



# Ross Valley Village

## October 2018 Newsletter

Serving the communities of Fairfax, Greenbrae, Kentfield,  
Ross and San Anselmo

For those that were unable to make the annual Volunteer Appreciation Party, it was a huge success. Over 120 guests joined us to celebrate the hard work and dedication of our volunteers. A special thanks to Ross Valley Village volunteers, Anne Ramsay and Carolyn Jones, who always ensure the room is festively decorated, with their special touches. Many vendors donated food and dessert, with Trader Joe's contributing a food basket for as a raffle prize. We had a quiz, where those who answered the question correctly were awarded a license plate saying "I Volunteer For Marin Villages."

Carole Sherick, San Rafael Village member and volunteer, received the Nancy Forster Spirit of Marin Villages award for her commitment and services. In the past 12 months, our volunteers completed close to 6,000 requests from members and hosted/planned over 450 activities.

We hope you enjoy some of the pictures below:



Ross Valley Village volunteer,  
Claudia Gardner



Spirit of Marin Villages awardee,  
Carole Sherick and Lisa Brinkmann, ED



Loulie Sutro handing Kay Gillis, Ross  
Valley Village member, her name tag



Welcome Committee, Suzie Pollak,  
Loulie Sutro and Sandy Yoffie



Our young helpers from Marin Catholic  
and Branson School

## What's Happening in Ross Valley Village

### Ross Valley Village Steering Committee Meeting

Wednesday, October 10, 10:00 p.m. to 11:30 p.m

Loulie Sutro's home, 35 Toussin Ave., Kentfield

We meet on the second Thursday morning of every month. Please feel free to drop in. If you'd like to participate, but don't want to have to go to meetings, let us know – we can always use extra hands and ideas.

**Breakfast at Fairfax Fix Cafe – Third Wednesdays**

**Wednesday, October 17, 9:30 a.m. to 10:30 a.m.**

**Where: Fairfax Fix Café, 33 Broadway, Fairfax**

Join us for our monthly social hour over coffee and breakfast (you cover the cost) to make new friends and keep the old--bring your neighbor, friend, a family member or show up ala carte! We get a big group! A joint event by Age Friendly Fairfax and Ross Valley Village

**Twin Cities Village/Age Friendly Corte Madera: Staying Social – It's More than Just Fun**

**Wednesday, October 17 1:00 p.m. to 2:30 p.m.**

**Where: Age-Friendly Intergenerational Center, 498 Tamalpais Dr., Corte Madera**

Many of us lose contact with friends and family as we age. Life changes can make it hard to stay in touch. Furthermore, health challenges often prevent us from getting out and remaining active. But staying social is vital to our well-being. Research now shows that isolation is a major cause of decline and depression in older adults. Dr. Nelson will present some of the latest findings on this topic as well as provide practical tips for keeping your social life, body and mind healthy. Presenter: Deb Nelson, Psy.D. San Rafael Clinical Psychologist specializing in working with older adults, chronic pain and chronic illness.

**Village Social: Coffee at Farm House Local – Third Thursdays**

**Thursday, October 18, 10:00 a.m.**

**Where: Farm House Local, 25 Ward St., Larkspur**

Just show up and have a cup of coffee, pastry and conversation. Park in main lot if driving!!

**Ross Valley Village/Age-Friendly Fairfax –**

**Standing on Solid Ground: Taking Care of Financial and Insurance Needs**

**Friday, October 26, 1:00 – 2:00 p.m.**

**Where: Fairfax Library**

Join us as we look over our financial health and consider how to plan for a strong financial future. We'll also reflect on our insurance choices, including how to evaluate our Medicare options and if we've enrolled in a long term care insurance plan, how and when to utilize its benefits.



**Let's Play Bocce Ball!**

**Friday, October 26 1:00 – 3:00 p.m.**

**Where: Marin Bocce, 550 B St., San Rafael**

Bocce ball is back! Get ready for a fun afternoon with the Twin Cities Rollers, time to head back to the courts and let it roll! Join us for snacks, beverages, and some outdoor fun!

**It's back!!!**

**Table for 8 - Monthly luncheon**

**Wednesday, November 7, 12:00pm**

**Where: Jason's 300 Drakes Landing Road, Greenbrae**

Come join others for lunch and conversation. Set price of \$15 per person.

\*Limited number, so please RSVP at 415-457-4633 or to [info@marinvillages.org](mailto:info@marinvillages.org).

## **Wanted:**

We would love to have volunteers help us with managing our Ross Valley Village activities. Some of the things you could do include: welcoming new members, working with other volunteers to improve their engagement and have fun, planning programs and activities, writing newsletters and/or working on social media for us.

## **Special Events “Around the Villages”**

### ***Aging...BETTER***

#### ***A Marin Village Community Event***

**WHEN:** Saturday, October 6, 2018 1 – 4 p.m.

**WHERE:** Novato City Hall, 901 Sherman Ave., Novato

**SPEAKERS:**

- José Alberto López-Domínguez, Ph.D., Buck Institute for Research on Aging, will address the current understanding of the aging process in relation to the development of degenerative diseases such as Alzheimer’s and Parkinson’s.
- Richard Caro, Ph.D., co-founder of Tech-enhanced Life, a Public Benefit corporation with the mission of improving the quality of life of older adults and their families, will discuss his work focusing on the intersection of aging and technology.
- Lisa Brinkmann, Executive Director of Marin Villages, will speak about our services, programs and support for helping older adults remain active, connected and independent in the place they call home.

Join us for this interactive event. Refreshments will be served. Call 415-457-4633 to register.

### **Marin Senior Fair**

**Wednesday, October 24 9:00 am – 3:00 pm**

**Marin Exhibit Hall, Avenues of the Flags, San Rafael**

**Special Offers for Twin Cities Villages Members**

Join Marin Villages at the FREE event, featuring over 130 exhibitors with valuable information and resources, including legal and financial services, housing and transportation, fitness, hobbies and activities, technology and more. There will be music and entertainment abound.

**We are looking for volunteers to help us at our booth. If you are interested in filling a 2-hour shift.**

### **Sudha's Treasures is Returning!**

#### **Town Center in Corte Madera**

(Same location as last year next to Crate & Barrel)

You're invited to the

#### **Sneak Preview Party**

**Friday, October 26th from 4-8 PM**

Hors d'oeuvres and Wine served

#### **Store opening**

**October 27 - November 11 10AM - 6PM**



You are warmly invited to meet celebrated designer, Sudha Pennathur, at the sale of her rare collection of jewelry, scarves, and holiday gifts created by Master Craftsmen of India. Sudha’s unique designs are featured in such prestigious stores as Bergdorf Goodman, Neiman Marcus, Harrods, Saks Fifth Ave, The Smithsonian, and the Sundance Catalog. Sudha will be donating all proceeds of the sale to: Berkeley Rep, Whistlestop, North Bay Children's Center and Marin Villages.