

## Interested in Volunteering?

Volunteer opportunities can come in many forms: driving members on errands, to medical appointments, lunches or other appointments, check-in visits and walks, helping with simple household maintenance (can you change a light bulb?), helping with pets, picking up mail, serving on our Steering Team, as well as many others.

Volunteers are notified of requests according to their interests and availability.

There are no fixed volunteer hours or commitments.

Volunteers of all ages are welcome.

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***"I wasn't used to asking for help....I was, after all a volunteer, but when I couldn't get out to walk my dog myself, I was overwhelmed with the offers of help and the outpouring of time – my dog loved it, too!"***

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To learn more about volunteering, contact Karen Robbins, 415-519-3420 or karobbins@comcast.net

## How to Join

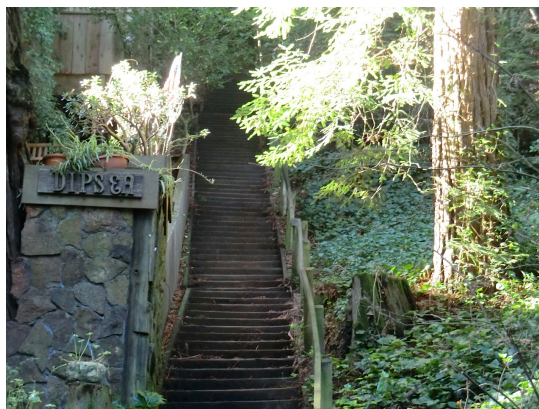
Mill Valley Village is a place to belong, to connect with old and new friends.

Memberships for individuals are \$32/month or \$365/year; household memberships are \$39/month or \$450/year.

Scholarships are available based on household income.

Enroll online at [www.mvvillage.org](http://www.mvvillage.org) or contact the central office:

Marin Villages  
4340 Redwood Highway, Suite F-142  
San Rafael, CA 94903  
415-457-4633



For membership information, contact Sue Steele at 415-388-7832 or xerty.10@gmail.com

## **Mill Valley Village** a branch of

# MARIN VILLAGES



Our Paths - Our Choices

**Helping Mill Valley's older  
adults stay in their own  
homes, in their own  
community, and maintain  
active, independent lifestyles**

[www.mvvillage.org](http://www.mvvillage.org)

**Connie Dubin, Chair  
Mill Valley Village  
415-381-7606  
millvalleyvillage@gmail.com**

## What is Mill Valley Village?

Mill Valley Village is part of a growing national movement dedicated to helping seniors remain in their homes and maintain active, independent lifestyles. We are a volunteer-driven membership organization that couples old-fashioned neighborliness with modern know-how to provide important services and enhance quality of life. We offer interesting programs and valuable benefits to our members and are active in the broader Mill Valley community. Our parent organization, Marin Villages, maintains a small professional staff to provide key services, such as fielding phone calls and matching volunteers with member requests, for Villages across Marin County.



Once you become a member, just call our central office to request a service. For example, if you need a ride to the doctor or grocery store, someone to walk the dog, help with paperwork, or a friendly visit, our staff will make arrangements with a local volunteer. It's that simple!

## Neighbors Helping Neighbors

The Village Movement started over a decade ago when a group of seniors in the Beacon Hill area of Boston, intent on staying in their own homes, decided to create a community-based organization to meet their needs. The concept was simple but powerful: neighbors and volunteers would assist with routine tasks and occasional rides, and would create opportunities to develop and grow relationships, establishing a "village-like" atmosphere in which no member is forgotten. The concept caught on. There are now over 200 active Villages across the US and many more in development.

Studies overwhelmingly indicate that most people wish to remain in their homes as long as possible. Mill Valley Village is here to help.

**STAY IN YOUR HOME:** Volunteers are ready to help with your needs

**STAY ACTIVE:** Come join us for "Coffee at the Sweetwater", monthly lunches, memoir writing, trail walks, movie screenings, birding and more

**STAY CONNECTED:** Meet new friends at our programs and events, and keep in touch with family and friends through better use of technology

## Benefits of Membership

### ***Meeting transportation needs***

For medical appointments, grocery shopping, errands, and events

### ***Keeping up with the times***

Help with computers, tablets, printers, and other devices

### ***Keeping the household 'together'***

Volunteer assistance with minor household tasks and upkeep

### ***Referrals to paid providers***

Access to lists of service providers referred by village members and volunteers

### ***Meet new people and make friends***

Join us for coffees, luncheons, walks, special events...

### ***Pursue interests and explore new ones***

Memoir writing, educational seminars, birding, hiking and more

### ***Discounts and other benefits***

From your local merchants

### ***Chances to give back***

Volunteer opportunities according to your interests and availability

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