

VILLA VOICES

Volume 34, Issue 4 Summer 2017

Villa Marin Home Owners Association | 100 Thorndale Dr., San Rafael, CA 94903



Down in the Dumps at Marin Sanitary Service

By Alice Remer



Sue Spofford, chair of the Environmental Committee, arranged for a group from Villa Marin to visit Marin Sanitary Service. We saw an extraordinary sight when a truck came in carrying a 25 feet long cabin cruiser for disposal. The boat was dumped into a pit where a bulldozer reduced it to smithereens in seconds.

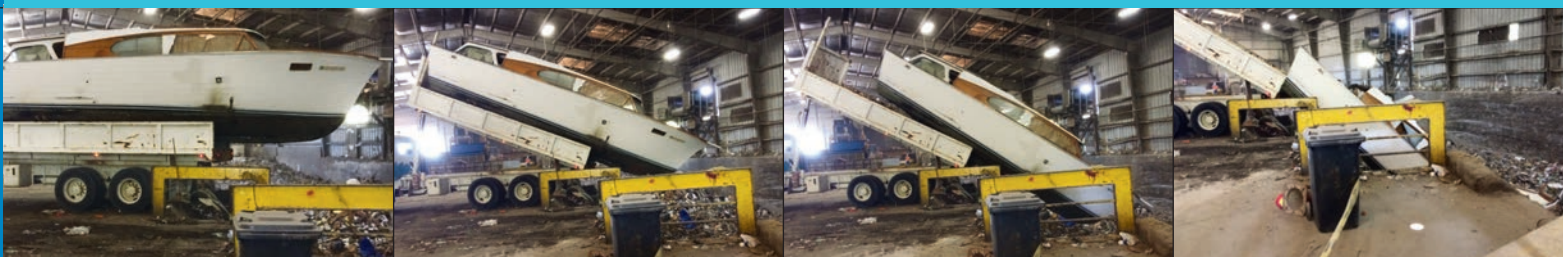
In essence, Marin Sanitary Service is a depot or transfer station for materials that are sorted, compressed and packaged to send to other companies or countries that can make it into consumer products. Paper is sorted on a conveyor belt where sharp-eyed workers discard items that have been mistakenly placed with paper. The same kind of sorting is done on a different conveyor belt which deals with plastics. Plastics are not infinitely reusable, but glass can have a continuing life cycle.

Guide Izzy Parnell-Wolfe met with us in a classroom where a display of materials showed which were renewable, recyclable, or reusable. Another “r” was added: stuff that rots. Milk cartons cannot be reused. Plastic bags and styrofoam cannot be transformed into useful products.

The company was founded about sixty years ago by the aptly named Joe Garbarino. His dad was an Italian immigrant who thought of their work as scavenging. That implies reusable. Patricia Garbarino now runs the company that her dad started. The idea of the business is to prepare to reuse the stuff we throw away.

Marin Sanitary occupies 100 acres and has wandering peacocks who trail their colorful feathers in the dirt. Also, there is a “farm” with the largest, fattest pigs who enjoy leftover food. Hens, also well-fed, are in roomy cages on the farm where they lay eggs.

This excursion was an eye-opener. We became more aware of how we use stuff and how much we throw away. It made us think about better ways to reduce, recycle, reuse or rot our items of daily living. Check their website for Frequently Asked Questions: <http://marinsanitaryservice.com/frequently-asked-questions-2/>



Photographs by Sue Spofford.



Arturo Rascon, Dedicated Driver

By Alice Remer

A man who loves his job, Arturo Rascon came to Villa Marin to drive two years ago.

An excellent driver, Arturo has driven an airport shuttle and also drove for Whistlestop. But he is more than an excellent driver. He is a caring, funny, friendly man, who, when he drives for an excursion, feels that he is going out with friends. Every passenger is treated with care and dignity. He tunes in to quiet classical music, so that his passengers can chat. He always offers a strong, helpful hand. With Activities Director Pat Donahue in the front seat and Arturo at the wheel, excursions become adventures.

Before Villa Marin, Arturo worked for Pacific Bell for 15 years. When the company moved to San Antonio, he elected to stay in California. With severance pay, he was able to buy a three-bedroom house where he lives with his family. Arturo makes it a point to have dinner with his family every night. His wife Elsie is an insurance coordinator at a dental clinic; and, according to her appreciative husband, an excellent cook. Arturo Jr., 12 years old, loves European soccer and attends a special Saturday course at a local college to encourage and start preparing children to go to college. He is a big Warriors and Raiders fan. It pleases Arturo that his son attends the same elementary school and middle school that he attended. Anaii is Arturo's nine-year old daughter. Both children are encouraged to be bilingual. Arturo was able to recommend his wife's younger brother, Evan, to work as a janitor at Villa Marin.

