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VILLAGES**

Our Paths - Our Choices

Empowering older adults to remain active,
connected and independent in the place they
call home.

MARIN VILLAGES



CORONAVIRUS AND MARIN VILLAGES UPDATE

April 7, 2020

Dear Marin Villages members and volunteers,

We hope you are all staying well. Please read on for the latest news and ideas we have for making the most of our current situation.

More Things to Do

Check out the updated “Things to Do While Sheltering in Place” list on our website. **New additions are at the top of the list.** Additions include such things as links to Book Passage’s new *Conversations with Authors* series; Body Kinetics’ video exercise classes; the SF Opera and its daily Merola Program, *Odes to Joy*; and a few links to simply funny or oddball stories or videos. View the list [here](#) or download a PDF [here](#).

Things to Know

Masks

Last week the County began recommending that everyone wear a cloth mask or bandana or scarf covering the nose and mouth when not at home. This recommendation supplements previously issued recommendations and orders, all of which are designed to help slow the spread of the virus. The new face covering recommendation should be considered an extra layer of protection that is *most* effective when used in combination with hand-washing, refraining from touching your face, physical distancing, and staying home as much as possible.

Do you sew? Marin HHS has specifically requested that residents make their own masks. This may be difficult for some of us, but also provides a great new way to volunteer your time and talent for others. Step by step directions and information on how to make a mask can be found [here](#).

Guess what? Even if you don't sew, you can make a mask using a variety of materials you might already have on hand. Use [this link](#) or [this one](#) to find out how.

If you are willing to make some masks to give to Marin Village members, please let the office know. BJ and Diane can help coordinate deliveries through the mail, or by working with volunteers to drop them off where needed.

Some Straight Talk about Anxiety and Stress as We Shelter in Place

Is your level of stress or anxiety increasing? How about that of the people around you, or the people you talk to by phone or email? Some of us are better than others at keeping stress and anxiety at bay, but as our lives continue to be disrupted by this pandemic, even the most optimistic among us may have an uncomfortably down moment or two.

In light of this reality, we thought a few tips might be helpful, whether you are talking to yourself, or to others who are experiencing a tough time or just a down day.

A Few Suggestions from Marin Villages for Helping Both Yourself and Others When You Sense Increased Anxiety and Stress

Helping Yourself	Helping Others
<u>Acknowledge your feelings.</u> Trying to pretend you don't have them can make it harder to feel better.	<u>Validate the feelings you hear from others you are talking to.</u> Sometimes that alone is enough to help.
<u>Listen to yourself</u> —Can you identify something in particular that has created increased stressed or anxiousness? Can you reframe how you talk to yourself about things using more positive words or a problem-solving perspective?	<u>Listen more than talk.</u> See if you can identify something in particular that has created their increased stress or anxiousness. Can you reframe the conversation, using different more positive words or a problem-solving perspective?
<u>Call a friend or family member or schedule a companion call on the Marin Villages dashboard</u> —talking to others can help put your own feelings in perspective. Personal outreach is often helpful to both parties.	<u>Increase your efforts to reach out to others</u> —especially those who may be particularly vulnerable to feelings of stress or anxiety. Personal outreach is often helpful to both parties.
<u>Try some “proven” techniques for helping to reduce stress and anxiety:</u> practice deep breathing several times during the day, meditate, exercise and move around, try setting and accomplishing a small, doable specific goal, find opportunities to laugh or listen to beautiful music.	<u>Recommend some “proven” techniques for helping to reduce stress and anxiety:</u> encourage deep breathing several times during the day, suggest meditation as well as exercise and moving around, encourage small, doable specific goals, share opportunities for finding laughter or beautiful music.
<u>Consult the Marin Villages Things to Do While Sheltering in Place List Posted on</u>	<u>Refer to or send a copy of the Marin Villages Things to Do While Sheltering in</u>

<u>Our Website</u> —sometimes distracting yourself with new and different activities can help!	<u>Place List Posted on our Website</u> —sometimes distracting oneself with new and different activities can be of help!
<u>Reflect on the Past</u> : if you have been down before, what helped you feel better then? Consider and take heart from tough times you have overcome in the past.	<u>Suggest reflecting on the past</u> : has the person you are talking to been down before, and if so what helped them feel better then? Can they consider and take heart from tough times they have overcome in the past?

Closing Thoughts

Not to dismiss the difficulty of what we are all facing, but we thought we'd end this week's message with a limerick—writing limericks being one of the activities we recommended on the “Things to Do While Sheltering in Place” list on the website. This one reflects some of the comments we are hearing from all of you as you chat with or are helped by our volunteers or talk with BJ and Diane who continue to keep things running smoothly.

Marin Villages is simply the best
We can say it with absolute zest
To the office and great volunteers
Hip hip hooray and more cheers
For helping us all be less stressed!

We value your support and we love being of service to both members and volunteers during this upside-down time. Wishing you all continued resilience.

Cherie Sorokin, President, Marin Villages
Peter Lee, Interim Executive Director

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