 10th Anniversary activities:

We hope you will be able to join us at one of the many events celebrating our 10th year.

April 10 - The Art of Dim Sum [Click here for more info and to register](#)

June 1 - "Poetry to Our Ears": a Marin Villages' Intergenerational Poetry Reading of Poems from the Heart

June 29 - "Dig In: Secrets of the Soil" with Soil Scientist Stephen Andrews, in support of Marin Villages

July (Date TBD) - "Dinner with a Legend" - Artist Georgette London Owens, in Conversation.

August 24 - "A Blank Canvas, a Little Wine and Thou", in support of Marin Villages Sip and Paint event at Wine & Design Studio, San Rafael

September 8 - 10th Anniversary Member and Volunteer Appreciation Party

October 26 - "Lighting Up October" an Indian Dinner celebrating Diwali Festival

November (date TBD) - "Acting Your Age" - Celebrate Marin Villages 10th Anniversary ---with Comedian Josh Kornbluth

Look for more details as the events develop!!

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## Events "Around the Villages"

Did you know that most of our programs are open to members and volunteers of ALL Villages?

If you are interested in participating in a walk, speaker's series or other activity that may be hosted at another local village, feel free to contact the organizer to join along! For a complete listing of all of our events, please see our website calendar at [www.marinvillages.org](http://www.marinvillages.org)



### **The Art of Dim Sum** **Wednesday, April 10, 2:00pm to 5:00pm** **Beth Livoti's home**

Join us for this unique event combining fun and fundraising. Learn to make Dim Sum from an expert! And leave with the recipes. Spend an afternoon devoted to Dim Sum with chef and author of the book, [Dim Sum: The Art of Chinese Tea Lunch, Ellen Blonder](#). This special, hands-on make and feast event combines fun and fundraising at the Livoti's fabulous kitchen in Novato.

[Click here to reserve your spot](#) with a donation of \$75 per person (of which \$60 will be tax deductible). Space is limited to 25.

### **Lunch and Rosie the Riveter Museum Tour** **Thursday, April 11, 11:00am-4:00pm** **Where: Meet-Up Location TBD - Carpool to Pt. Richmond**

All village members and volunteers are invited to this outing. We will car pool over to Pt. Richmond for lunch and Rosie the Riveter Museum tour, and return around 4:00pm.

\*\* For reservations please email Beth Livoti at [llivoti@comcast.net](mailto:llivoti@comcast.net) or call Marge Jackson at 415-892-1238. Space is limited so reserve early!



### **Third Wednesday Speakers Series - Who Can Help Me With This?** **Third Wednesday, April 17 11:00 -12:30** **Corte Madera Intergenerational Center**

An informative panel of service providers offers answers to the big and little questions that challenge older Marin County residents. Join us to learn about some of the many organizations and services available to help us age well. Facilitator: Chloe Cook, Marin County Aging and Adult Services

Presenter: Aaron Alarcon-Bowen, Executive Director, In-Home Support Services (IHSS), Public Authority of Marin.

**Pole Walking Class**  
**Monday, May 20 3-5pm**  
**St. Johns Episcopal Church, Ross**

Join well known fitness and wellness educator, **Jayah Faye Paley**, as she guides us to learn and practice skills and techniques to help improve balance, endurance, walking gait, agility, function and posture. Easy-to-learn, gentle techniques can help people of all ages navigate everyday obstacles and strengthen muscles that support your joints.

We'll be showing different models of poles and tips - including special balance tips. Feel free to bring your own poles. You WILL need rubber tips. Jayah will bring extra (high quality) tips if yours are worn out or missing. Please don't miss this session. It only happens every other year or so. For over 20 years Jayah has trained people of all ages, abilities and physical conditions. She is a certified Personal Trainer and Sierra Club leader.

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**Join the Longevity Explorer group!**

We are starting a new Discussion/Focus Group here in Marin! "Longevity Explorers" are circles of older adults who meet regularly to discuss the future of aging. We want to explore new approaches, new products and services. The Group will explore new ideas and learn how we think about growing older, and help developing new and better products and services for future generations. We month there will be a specific objective, product or service.

Call Mitchell Marriot to learn more: Cell 415-246-1751

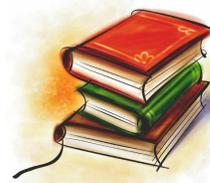
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**Reading Corner**

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



**Health**

[Older adults are awash in antibiotics \(NY Times\)](#)

[7 science-backed ways to stay healthy as you age \(Prevention\)](#)

[Skin repair reduces 'Inflammation-Aging' factors linked to chronic disease \(UCSF\)](#)

[New brain cells made throughout life \(BBC\)](#)

[How experts are working for solutions for loneliness \(NextAvenue.com\)](#)



**Community Heritage & History**  
**Kentfield Greenbrae Historical Society Special Event**  
**Saturday, May 4 11:00 - 4:00**  
**Bon Air Shopping Center**

Come on out to the Bon Aire Shopping Center for a viewing of a Marin Nostalgia slide show as well as one on the George Demont Otis paintings. Fire engines will be there. Bands, activities for children, coffee. I imagine some food too. The KGHS pop up store will be open with Greenbrae Kentfield historical book and other memorabilia for sale.

**Why your genes aren't your destiny**  
**Wednesday, May 15 7:00 -8:30**  
**Osher Marin Jewish Community Center, San Rafael**

In this talk, we'll discuss the complex interplay between our genome, our environment, and our epigenome - how our genes express - and explore the key diet, lifestyle, and behavioral factors that determine our "healthspan". It's free.

[Click here for more information and to register.](#)

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**Learn about one of Marin's gems - AgeSong**

AgeSong Marin - Weekly Conversation Groups on Life's "Third Act"

AgeSong Marin discussion groups provide conversation and connection for seniors who wish to explore life's "third act." AgeSong is an all volunteer organization and has been facilitating conversations among seniors for more than a decade. Each group of six to eight participants (plus two facilitators) meets during the day for 90 minutes once weekly for 8 weeks. Groups meet throughout Marin County.

If you would like to learn more about our program, please call 415-234-5040 or check our website at [www.agesongmarin.org](http://www.agesongmarin.org)

***Village Marin Members and Volunteers receive 25% Discount***

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**Volunteers needed!!**

We are always looking for new volunteers and have different opportunities available for all volunteers. If you know anyone who might be interested, please forward this to them. If you have interest in any of the immediate opportunities below, let us know!!

**We**  **V**olunteers!

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**Fiduciary? What's that?**

Did you know that the term "fiduciary" is not just an adjective like "fiduciary duty"? It's also a noun. A fiduciary is a person entrusted to manage the affairs of another person. Your fiduciary is the person you elect as your Financial Power of Attorney.

A "Professional Fiduciary" is a person you can hire to manage your affairs for you as your legal representative. California requires all professional fiduciaries to be trained, vetted, licensed and monitored. Professional Fiduciaries are trained - obligated - to know exactly how to safeguard all of your assets and manage your financial and personal concerns, in a systematic comprehensive way.

Have you decided who your fiduciary is? Typically, an estate planning attorney will help you make that decision. Then, they will prepare the legal documents which authorizes your fiduciary, so they can act on your behalf now or in the future. Have you thought about what you would need your fiduciary to do for you, if you need help managing your affairs? In our next issue, we will talk about what you can expect your fiduciary to do for you. What is your fiduciary's primary duty? What does the job entail? Each of us has unique circumstances but most fiduciaries have a common set of responsibilities. [Click here to learn more](#)

