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MARIN  
VILLAGES



Our Paths - Our Choices

Empowering older adults to be active,  
connected and independent in the place they  
call home



ROSS VALLEY VILLAGE  
NEWSLETTER

MAY 2020

## BEING KIND TO YOURSELF

It seems that some people are using this quarantine time to learn new skills, get back to old hobbies, cook more, or finally read that pile of books near the bed. We do have more time on our hands now, but are you also taking care of yourself? Are you napping sometimes? Sleep is a superpower! (See TED Talk below). If you are able, are you spending time outside either walking or just sitting in a chair noticing the changes as spring progresses? And don't forget that laughter is the best medicine. Treat yourself to a dose of giggles by watching a funny video, telling old stories with a good friend, or reading a hilarious book (check out Bill Bryson's *The Lost Continent*, Helen Simonson's *Major Pettigrew's Last Stand*, or Steve Martin's *Cruel Shoes*).

Quarantine has taken so much from us, but it has given us some things, too. More appreciation of our neighbors and the beauty of our natural world, a focus on the future. Look below at some of our volunteer and event offerings, choose something to do this month with others, and be kind to yourself.

**WELCOME, NEW MEMBERS AND VOLUNTEERS!**

**Members:** Dody Smith, San Anselmo

**Volunteers:** Brenda MacLean, Kentfield; Julie Mozena, San Anselmo; Angela Ballard, San Anselmo

We look forward to seeing you all at an event soon! Thank you for giving your time and energy to our village.

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## LOCAL VILLAGE PROGRAMS (open to all)

### Volunteer for a Pen-Pal Program

#### **May thru June**

Do you miss receiving or writing letters? Would you like to get to know a talented young adult through emails? Do you want to cheer up a student who can't see their friends, go to school or have the normal childhood spring and summer that you did? Join our community correspondence group!

We have started a pen-pal program with students of various ages from various schools. At this time, we want to give students a new understanding of aging, and a person from whom to gain perspective on the present events and challenges in general. Their teachers see this as an opportunity to build letter-writing skills and for self-expression.

We are looking for adults over 60 who would exchange letters or emails once a week until June. We are already getting an enthusiastic response from participants who look forward to the next letter or email. Contact Sara at (240) 838-0868 or by email [SaraAgeFriendlySA@gmail.com](mailto:SaraAgeFriendlySA@gmail.com) if you are interested or have questions.

### Petal Pushers Flower Delivery Program

**Know someone who could use a colorful surprise and emotional lift?**

Nominate a person to receive a [Petal Pushers](#) flower delivery next week. A group of volunteers are making flower arrangements from local garden donations and delivering them by bike and car to people who are housebound, who could use a special thank-you, who are having a birthday, or who just need a little joy in their day. Go to the [Petal](#)

[Pushers website](#) and enter in the information about the person the arrangement should go to. Deliveries are on Thursdays and Fridays and are free. Program ends in June. Safety precautions are taken throughout the floral cutting through delivery process.

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## VIRTUAL EVENTS CALENDAR

If you have not yet gotten on Zoom but would like to, please call the office at (415) 457-4633 to ask if there are any upcoming trainings in which you can participate.

### Education & Presentations

#### **Gardening and the Great Outdoors Discussion Group**

Tuesdays, 4:00pm

Led by Alexis Fineman

This reading and discussion group will focus on things that are happening in the outside world around us. This is a broad topic, and readings and discussion might range from seasonal gardening activities to local wildlife activity, weather patterns, natural history, or the changing climate, depending on group interest. Each week a series of articles will be sent out. The content of these articles will guide the discussion for the coming class. Email [SaraAgeFriendly@gmail.com](mailto:SaraAgeFriendly@gmail.com) to receive Zoom meeting information.

