



MARIN VILLAGES

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

OLDER
AMERICANS
MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

Director's Corner

It's Older Americans Month! Imagine, a whole month dedicated to us!! It's a bit exciting. I almost feel like going into a local business and ask if they give special discounts to mark this important month.



Historically, Older Americans Month has been a time to acknowledge the contributions of older persons, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation asking that the entire nation pay tribute in some way to older persons in their communities.

The 2019 theme, *Connect, Create, Contribute*, sounds a lot like what Marin Villages tries to encourage each day:

- *Connect* with friends, family, and services to keep us active, independent and part of the community we love.
- *Create* by engaging in activities that promote learning, health, and personal enrichment.
- *Contribute* time, talent, and life experience to benefit others.

Join me in celebrating Older Americans Month. Come to a happy hour. Sign up for a Poles Balancing class. Enjoy a lunch out. Attend a speaker's series. We have a full calendar on our website - marinvillages.org - and many activities listed below.

Let's get out there and greet people with a "Happy Older Americans Month."

You deserve to be celebrated!



Welcome to our newest members

Hello to our newest volunteers

Mill Valley Village:

Shahla Ansari-Jaberi
Deborah Bertola
Paul & Susan Shensa
Julian Williams
Trond & Suzanne
Grenager

Ross Valley Village:

Tamra McTaggart

San Rafael Village:

Janis Silva
Albert Lozano
Daphne Ahlenius
Kimberly Call

Mill Village Valley:

Susan Baker
Guy Lampard

Ross Valley Village:

Marlene (Mally)
Nielson

San Rafael Village:

Susan Buster
Rita Lakin
Corienne Banner

Novato Village:

Cynthia Simpson &
Carlie Tilton
Rozalind Webb

In Memory

Please keep the following member who passed away in April in your thoughts:



Mill Valley Village: Suzanne Gary



Mark your calendars

We hope you will be able to join us at one of the many events celebrating our 10th year. To register, just click on the links below:

May 19 - Major Donor Appreciation Party

June 1 - [Poems from the Heart](#) - a Marin Villages' Intergenerational Poetry Reading

June 29 - [Soil and Health: Getting Dirty is Good at Any Age](#) with Soil Scientist Stephen Andrews

July 12 - *Dinner with a Legend* - Artist Georgette London Owens, in Conversation.

August 24 - [A Blank Canvas, a Little Wine and Thou](#), Sip and Paint event

September 8 - 10th Anniversary Member and Volunteer Appreciation Party

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

November 17 - Celebrate Marin Villages 10th Anniversary with Comedian Josh Kornbluth

Look for more details as the events develop!!

498 Tamalpais Drive, Corte Madera
For more information, [click here](#)



Let's Play Bocce

Friday, May 24
2:00 p.m.

12:00 noon -



Where: **Albert Park, San Rafael Bocce Courts, 550 B St, San Rafael**

Let's play! Newcomers and 'ringers' welcome. This is open to all bocce ball enthusiasts. Call the office to let us know you're coming or just show up!

Bay Model Photo Exhibit - California Wildflowers

Thursday, May 30 11:00AM

Where: **Bay Model, Sausalito**



Join this San Rafael Village outing to view the work of two award-winning photographers who spent two years capturing images of California's vanishing wildflowers. Most of the photos - shot right here in Marin - will overwhelm you with their beauty. The panels of information accompanying the photos are sure to heighten your awareness of the dangers we face from climate change. Admission is free.

To join this visit, RSVP to Ginni Saunders at ginnisaunders@gmail.com or 415-492-1064. Carpooling available: meet at 10:30AM at Smith Ranch Park n Ride or the overflow parking lot at Trader Joe's (Montecito Plaza).

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. This month we found a wealth of information through NextAvenue.org



Health

[How the Medicare "Annual Wellness Visit" differs from a Annual Physical \(Next Avenue\)](#)

[How to get the health benefits of cannabis without getting high \(Next Avenue\)](#)

[Lesbian, Gay, Bisexual, and Transgender Aging Issues Demand Special Services and Skills \(The Spahr Center\)](#)

[Helping others makes us happier - but it matters how we do it \(TedTalk\)](#)

Topics of Interest

[Firestorm: Wildfires and Climate Change - a public forum May 8th](#)

[Reviving Friendships in Real Life \(Next Avenue\)](#)

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

<https://www.techenhancedlife.com/content/longevity-explorers>.

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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