

MARIN VILLAGES

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



**** Please note: the office will be closed on July 4th and 5th!**

Director's Corner

Happy 4th of July!

For many of us, this long weekend is the true summer "kick off", with BBQs, County Fair activities and, where permitted, fireworks. We proudly dress in red, white and blue and feel good about waving the flag. We treasure the fundamental quest for freedom and independence that the American experience has meant to so many, for so long.



Independence comes at a price - for our early founders, it meant sacrificing their livelihoods and way of life. For the immigrants that make up our country today (my Dad included), it meant leaving their homes in search of a better/different future. I looked up the word "independent" and found:

"being able to take care of your own needs and to make and assume responsibility for your decisions"

"not influenced or controlled by others in matters of opinion, conduct, etc.; thinking or acting for oneself"

"I'm still independent" is an important declaration, especially as we age. Marin Villages works to help our members retain their independence - to make their own decisions, determine what their individual needs are and to express themselves through the activities they feel important for them - even when realizing this independence requires depending on the help of a volunteer, neighbor or friend.

Happy Independence Day - may you spend this weekend being active, connecting with friends and enjoying your independence in this place we call home.



Welcome to our new June members

Mill Valley Village:

Marie Wahlgren
Phyllis Sorensen

Ross Valley Village:

Elaine Nehm

San Rafael Village:

James and Molly Shaw

Novato Village:

Jack Worley
Randy Perretta
Bette Engels
Jacquie Smith

Tiburon Peninsula Village:

Priscilla Blinco

Hello to our new June volunteers

Mill Village Valley:

Gareth Noonan
Keara Roethke
Mike Kelly
Teri Hanley
Barbara Hazen

San Rafael Village:

Marci Dollinger
Jeffrey Sanchez
Ashley Einhaus
Saquib Pasha
Alice Witchel

Ross Valley Village:

Kirsten Rea
Victor Magnotti
David "Deke" Gerken

Twin Cities Village:

Sharon Staley



In Memory

Vivienne E. Miller, 97, died peacefully at her Mill Valley home on Sunday, June 23, 2019.

Vivienne will be missed dearly. Her zest for life epitomized why we are passionate about pursuing our mission. [Click here](#) or our website to view the video we recently completed, featuring Vivienne.

William (Bill) Simon (born May 15, 1925) slipped away peacefully one day after his birthday, on May 16th. During WWII he served aboard a hospital ship plying the Atlantic, dodging German V-Boats. He loved his native San Francisco, a good martini, his dogs, good food and wife Kay, not necessarily in that order. Our condolences go out to Kay of San Rafael.

Marin Villages 10th Anniversary News!

A huge "thank you" to our 10th Anniversary Sponsors! To date, the following individuals and organizations have stepped up to show their support of Marin Villages. Their generosity will help ensure Marin Villages is on good footing for another 10 years of service, fun and friendships. Look for more sponsors in the months to come!

Platinum Sponsor - \$10,000



Marin Community Foundation

Gold Sponsors - \$2,500



Matt Masson, Seniors Real Estate Specialist
Marin Villages Member and Volunteer *

Silver Sponsors - \$1,500

BNY Mellon Wealth Management
Roof Eidam & Maycock, Financial Advisors
McArthur/Love Team, Luxury Property Specialist, Compass

Bronze Sponsor - \$1,000

FirstLight Homecare, Marin County

* Matt donates a portion of his commission on sales referred by a "Villager" to Marin Villages.

Thank You for Your Generosity!



We are tremendously grateful for the generous contributions to this year's Spring Solicitation fundraising appeal.

While we are still accepting donations, we are proud to announce that we were able to meet the \$10,000 match put forward by our Board of Directors - thanks to the generosity of our supporters.

[You can still donate: click here](#)

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:



July 12 - [Dinner with a Legend](#) - Artist Georgette London Owens, in Conversation.

