

MARIN
VILLAGES



Our Paths - Our Choices

MARIN VILLAGES

Assisting Marin's older adults to remain independent in their homes and communities with dignity and grace

Just a few things . . .

by Lisa Brinkmann, Executive Director

My article is going to be short this month, as I only have a few things to write - either that or a book.

First of all, a huge thank you to Colin Crawford, Tiburon Peninsula Village volunteer, who has lead the charge to transition our website to a new platform. While it may not look too different, it is powered by underlying functionality which we hope to utilize to make our operation even more efficient. Thank you, also, to all the Local Village members who have helped troubleshoot the site. It has its quirks, but everything online does. Check it out at marinvillages.org



So why is this such a big deal? We are a very lean organization. We have been able to run with fewer than three employees for the past 2 months, while recording over 700 service requests for the month of August alone. We continue to stay close to our fulfillment rate of 87-90%, even at this pace. In addition to this, we have hosted suppers, parties, hikes and speakers - all of which require some degree of administration and planning. And to top it off, we've been able to continue to welcome new members and volunteers.

How is this possible? With technology and a continued eye on improvement. With our volunteers powering the organization, we have created videos for Birthday Blow Outs, partnered with Age-friendly cities and tweaked the way by which we request services. Of course, there is a lot of thought, energy and elbow grease added to the mix, but as someone said, "you don't get anywhere without some work involved."

We will be celebrating our volunteers on September 23 at the Jason's Community Room in Greenbrae from 3:00 - 5:00. We hope you can join us to thank all of the individuals who make "us" possible.



Welcome to July's new members

Mill Valley Village:

Dolores Hiskes
 Suzanne Gary
 Kathy Reid
 Natalie Morris
 Caroline Ellison

Ross Valley Village:

Marcella Murray
 Rosemary Wakeham

Tiburon Peninsula Village

Jody Budny

Novato Village:

Suzanne Parkanyi
 Arlene Morrison

San Rafael Village:

Lynne Nebenzahl
 Gloria Chertock

Ulla and Bill Chandler
 Tom and Lucina Tison
 Roey Berman

Twin Cities Village

Daniel Petron
 Anne Zucchi
 Jacqueline Braverman



Hello to our newest volunteers

Mill Valley Village:

Sarah Kass
 Diane Swartz
 Mary Johnson

Novato Village:

Joe Greenberg
 Pat Ravicz

San Rafael Village:

Christine Gabbard
 Nola Gabbard

Twin Cities Village:

Gail Legallet
 Nancy Tingley
 Virginia Dunn
 Donna Collings
 Lora Monemzadeh

Meet the Team

Well, it looks like we might just have a set team in place again.

We're happy to announce that **Martha Walters** has joined us as our Volunteer Program Coordinator. Martha's comes to us with prior experience in the Aging sector, specifically as the Executive Director of LITA (Love is the Answer). Her other professional experience includes being an environmental scientist in the public and private sectors for 20 years which included senior roles at the SF Redevelopment Agency, U.S. Environmental Protection Agency and ARC Ecology. Martha is co-founder and (volunteer) chair of the Crissy Field Dog Group for the past 10 years.



Martha graduated from UC Berkeley with a B.S. in Biology. She lives in San Rafael and has been a resident of Marin for 25 years.

B.J. (Barbara Jean) Slater hit the 6-month mark as our Membership and Development Coordinator. She has been welcoming our many new members and making sure their requests have the best chance of being fulfilled. B.J. also has been a huge help, managing the acknowledgement process through our annual solicitation and Birthday



Blow Out events.

Mary Brinkmann (yes, she is Lisa's sister) has been the team's pinch hitter, filling in wherever and however needed. Mary has had a long career as an entrepreneur, running her own bakery for over 25 years and most recently receiving certification in nutrition counseling.



Special Event

Kidworks Touring Theatre Co.
presents

"Music, Dances & Traditions around the World"

Thursday, September 20, 2:00 - 2:45 p.m.
Marin Villages Community Conference Room
4340 Redwood Hwy, Ste F-138, San Rafael



Come join Andrea Salloum from Kidworks Touring Theatre in Chicago, as she leads us on a journey around the world. Learn to say hello in languages around the world, dress in authentic costumes, play musical instruments, and explore the beautiful cultures of Africa, the Middle East, India, China, Mexico, England, Native America and more. This fun, interactive program is loaded with audience participation and educational information.

A small donation (\$5 - 10) is appreciated.

Note: The community room is at the very end of the parking lot.

Marin Villages' Annual Volunteer Appreciation Party!

WE ♥ OUR VOLUNTEERS

Sunday, September 23, 3:00 - 5:00 p.m.

Where: Jason's Restaurant, 300 Drake's Landing, Larkspur

Join us to celebrate the lifeblood of Marin Villages, our amazing volunteers. Let's all take this opportunity to celebrate and personally thank the individuals that make our

village movement possible.

We will have refreshments, some entertainment and lots of time to exchange stories and gratitude. Members, volunteers (of course) and guests are welcome.

