

# ESCOM

Emeritus Students  
College of Marin

## College of Marin

### College Council Notes – 9/10/2024

#### Clubs

1. Added the new “Arts & Crafts Creativity” club to bring the number of clubs to 23.

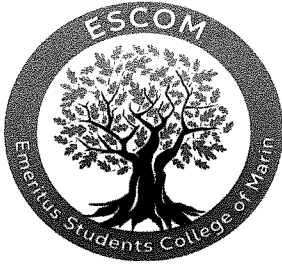
#### Outreach

1. August 15 - began the Term with the Fall Convocation; six ESCOM Council members attended.
2. September 4 - ESCOM tabled at the Fall Resource Fair.
3. September 7 - we had a table at the 2024 Ember Stomp event at the Marin County Fairgrounds; estimated attendance was 5000 Marin residents.
4. September 10/11 – we have a table at the Fall 2024 Club Fest.
5. September 13 – “Introduction to Artificial Intelligence part 2” computer workshop at the MCE building in San Rafael; this workshop is the fifteenth Senior Planet computer workshop since we started on May 12, 2023.
6. September 18 - we will have a table at the 2024 Senior Fair event in the Marin County Exhibit Hall; estimated attendance is 3000 Marin residents.
7. September 20 – ESCOM Spotlight on “The Science Behind Living Better Longer” with a speaker from the Buck Institute on Aging Research. With this talk, we will have completed 33 Spotlight presents programs since March, 2021.

#### News

1. ESCOM outreach has brought in 600 new members in the last 12 months for a total membership of 3100 members.
2. ESCOM Council is setting up a Vision Focus group to work with how ESCOM can be supportive of the Vision 2030 document presented at the 2024 Fall Convocation; an initial statement was drafted to include older adults in Community College outreach. (attached)
3. ESCOM Council implemented two new committees to help focus our work:
  - a. ESCOM CONNECTS Committee to help plan and coordinate our intergenerational outreach. (Leonard Weingarten and Lorrie Verplaetse, co-chairs)
  - b. ESCOM Digital Literacy Committee to plan and implement our Senior Planet workshops. (Gary Gonser, chair)





# ESCOM

Emeritus Students  
College of Marin

## ESCOM Computer Lectures and Workshops

May 12, 2023 @ 2:00 – 3:30pm – **Cloud Storage Lecture**, Kentfield ESCOM Center,  
Room SS111, 835 College Avenue, Kentfield CA 94904

May 26, 2023 @ 2:00 – 3:30pm – **Protecting Your Personal Information Online**,  
IVC ESCOM Center, Bldg 10, Novato, CA 94949

June 9, 2023 @ 2:00 – 3:30pm – **Affordable Home Internet**, Room SS111, 835  
College Avenue, Kentfield CA 94904

June 30, 2023 @ 2:00 – 3:30pm – **Mobile Health Apps/Tele Medicine**, IVC ESCOM  
Center, Bldg 10, Novato, CA 94949

August 11, 2023 @ 2:00 – 3:30pm – **Ride Sharing Apps**, Kentfield ESCOM Center,  
Room SS111, 835 College Avenue, Kentfield CA 94904

August 25, 2023 @ 2:00 – 3:30pm – **Mobile Health Apps**, IVC ESCOM Center, Bldg  
10, Novato, CA 94949

September 8, 2023 @ 2:00 – 3:30pm – **Messaging Apps**, Kentfield ESCOM Center,  
Room SS111, 835 College Avenue, Kentfield CA 94904

September 29, 2023 @ 2:00 – 3:30pm – **Intro to Heart Rate Monitoring Apps**, IVC  
ESCOM Center, Bldg 10, Novato, CA 94949

March 8, 2024 @ 2:00 – 3:30pm – **Creating Smartphone Photos and Google  
Photos Processing**, San Geronimo Valley Community Center, 6350 Sir Francis  
Drake Blvd, San Geronimo, CA 94963

March 22, 2024 @ 2:00 – 3:30pm – **Intro to Social Media and LinkedIn**, San Geronimo Valley Community Center, 6350 Sir Francis Drake Blvd, San Geronimo, CA 94963

June 14, 2024 @ 2:00 – 3:30pm – **Using Mobile Health Apps on your Cell Phone**, San Geronimo Valley Community Center, 6350 Sir Francis Drake Blvd, San Geronimo, CA 94963

June 28, 2024 @ 2:00 – 3:30pm – **Getting to Know Your Smartphone**, Fairfax Library, 2097 Sir Francis Drake Blvd, Fairfax, CA 94930

July 26, 2024 @ 2:00 – 3:30pm – **Protecting Your Personal Information Online**, Fairfax Library, 2097 Sir Francis Drake Blvd, Fairfax, CA 94930

August 23, 2024 @ 2:00 – 3:30pm – **Introduction to Artificial Intelligence, part 1**, MCE Offices, 1125 Tamalpais Ave, San Rafael, CA 94901