July 29 - [Dining Out with Friends](#) - dinner with fellow "Villagers" at the Left Bank.

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

Events "Around the Villages"

Below is a glimpse of activities happening in our many local villages. For a complete listing of all of our events, please see our website calendar at www.marinvillages.org



Coffee on Thursday

Thursday, July 11 10:30 am -11:30 pm

Where: Rustic Bakery on the Boardwalk, Tiburon

Age Friendly Speaker Series Twin Cities Villages "Keep Your Money Safe"

Wednesday, July 17 11:00 am -12:30 pm

Where: Corte Madera Intergenerational Center
498 Tamalpais Drive, Corte Madera

Learn valuable advice from members of the Marin County Financial Abuse Specialist Team (F.A.S.T.) to avoid becoming a victim of scams, frauds, "wealthy Nigerian princes" and IRS impersonators, a growing problem right here in our own neighborhood. Marin F.A.S.T. enlightens and educates us on how to protect ourselves against common financial scams. A 2017 study asserts that financial elder abuse costs \$36.5 billion annually. In Marin County alone, financial abuse cases make up 32% of all referrals to Adult Protective Services.

Complimentary light refreshments

Join us at one of our Happy Hours:

- July 17, 4:00 - 6:00 at Hilltop 1892 in Novato
- July 23, 3:00 - 5:00 at the Left Bank in Larkspur

Let's Play Bocce

Friday, July 26

12:00 noon - 2:00 p.m.

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!

Around Town

Disaster Preparedness for Older Adults

Thursday, July 11 10:00 - 11:00

Tiburon Town Hall

1505 Tiburon Blvd

Learn how to prepare for staying in place and the impact of power outages in the case of flooding, earthquake or fire prevention.

Hear about the importance of knowing your neighbors and evacuating early.

Obtain resources for making a disaster plan and preparing individual emergency kits and go bags. Enter a raffle for an emergency go bag

Featured Presenters:

- Lisa Santora, MD, Marin County Deputy Public Health Officer
- Jason Weber, Marin County Fire

Sponsored by the Commission on Aging. [Click here for the flyer.](#)

**Special Workshop for Members and Volunteers
in partnership with
Sausalito Village and the Aging Action Initiative**

Detect and Connect

Join us for this special and free workshop that focuses on detecting behaviors in older adults that might reflect mental health or dementia issues, and how to compassionately respond and connect them to resources.

This workshop was created by members of the Marin Aging Action Initiatives' mental Health and Dementia Workgroup and has been tailored into a 2-hour training program, specifically for Marin Villages and Sausalito Village volunteers and staff.

When: July 23, 2019 10:00 - 12:00

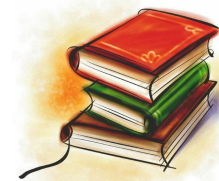
**Where: Sausalito City Hall, Edgewater Room
420 Litho St., Sausalito**

[Register by clicking here!](#)

For more information, [click here for a flyer.](#)

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

[The Elderly are Getting Complicated Surgeries, Often It Doesn't End Well](#) (NY Times)

[Treating Dementia with Creative Expression](#) (The Epoch Times)

Technology

[From MD to Alexa Skills Developer: My Journey](#) (techenhancedlife.com)

[What can AI do to help us age better](#) (NextAvenue)

Topics of Interest

[Advantage and Limitations of Living to 100](#) (Wall Street Journal)

[Why time seems to speed up as we get older](#) (BBC)

["Elderhood" Shows How Geriatricians Help Seniors Thrive \(NPR\)](#)

[Here To Stay: Home Upkeep For All - Guide for Staying in you Own Home \(AARP\)](#)

Fun

[How much nature is enough? 120 minutes \(NY Times\)](#)

[Retirement home of the future \(Next Avenue\)](#)

[Rise of "Cool" Senior Living Communities \(considerable.com\)](#)

[**Marin Transit offers FREE rides to the County Fair**](#)