To help us with name tags and planning, it would be great if you could rsvp - either by calling the office at 415-457-4633 or signing up by [clicking here](#) to register yourself.

If you need a ride, please call the office, as usual. See you on the 23rd!!

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)

Novato Village - Culture Club "A Chorus Line"

When: Thursday, September 6, 2018 7:30 p.m.

Where: Novato Theatre Company Playhouse, 5420 Nave. Dr., Novato

Novato Theatre Company presents "A Chorus Line," a play that celebrates the unsung heroes of the American musical theatre - the chorus dancers. Tickets are \$20 (available at the door) and parking is free.

Marin Villages - Volunteer Training

When: Wednesday, September 26, 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.

"Back Before Lunch Hike"

Mondays, September 3, 10, 17 and 24, , 8:30am

For those of you who might like a shorter hiking option than our Friday hikes, we have instituted the "Monday - Back Before Lunch Hikes". These weekly hikes are 3 to 4 miles long, have elevation gains of 500 - 800 feet and usually take about 2 hours. The inaugural hike was in July of 2017, and weekly hikes have continued since. The group meets between 8:30 and 9:00 depending upon whether you meet up to carpool or meet at the hike starting point. Sara Byruck is leading this effort, and the hikes. For more information or to get on Sara's email list contact her at sbyruck@gmail.com.

MARIN VILLAGES' WEDNESDAY CHALLENGE!

Here's a challenge for anyone interested in spending a day with the Villages. Start early in the morning and just keep going until the early evening - hike, attend a talk, chat about your favorite book and end it with a happy hour!!

Trail Walk Group

Wednesday, September 19, Third Wednesday , 10 a.m.

We hold 2-4 mile trail walks on relatively flat terrain the third Wednesday morning of each month. All are welcome.

This month we're going back to Dias Ridge, an all-time favorite. We will walk the trail round trip to the Muir Beach overlook. The trailhead is on Panoramic Highway about a quarter-mile uphill from the junction with Shoreline Highway. Parking is available on the wide shoulder. Hope you can join us!

Karen Robbins leads this group. Call the office for her number to say you are coming...or just show up, but don't be late. Let Karen know if you need a ride or want to be on the email list to be notified of future walks.

Why Does Everyone Mumble?!

Wednesday, September 19, 1:00 p.m. to 2:30 p.m.

Where: Central Marin Police, Community Room, 250 Doherty Drive, Larkspur

Having trouble understanding your grandchildren? Do you have difficulty following conversations in restaurants? Join us to learn how hearing changes as we age and some simple strategies that can improve the quality of your life. In addition, you will learn how to seek hearing help from a skilled clinician, who will listen well to your needs, and explain the complex trade-offs involved in selecting and fine-tuning the best hearing aids for you. Presenter: Lee Weissman, Doctor of Audiology, Novato.

Book Chat

Wednesday, September 19 3:00 - 4:30 P.M.

Newcomers welcome! Participants describe a book they've read recently or in the past, or just listen. Meeting this month at the home of Alison Fuller. Contact Barbara Rozen for more information and to RSVP (call the office for her contact info). PLEASE NOTE: IT IS NECESSARY TO RSVP 24 HOURS IN ADVANCE.

NO-HOST HAPPY HOUR AT HILLTOP

When: Wednesday, September 19, 2018 4 - 6 p.m.

Where: Hilltop, 850 Lamont Ave, Novato

Located in a century-old building, Novato's Hilltop has one of the best views in the North Bay. Their Happy Hour menu offers great value, including beer (\$3), well drinks (\$4), wine (\$5) and appetizers at half-price. It's a fun way to catch up with old friends (and make new ones!) while enjoying your favorite beverage and a light dinner.

Remember: Marin Villages members who are new registrants to the Dominican OLLI program may be eligible for a discount.

Check with the OLLI office for details. 415 458-3763.

Photo Gallery - San Rafael Village's 5th Anniversary Party



Diane Pernicon and former Board member, Sandy Yoffie



Nancy and David Crowne, volunteers extraordinaire, with Barbara Kattman.



Harriet Cohen and one of SRV's founders, Sue Beitel.

Reading Corner

Click on the links below to read articles from various publication which we thought may be of interest:

Health

[The complete health improvement program \(video\) - NutritionFacts.org](#)

[How to use your brain to 'reverse aging' - goodnewsnetwork.org](#)

[Dementia - other cultures offer different perspectives - Marin IJ](#)

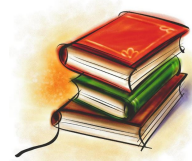
[Unusual strategies for fighting dementia - NY Times](#)

Of Interest

[Staying Safe - a safety guide from PG&E](#)

[Keep on Dancing - at 90 years + \(a video\)](#)

[The case of the omitted spouse - Joe Barton Financial Planning](#)

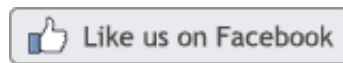


[Six key planning targets for solo baby boomers deep aging - Forbes](#)

[The big issue for boomers won't be 'aging in place' - Mother Nature Network](#)

[The Great Age- Marin Villages Commission on Aging](#)

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



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