

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## Slipping into a Somber September

Hello everyone,

September is upon us as our skills in resiliency are daily challenged, and hopefully continue to get stronger. And in the meantime, fires rage around us in our beautiful state as we all develop our evacuation plans—should the need arise, how will you leave your home (still driving, need a ride?), where will you go (do you have family, friends or neighbors nearby you can stay with?), do you know your closest “community refuge area?”, have you downloaded and/or printed your Fairfax Fire Clear Evacuation Map?” It’s located

here: <https://firesafemarin.org/evacuation/maps>

COVID-19 persists though it seems to be loosening it’s grasp a bit on Marin. It is the subject of the Commission on Aging meeting this month, and understanding “ageism and being an ally,” is the subject of our forum. Lots to keep us busy, and focused on self-care, caring for each other and for our community. We hope to see you on zoom.

*The Age Friendly Fairfax Task Force: Jody Timms, Barbara Coler, Susan Brandborg, Francie Bedinger, Anne Mannes, Jessica Price, and Jackie Engstrom.*

***Aging in Fairfax, everybody's doing it!***

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***Upcoming Events:***

**September 3:** Commission on Aging  
**September 3:** Ross Valley Seniors  
**September 16:** Breakfast with Friends: Social Hour  
**September 23:** Age Friendly Forum  
**September 25:** Age Friendly Fairfax Task Force Meeting  
**September:** Smartphone classes with CTAP-CA Telephone Access Program

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### ***Marin County Commission on Aging***

**Thursday, September 3, 10-11:15am**

**“COVID-19 Nursing Homes and Other Congregate Living Sites.”** A panel of speakers will discuss their current work, what needs to be done, and innovative solutions to the issues they are facing, and how the commission and members of the community can best support their work. Please join us for what promises to be a great program!

Panelists include:

**Jenny Bates**, Manager, Outpatient Behavioral Health, MarinHeath Medical Center

**Chloe Cook**, Social Services Supervisor, Marin County Aging and Adult Services

**Julia Hales**, Administrator, Marin County Aging and Disability Resource Connection

**Peter Mendoza**, Director of Advocacy & Special Projects, Marin Center for Independent Living

**Dan Steckline**, Program Coordinator, Marin County Long-Term Care Ombudsman Program

Join Zoom Meeting

<https://us02web.zoom.us/j/82838388169?pwd=QmozSjJsUXQxc3J4ZnhqWEkobnhzQT09>

Meeting ID: 828 3838 8169

Password: 492914

Dial in number 1+ (669) 900-6833

### ***Ross Valley Seniors***

**Thursday, September 3, 12:30-2pm**

Socializing begins at 12:30. Presentation at 1pm

Please email [kmacleod@townofsananselmo.org](mailto:kmacleod@townofsananselmo.org) with any questions or for more information.

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***Breakfast with Friends***

**Wednesday, September 16, 9:30-10:30am**

Join us with your coffee or tea for a friendly chat. Socializing is important for all and it's fun to connect, even via Zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/8539357484?pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUT09>

Meeting ID: 853 935 7484

Passcode: 398715

Dial in number +1 408 638 0968

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### ***Age Friendly Fairfax Forum***

**September 23, 10:30-11:45am:**

***“Ageism 101 & How to be an Ally”*** Join us as we have discussions about our experience of ageism-how we understand our own situation, barriers, challenges and building our capacity to respond to ageism. Also, learn how you can be an ally-a positive force for change in fighting systemic racism and achieving social justice for low income communities.

Join Zoom Meeting

<https://us02web.zoom.us/j/89980906539?pwd=MFc5ZUdYSohmWkhPN1cyUzdDRGZwUT09>

Meeting ID: 899 8090 6539

Passcode: 272011

Dial in number +1 669 900 9128

### **Upcoming Forums:**

**October 28: *“Medicare and Insurance Changes & Challenges”*** Come learn all about your Medicare choices whether you’re just getting started or needing to consider options during open enrollment, we’re here to help.

**November 20: *“Getting Your Ducks in a Row for End of Life Planning”*** It’s never too early for a heart to heart conversation with yourself and your family so you can put your end of life plan in place, including having an Advance Directive, a POLST (Physician Order for Life Sustaining Treatment), and making your final arrangements.

**December 18: *“Life Reflections & Looking Ahead to 2021”*** 2020 has been a year unlike any other. How have we grown in this new situation? What are our hopes for 2021 for the world, for our communities and for ourselves? How can we create

a plan that will allow us to thrive through the challenges and as we age?

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### ***Age Friendly Fairfax Task Force Meeting***

**Friday, September 25, 9:15-10:30am**

You're welcome to attend, bring your energy and ideas!

Join Zoom Meeting

[https://us02web.zoom.us/j/8539357484?  
pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUTo9](https://us02web.zoom.us/j/8539357484?pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUTo9)

Meeting ID: 853 935 7484

Passcode: 398715

Dial in number 1+ (408) 638-0968

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### ***Smartphone Classes (iPhone and Android)***

To learn more about small group, individualized trainings offered by the State-funded California Telephone Access Program (CTAP), call 1-866-271-1540, email

[smartphonetraining@ddtp.org](mailto:smartphonetraining@ddtp.org) or [follow this link](#). CTAP also offers free specialized phones for those who are mobility, hearing or sight impaired, call 1-800-806-1191 or visit <https://californiaphones.org>

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### ***Fairfax Recreation Classes***

Free online classes for older adults such as our popular yoga classes. We are offering six classes per week!

We just added Dance a la Moxie videos you can view anytime - [check them out online!](#)

#### ***Mondays***

Chair Yoga 11:00-12:00

Mat Yoga 1:00-2:00

#### ***Wednesdays***

Mat Yoga 9:30-10:30

Chair Yoga 12:00-1:00

#### ***Fridays***

Mat Yoga 9:30-10:30

Chair Yoga 12:00-1:00

For a full list of current classes and how to register, [click here](#).



[Visit our website](#)

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***Questions about services for older adults?***  
Call 415-473-4636 (INFO)

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***Wondering what IS Age Friendly Fairfax??***

[Find out more here](#)