#### **Changes to Original Medicare and Medicare Advantage Plans in Response to COVID-19**

Wednesday, May 6, 1:30pm

Are you confused about what is covered at this time? Certified HICAP (Health Insurance Counseling & Advocacy Program) counselor Diana Lopez will provide objective current information about Medicare and their programs. Q&A session included. Email [kmacleod@townofsananselmo.org](mailto:kmacleod@townofsananselmo.org)

### Exercise and Wellness

#### **Online Golden Chair Yoga with David Knox**

Thursdays, 11:00am

This is a gentle chair yoga class in which we will learn to safely move and stretch our bodies. Our focus will be on breathing, range of motion, strength, and flexibility. The practice will also be infused with yoga philosophy, physical and energetic anatomy, and meditation. Please have a sturdy chair with no arms and a small blanket available. The chair will be used for seated poses as well as support for standing poses. Please be able to move from the chair to standing, and back to the chair, safely. Join us for gentle to moderate stretching, yoga inspiration, and guided meditation. All levels welcome. One hour in length. E-mail [kmacleod@townofsananselmo.org](mailto:kmacleod@townofsananselmo.org) for the Zoom link and password (Be sure to have Zoom downloaded onto your computer ahead of time.)

### **Free Mindfulness and Meditation Workshop with Linda Seabright** Friday May 8, 11:00am

Please join us as we explore mindfulness and meditation in this 30-minute workshop. No experience necessary. We will join together in a few guided meditations, with emphasis on mental balance and sustaining inner peace. Instructor Linda Seabright has completed the MBSR Teacher Training at the UCSD School of Medicine. She is also a certified participant of the MBSR course offered by UCSF. She is a long-standing practitioner of yoga and meditation, and has studied Pilates for ten years. The class will include the following:

- Introduction of mindfulness-based stress reduction
- Guided five-minute meditation
- Mindful listening/share for five minutes
- Guided ten-minute meditation

Please register by e-mailing [kmacleod@townofsananselmo.org](mailto:kmacleod@townofsananselmo.org) and you will receive the Zoom link and password. (Be sure to have Zoom downloaded onto your computer ahead of time.)

### **Heart to Heart with therapist Lynne Dixon** Mondays, 5:00 – 6:00pm

Each week we will be exploring our thoughts and feelings related to issues that touch us during the pandemic. For anyone suffering grief,

anxiety, or other emotional struggles during the pandemic, this is a virtual support group led by Lynne Dixon, a psychotherapist and Good Fairy volunteer. Come as needed or attend every week. Share your views and find some comfort. Please email Lynne at the address below prior to 3:00pm the day of the meeting to let her know you would like to attend, and a link will be sent to you. Please arrive on time; the meeting will be locked at ten past the hour to allow for a safe and productive space. [Lynne@lynnemdixon.com](mailto:Lynne@lynnemdixon.com)

## Books

### **Bay Area Book Festival Unbound**

May 1 thru June

The annual literary event goes virtual! May 1 through June, with dozens of free online events. They include a Women's Lit series; lunch hour with women authors; and virtual literary programming for families, kids and young adults. Visit [www.baybookfest.org](http://www.baybookfest.org) for more information.

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## **QUARANTINE KITCHEN: GET YOUR CHEF'S HAT ON**

Recipe tips for the month from local chef and author Lynda Balslev

### **Lemon Mint Risotto**

### **Falafel Fritters**

### **Brown Butter Toffee Bars**

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## **AND MORE...**

### **TED Talks for Wellness**

- [Sleep is your Super Power](#)
- [It is ok to feel overwhelmed, here is what to do next](#)
- [How to be your best self in times of crisis](#)
- [Happiness and its surprises](#)
- [The opportunity of adversity](#)
- [In praise of slowness](#)

### Helpful Tip

#### **How do I keep my glasses from fogging up when wearing a mask?**

Just before wearing a face mask, people wash their spectacles with soapy water, shake off the excess, and then allow the lenses to air-dry. Washing the spectacles with soapy water leaves behind a thin surfactant film that reduces this surface tension and causes the water molecules to spread out evenly into a transparent layer. Or place a folded tissue between your mouth and the mask. The tissue will absorb the warm, moist air. Make sure the bottom of the mask is looser than the top.

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### **HELP US HELP OTHERS**

If you know someone who could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website ([www.marinvillages.org](http://www.marinvillages.org)) for application forms and online donations.

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