Arturo was three years old when he emigrated from Mexico with his parents and his five siblings. A seventh child was born in the U.S. They lived in a two-bedroom house in San Pablo. His father found work as a janitor and his mother as a CNA. Arturo graduated from Richmond High. He plans a career at Villa Marin because he loves his job.

Age Out Loud: OLDER AMERICANS MONTH 2017



Age Out Loud was the theme for Older Americans Month in May. The federal Administration for Community Living (ACL) led the celebration of Older Americans Month with the aim of giving aging a new voice. What it means to age has changed. The goal of "Age Out Loud" is to emphasize the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Older Americans are working longer, trying new things, and engaging in their communities -- taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. In Marin the County Commission on Aging is a federally mandated advisory council to promote the dignity, independence and quality of life of older persons through advocacy, information, programs and services. Their planning committee next meets on Tuesday, July 18th at 3 p.m. at The Redwoods, 40 Camino Alto, Mill Valley.

Many Villa Marin residents have found a way to "age out loud":

- **After running successful restaurants in Chicago, Ted Smith** moved to the Bay Area and started Kids Cooking for

Life in 2009 to empower kids to build healthy lives through hands on cooking classes. Throughout the Bay Area elementary children study nutrition labels, learn about food preparation, and learn where food comes from. Ted recruits and trains teachers who have nutrition knowledge and culinary expertise. www.kidscookingforlife.org

- **Rita Devereaux has spent her life** being an advocate for anyone who needs help. She reports, "If I can see a change, I go for it! I want to live every moment giving back." When she first moved to Marin, Rita studied the Master Plan for Southern Marin before there were even traffic lights. To deal with flooding, she successfully advocated to have a drainage ditch covered in Mill Valley. After moving to Scott Valley, she went to court to hold the developers to their promise to build a swimming pool and tennis club instead of more houses.

- **Wanda Hosford continues to work** as an appraiser as she has done for forty years. She inspects and evaluates items and works mostly for attorneys appraising estates. She began as a claims adjustor after tornados, earthquakes and fires. She is certified by the IRS and by the American Society of Appraisers. In 1960 she was the first American woman to be admitted to the Royal Society of Valuers of London. She has testified in court and has been around the world three times! After her father would not fund her education (but did fund her brothers), she got a scholarship to study accounting and went to school at the University of Missouri in Kansas City. So she is motivated to lead the Marin Retirement Communities Scholarship Committee to fund schooling for our employees to advance their education goals.

Tech Tips: High Definition TV Challenges

By Bob Spofford,



HDTV or not HD? Most of us have replaced our picture-tube TVs with modern flat-panel sets, and

virtually all of these flat-screen TVs are capable of showing high definition. However, not everyone is seeing the kind of bright, super-detailed HD picture we see in the stores. Why not?

The switch to High Definition TV (HDTV) is very different from the last big revolution in television, which was the introduction of color in the 1950s and 60s. Color TV was a “compatible” system. When a station switched to broadcasting color, you could still watch it in black & white on your old TV. Then, when you bought a color set you started seeing that *same signal* in color.

High Def TV is not like that. It is a digital TV system that is incompatible with the old analog TV system. As a result, every cable and satellite TV system must provide a low-def and high-def signal, on separate channels, for each station. And, every part of the connection from the TV station to your set has to be HD-capable.

- Your cable TV box has to be designed to handle HD
- That cable box has to be tuned to an HD channel (#701 or higher on Comcast)
- The cable box must be connected to your TV with a digital HD cable (an “HDMI” cable)

The basic Comcast service that is part of everyone’s monthly Villa Marin bill does not include any Hi-Def channels, and that cable box

you got when you moved in cannot receive HD. If you have a flat-screen TV and want to start viewing in High Def, contact Comcast and upgrade your programming package to one that includes HD. Comcast will then come to your condo and install all the necessary equipment to upgrade your service.

If you want HD, and you’re not sure what kind of service you currently have, here’s a test: With your TV on, tune your cable box to channel 705. If you get a black screen or a message like “service not authorized,” contact Comcast to discuss upgrading your service. If you get a picture on 705 but it just doesn’t look as good as you think it should, that means you’re paying for HD, but something in the way it’s hooked up isn’t right. Give me a call at 2465, and I’ll help you.

Team of Housekeepers

By Marilyn Levinson



At Villa Marin we have a wonderful team of housekeepers. They push their carts through our public areas and enter our condos once a week to ensure that we enjoy clean and comfortable surroundings. I met with two of them: Marie “Elena” Texcocano and Leticia Ramos.

