

## Executive Director's Corner

### Lisa Brinkmann

In recent weeks I've found myself reflecting on the impact and meaningfulness of what we do at Marin Villages – and what really matters “at the end.” A dear member, volunteer and friend passed away in March and in her obituary it read: “Sharing and caring with friends and family became her priority and ultimately was what held meaning and fulfillment at the end of her life. This brought her heart to center stage.” It noted how “exceptionally helpful the volunteer services were...that allowed her the peace of staying in her home until her passing.”



Marin Villages is so much more than volunteers giving rides and assistance to seniors. It has become more than an organization to join for services “when you're ready.” Gradually, over the past seven years, Marin Villages has morphed into a true community where neighbors do help neighbors, and just as important where the familial connections are made, nurtured and grown - connections that provide support, purpose and peace of mind. And, of course, we like to have a bit of fun along the way.

I invite members, friends and guests to join us at our events and programs. We have some great ones scheduled: Fall Prevention, Avoiding Financial Fraud, Sculpture and Glass, iPhone/iPad Tutorial, Residential Options for Seniors, to name a few. And then there are the lunches, hikes, movies and happy hours.

Volunteers of all ages are welcome and always needed. As with all non-profit organizations, financial contributions are greatly appreciated. We depend on the generosity of the community to grow and strengthen our Villages. We welcome and encourage you to become part of our Marin Villages community and help build those connections that so greatly enhance our quality of life.

**(Check our website for activities: [marinvillages.org](http://marinvillages.org))**

## Welcome to the Board – Dr. Larry Posner

We are pleased and excited to announce our latest addition to the Marin Villages' Board of Directors: Dr. Larry Posner of Mill Valley.



Larry is a California native, and a product of the U.C. system, having obtained his MD and residency training at the University of California, San Francisco. He has lived in Mill Valley (Homestead) since 1970, where he practiced family and internal medicine for 45 years. Now retired, he still fills in when needed at various Prima Medical Group offices. Larry is married (wife Erica) with two children and five grandsons. Larry plays the clarinet in the Marin Symphony, and has done so since 1971.

Larry was very involved with the Marin Independent Physician Group (Meritage Medical Group), which has a strong focus on the health of Marin seniors. The aims of Meritage and of Marin Villages are the same...helping maintain an independent, healthy and active life for seniors, so he feels quite at home with Marin Villages.



## Happy Retirement Rita!

Rita is hitting the road! Rita and her partner, Kathleen, and Wally are retiring and hitting the road in their new (to them) RV.

*Rita shares: I've very much enjoyed getting to know many of you in person and on the phone while working at Marin Villages. I will really miss talking to some of my favorite people, you know who you are! I look forward to staying in contact with the Villages as a volunteer when we're not on the road and as time permits!*

Rita, will be missed by our members and volunteers, and especially here in the office. All the best!!

## Have you mentioned Marin Villages in your Will? Consider Bequests

By Dellie and Doug Woodring

Doug and I recently made the decision to make a bequest to Marin Villages in our will.



### What is a bequest ?

A bequest is the act of giving an asset such as cash, stocks, or bonds to an organization through the provisions of a will or estate plan.

### How do you make a bequest?

The bequest is done through your attorney and is a simple process where you ask that a specific amount of money or another asset be set aside after your death to go to the organization you specify.

### Why make a bequest?

Most bequests are made by people who have an affiliation or past connection to an organization. Making a bequest is a way of helping to ensure the financial sustainability of the organization into the future. We strongly believe in the mission of Marin Villages - to help seniors age with dignity in their own homes - and want to perpetuate the organization so that others can enjoy the services offered by Marin Villages. We hope that others will join us in making bequests.

### How to report a bequest:

Next time you make a donation to Marin Villages or pay your membership fee, please indicate if you have made a bequest to the organization. The amount of your bequest does not need to be stated. Marin Villages is forming a LEGACY category and would like to acknowledge donors with bequests to our organization.

Come out and support us – it's easy! To donate, go to Marin Villages' at [www.marinvillages.org](http://www.marinvillages.org) and click on the link on our homepage. BE SURE to choose Marin Villages as your organization of choice!

## Meet Brittany!

We are very excited to announce that we have hired a Member/Volunteer Program Manager, Brittany Bowen. Brittany comes to us from the tech industry via North Carolina. We've asked Brittany to share a little about herself:



*Originally a 'Carolina' girl, my husband, border collie, and I did the cross-country trip from North Carolina to San Francisco almost two years ago. I only visited San Francisco twice prior to the move - once to see the Golden City and second to find a place to live. I immediately fell in love with its beauty and endless opportunities, and knew this was the right decision.*

*My degree is in marketing from East Carolina University. My most recent position was as a project manager for a software company in San Francisco. In my spare time, I am on the fundraising and volunteer committee for RivALZ, a volunteer organization that engages women in flag football games around the country to raise money and awareness for Alzheimer's. I am extremely excited to be working at Marin Villages where I can bring my experiences to this wonderful community!*

## Thank you to our Volunteers!

While April was National Volunteer Month, we are grateful for our dedicated, selfless volunteers every day of the year. Thank you!



## Marin Villages' Putting Its Best Foot Forward

What better way to demonstrate the virtues of healthy aging than to don a pair of sneakers and join fellow Villagers in a 5K walk around the Civic Center Lagoon!! Exercise. Socialize. And raise money for Marin Villages while doing it!! This is our third year participating and our goal is to raise \$15,000!



## Thank you to our 2016 Donors and Supporters

We would like to thank everyone who has so generously contributed to the success of Marin Villages in 2016.

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