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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 UPDATES

April 28, 2020

Dear Marin Villages members and volunteers,

Today is Giving Tuesday!

Have you heard? Today is “Giving Tuesday,” which makes TODAY a particularly good day to donate to Marin Villages and support the work we do to help older adults in Marin remain active, connected, and independent in the place they call home. Your donations make our work possible in good times, in crises like the one we currently face, and in challenging times such as we are certain to face in the aftermath of the pandemic. The great news is that members of our Board and Advisory Council, as well as our Steering Committee Chairs, are matching up to \$20,000 in donations to Marin Villages this spring. That means donations you make now will be doubled!

If you've already sent in a donation in response to the email we sent out last Friday, thank you! Please tell your friends and family, too--every bit makes a difference. If you haven't yet gotten around to it, now is the time! Click below to donate online, or send a check to the Marin Villages office, 4340 Redwood Highway, F-142, San Rafael, 94903.

Please donate

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, dated April 27.** Among other suggestions, additions include two quite amusing videos related to the pandemic (yes, humor helps!), links to some new first-run movies, another brainteaser, and some more easy cooking ideas. And don't forget to check back through listings from prior weeks. There are lots of options! View the list [here](#) or download a PDF [here](#). Printing the PDF may be help in remembering items you'd especially like to explore.

Have a suggestion you'd like to share with others? Email or call the office and we can add it to next week's list! info@marinvillages.org, or (415) 457-4633

Learning New Tricks While Sheltering-in-Place

Are you Zooming yet? Learning to Zoom is a great way to stay connected while we can't be out and about. Colin Crawford will be offering more Zoom training sessions in the coming weeks, ranging from the basics of how to join a Zoom call as a participant to how host your own Zoom meeting. Please email or call the office if you want to be included in one or more of these training sessions. Please indicate if you are interested in a "participant" training session or a "host" training session, whether you will be using an iPad, smart phone, or laptop/desktop computer, and also whether you already have your own Zoom account (required if you want to be a host). Sessions are now scheduled for the following dates and times:

Wednesday, April 29, 2:30 – How to join/participate in a Zoom call

Thursday, April 30, 2:30 – Host a Zoom meeting from your laptop/computer

Friday, May 1, 2:30 – Host a Zoom meeting from your iPad

Save the Date: Learn How to Avoid Scams!

Saturday, May 16, at 1:00pm, Marin Villages will host an all-village program via Zoom on avoiding scams, *Beware of Scammers, Abusers and Thieves*.



This program will feature a live interview with Oak Dowling, a well-known member of Marin's Financial Abuse Specialist Team (FAST). Learn how to both spot and avoid scams, including the new ones related to COVID-19. Please RSVP to the office by May 9th to reserve your spot for this enlightening program. Reservations are required in order for you to receive log-in information. info@marinvillages.org or (415) 457-4633

Things to Know

Shelter-in-Place Order to Be Extended in Bay Area

Revised shelter-in-place orders are shortly to be announced for the Bay Area, including Marin. The new orders will largely keep the current restrictions in place and extend them through May. The new orders will include limited easing of specific restrictions for a small number of lower-risk activities.

Masks

The amazing Frances Hsieh has just dropped off several more batches of hand-crafted face masks for Marin Villages members and volunteers.

Thank you, Frances! Please let BJ or Diane in the office know if you would like one or know some other Marin Village member or volunteer who does. (415) 457-4633 In light of the planned extension of the shelter-in-place orders for the Bay Area, it looks like we will all want to have multiple face masks at hand for the next month.



Why Aren't We There Yet?

Marin County's Health and Human Services Department estimates that approximately 95% of residents in Marin are still susceptible to the coronavirus illness known as COVID-19. We have slowed the rate of infection but have not yet tamed the disease.

Before lifting any of the restrictions that have been so effective in slowing the rate of infection, the County is focused on two types of testing: expanded testing for the presence of the virus itself (usually done via nasal swab), and testing for evidence of antibodies against the virus (usually done by needle prick to obtain a small blood sample).

Antibodies are proteins your body uses to fight off and make you immune to diseases caused by certain viruses. We have them either because we have had the disease and manufactured our own antibodies, or we received protective antibodies via a vaccine. Currently there isn't a vaccine against COVID-19 (and there won't be for some time), and we don't yet have enough information to understand to what extent individuals in Marin may have developed their own antibodies as a result of having had the disease. Unfortunately, as of yet there is no definitive answer as to whether or for how long COVID-19 antibodies are actually effective against re-infection, and even the tests available to look for antibodies are not entirely reliable But scientists around the

world, including here in Marin, are working on both issues.

Understanding both the prevalence of the disease in Marin and the extent of immunity in our community is critical to determining whether, when, and how shelter-in-place orders and other directives on social distancing, masks, disinfection, and hygiene practices may be modified. Developing this understanding takes time. Dr. Matt Willis had a good explanation of some of the reasons the task is so complicated in his April 23 video last week, which you can access [here](#) or on the Marin County Health and Human Services website.

You may also want to watch or participate in the upcoming online Town Hall conversation on Marin County's COVID-19 response, on Wednesday, April 29, at 6:30 pm. It will focus particularly on efforts to care for Marin County's most vulnerable populations, which includes adults over 65. The program will air on Comcast Channel 27 on TV, and you can find the online link to join via computer by clicking on [this link](#) on the 29th.

Meanwhile, stay calm, exercise patience, and keep following the rules! It's for everyone's good.

Census Time Frame Extended

If you haven't filled out your census form, you can still do it online or by phone even though the original deadline has passed. It is particularly critical this year since census data helps determine the amount of funding received by Marin for such things as hospitals and medical and public health needs and services. Please take the time to respond now, if you haven't already.

We Love Our Volunteers!

Last week was National Volunteer Week. Somehow that fact slipped by without our noticing. But absolutely every day we are so grateful for the work our volunteers are doing. Knowing we can always count on them is a priceless gift.

The doorbell buzzes
A masked person stands there alone
My Village volunteer!



Closing Thoughts

In putting together our annual spring fundraising letter this year, it was particularly gratifying to reflect on the fact that Marin Villages has been in the business of “flattening the isolation curve” for older adults in Marin for more than ten years now, and our model of providing consistent, reliable, and vetted volunteer help to facilitate older adults staying active, connected, and independent has proven to be even more valuable in the unsettling and uncertain times we are facing now. Congratulations to us!

But we can’t remain complacent, and the economic ramifications of COVID-19 are only just beginning. Because contributions are particularly important right now, we are sending both email and snail mail requests for donations. Repetitious, we know, but we hope effective! Your donation, at whatever level, will help us continue to be here for Marin’s older adults.

Cherie Sorokin, President, Marin Villages

Peter Lee, Interim Executive Director

You can keep in touch with public health updates by using any of the links below.

- For more about the coronavirus from the **Centers for Disease Control and Prevention (CDC)**, including prevention, symptoms, and testing, click [here](#). For CDC recommendations of how to prepare your household, click [here](#).
 - Find **California Department of Public Health** information [here](#).
 - For the latest local updates from **Marin Health and Human Services**, use [this link](#).
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