- Elena keeps our lobby spic and span. She had previously worked in our condos. She has a son who is 27 years old and a daughter aged 13. She enjoys her work “making our residents happy.”
- Leticia does a variety of jobs. She works the early morning shift, which includes cleaning the dining room, auditorium and beauty shop several

times a week. She also works in a few condos on alternate days. She loves her residents and is content working here. She has been here for 24 years. Leticia has two sons, aged 12 and 9.

Industrious Ravens “Meet Ethel and Murray”

By Marilyn Levinson



Photograph by
Paul Chamberlain

One day, my husband Bernie and I look through the window of his room to a nearby tree. We observe two industrious ravens preparing for their new family. I name them Ethel and Murray. Over several days, we watch as they gather sprigs and leaves to build a nest. Ethel then lays her eggs and sits on them to warm them. (*Ravens have an 18-day incubation period.*)

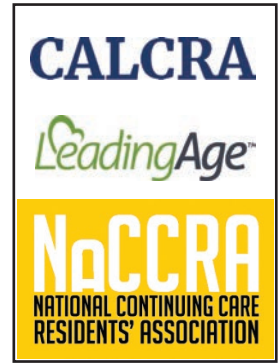
A marker placed on the deck shows where to observe this extraordinary nest. Murray flies to the nest from time to time boldly exhibiting his role as protector of the newly laid eggs. But he leaves the constant provision of care to Ethel.

When the eggs hatch, new life arrives. The chicks have no feathers and cannot yet care for themselves. Ethel is very busy tending her flock, briefly leaving the nest to gather food for her brood. She gently places bits of “worms” from her mouth into each little beak. Murray also searches for food. We see him put it into Ethel’s mouth; she then feeds it to their young. The babies grow feathers; they begin to look more like their parents. We continue to wait for the day that the new ravens take wing and begin the life cycle again.

MARINADE!

Who Is the VOICE for Continuing Care Residents?

Continuing care residents have banded together at the national and state levels to build momentum by exchanging ideas and advocating in legislative bodies at the state and national levels. The National Association of Continuing Care Residents Association (NaCCRA) was instrumental in the enactment of the Federal Right to Return Home Act, which allows Continuing Care Retirement Communities (CCRCs) residents to return to their Care Center after a hospitalization. Previously, managed care plans were apt to send CCRC residents to off-campus skilled nursing facilities.



- LeadingAge is the association that represents the executives who manage community-based, nonprofit organizations. Marsha Greenfield, their Vice President for Legislative Affairs, advocates with Congress on the challenges and potential changes to Medicare, Social Security, and Medicaid. <https://www.leadingage.org/>
- NaCCRA met in Washington, DC, in March with a focus on resident advocacy: Be The Voice. Six residents presented information on their state advocacy efforts. Annual Dues are \$20 for individuals. A community can join for \$200. <http://www.naccra.com/>
- The California Continuing Care Residents Association (CALCRA), the voice of more than 25,000 Californians who live in CCRCs, advocates on behalf of members and CCRC residents throughout the state to ensure their quality of life and financial security. www.calcra.org



“Silver Cove” by Gloria Gragg

Villa Marin Art Shows

In the main art gallery the Marin Watercolor Society will exhibit in July and August. Marin artists will feature a wide variety of subjects with many styles and points of view. The organization was established in 1970 and offers many opportunities to paint, exhibit, learn and share art ideas.

<http://marincountywatercolorssociety.com/>

Villa's Sunday painters will exhibit their watercolors and acrylic paintings in July and August in the card room. Then Gloria Gragg will show her mixed media and abstract expressionism works in August through October in the card room gallery.



Marilyn Knecht

Summertime Fun

Summer equals vacation. Where are some places to explore?

- Kat Braeman recommends a trip to Salinas to the John Steinbeck Exhibition Hall followed by lunch at The Steinbeck House. The Exhibit Hall features short clips of the many movies produced based on his books and showcases works from **Grapes of Wrath** to **Travels with Charley**. **The Nobel Prize in Literature 1962 was awarded to John Steinbeck** “for his realistic as well as imaginative writings, distinguished by a sympathetic humor and a keen social perception.” www.steinbeckhouse.com
- Richard Bottega suggests trips to the **San Francisco zoo, to the Exploratorium, to the Academy of Science**. All close to home.
- Sandy Steinman is a fan of Point Reyes National Seashore. Many classes and special events are listed on their website or call 415/663-1200 x 304. <http://www.ptreyes.org/things-do-see>