September 13, 2024 @ 2:00 – 3:30pm – **Introduction to Artificial Intelligence, part 2**, MCE Offices, 1125 Tamalpais Ave, San Rafael, CA 94901

## Spotlight presents talks (March 2021 to November 2024)

1. March 17, 2021 - Congressman Jarad Huffman (US House of Representatives) - A Talk with Jarad Huffman
2. April 16, 2021 - Beryn Hammil - Online Safety and Security
3. April 30, 2021 - Elaine Petrocelli (Book Passage) - Book Talk
4. May 14, 2021 - Edward Anderton (Buck institute on Aging) - The Science of Healthy Aging
5. September 17, 2021 - Deputy Fire Chief (Southern Marin) - Fire is Something Else - Until it is in Your Home
6. October 22, 2021 - David Patterson (COM Library) - Beyond Google and Facebook
7. November 11, 2021 - Dr. Kathy Pezdek (Claremont University) - How True are Eyewitness Accounts?
8. January 28, 2022 - Maria Gregoriev (Marin Abuse Specialist Team) - Avoiding Scams, Fraud and Financial Abuse
9. February 25, 2022 - Lori Frugoli (Marin DA) - A Talk with Marin's District Attorney
10. March 18, 2022 - Tamra Peters (Resilient Neighborhoods) - Be Part of the Climate Solution
11. April 29, 2022 - Sanja Kulenovic (Author) - Struggle and Strength in the Siege of Sarajevo
12. June 22, 2022 - Dr. Michael Baker (Admiral, USNavy, retired) - Understanding Ukraine: International Friction Zones
13. August 24, 2022 - Lynn Murphy (San Rafael Police Department) - Understanding San Rafael's Unhoused Community
14. September 14, 2022 - A Conversation with Louis Bershad - Live in-person Coffee
15. October 7, 2022 - League of Women Voters of Marin and Sonoma - 2022 Election Coverage of the Propositions
16. November 18, 2022 - Senior Planet - Empowering Older Adults Through Technology
17. January 20, 2023 - Alzheimer's Association - Effective Communication Strategies

18. February 17, 2023 - COM Professor Walter Turner - Celebrating Black History Month
19. March 31, 2023 - Author Series - Ingrid Rojas Conteras - "The Man Who Could Move Clouds"
20. April 28, 2023 - Author Series - Margaret Wilkerson Sexton - "On the Roof Top"
21. May 19, 2023 - Chris Mihil (Buckelew), Marin County, COM Psych Services - Mental Health Month and Suicide Prevention
22. August 18, 2023 - Home Match "Building Community One Home at a Time"
23. September 22, 2023 - Marc Levine - "Reflections on my life in the Calif Assembly"
24. October 14, 2023 - ESCOM 50th Anniversary Celebration at the Bill and Adele Jonas Center in IVC
25. November 17, 2023 - Paul Daubermire - "STEM at the College of Marin"
26. January 19, 2024 – "The Mission and Programs of AAUW"
27. February 16, 2024 – Jim Van Buskirk – "Talking About Death Won't Kill You!"
28. March 15, 2024 – Laurel Botsford – "Human Trafficking – In the Know"
29. April 19, 2024 – Author Series - Rita Chang-Eppig - "*Deep as the Sky, Red as the Sea.*"
30. May 17, 2024 – Author Series - Brian Copeland, "*Outraged.*"
31. June 6, 2024 – Prartho Serena - Creativity and "*Starfall in the Temple.*"
32. August 16, 2024 – Marin Grand Jury
33. September 20, 2024 – "The Science Behind Living Better Longer"- Buck Institute (Elizabeth Stephens)
34. October 18, 2024 – League of Women Voters (Lynn Dooley)
35. November 15, 2024 – Jennifer Olsen, CEO of the Rosalynn Carter Center for Caregivers.

Including Adults over 65 Years in the Vision 2030 document.

There are 6 million Californians over 65 who have graduated from school or retired from work, and are in need of the community outreach programs offered by our community colleges. This group is disproportionately likely to be low-income and to struggle with finding inspiring and engaging opportunities to make their lives as rich as possible. Many in this group have completed their work and education, but are living alone or in isolation, or want more from their lives.

The percent of California's population over 65 is now 16% in 2024 and expected to grow to 23% by 2040. If our efforts to increase access for older adults in California result in just 5% of the most motivated group becoming associated with Community Colleges, it would generate over 300,000 new community students and supporters across the system. Moreover, older adults are disproportionately the most likely both to be involved in community outreach programs and to support these programs personally and financially.

This work would generate tremendous gains for equitable access to higher education and community services. Redesigning opportunities for this population require dismantling the "traditional" architecture of the institution. Our institutions are uniquely positioned to help older adult Californians develop and utilize community services that benefit everyone, while returning the skills, knowledge and experience they have acquired in life to improve the social and economic mobility of everyone the community college system is designed to serve.

