

[View this email in your browser](#)**MARIN  
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

---

**May 5, 2020**

Dear Marin Villages members and volunteers,

#### Spring Solicitation

Many thanks to those of you who have already sent in your contribution in response to our Spring Solicitation. And special thanks to our board, advisory board, and steering chairs who have pledged to match the first \$20,000 in donations we receive! If you have not already sent in a donation, we hope you will join those who have. Contributions of any size are welcome and every single one helps keep Marin Villages strong.

#### 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 May 4.**

Among other suggestions, additions include a great video created by residents at the Redwoods, some new listings of museums to visit virtually, some great armchair travel sites, a few brainteaser questions, and some new vocabulary for the times. Do you know what a *covidiota* is? 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 would 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](mailto:info@marinvillages.org), or (415) 457-4633

### 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* will feature our own Marin Villages Board President Cherie Sorokin conducting 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 8<sup>th</sup> to reserve your spot for this enlightening program. Reservations are required in order for you to receive log-in information. [info@marinvillages.org](mailto:info@marinvillages.org), or (415) 457-4633

### Things to Know

#### **Marin County extends shelter-in-place order—remember, 95% of us are still susceptible!**

Last week Marin County extended the shelter-in-place order for Marin residents until May 31 in order to continue efforts to slow the spread of COVID-19 and mitigate the impact of the virus on delivery of critical healthcare services. This means we must continue to stay home except to engage in activities that qualify under the order as “essential” or are identified as permissible.

The new order did expand the list of “essential businesses” that may be open, and allows certain lower-risk outdoor businesses to resume operations. For example, construction projects may resume, and landscapers and gardeners may get back to work. Sales of garden plants and equipment at nurseries and garden centers are now allowed, and real estate transactions and moves are permitted. Golfers and tennis players may resume those sports. However, social distancing, wearing of masks, and use of sound hygiene practices are still required for everyone.

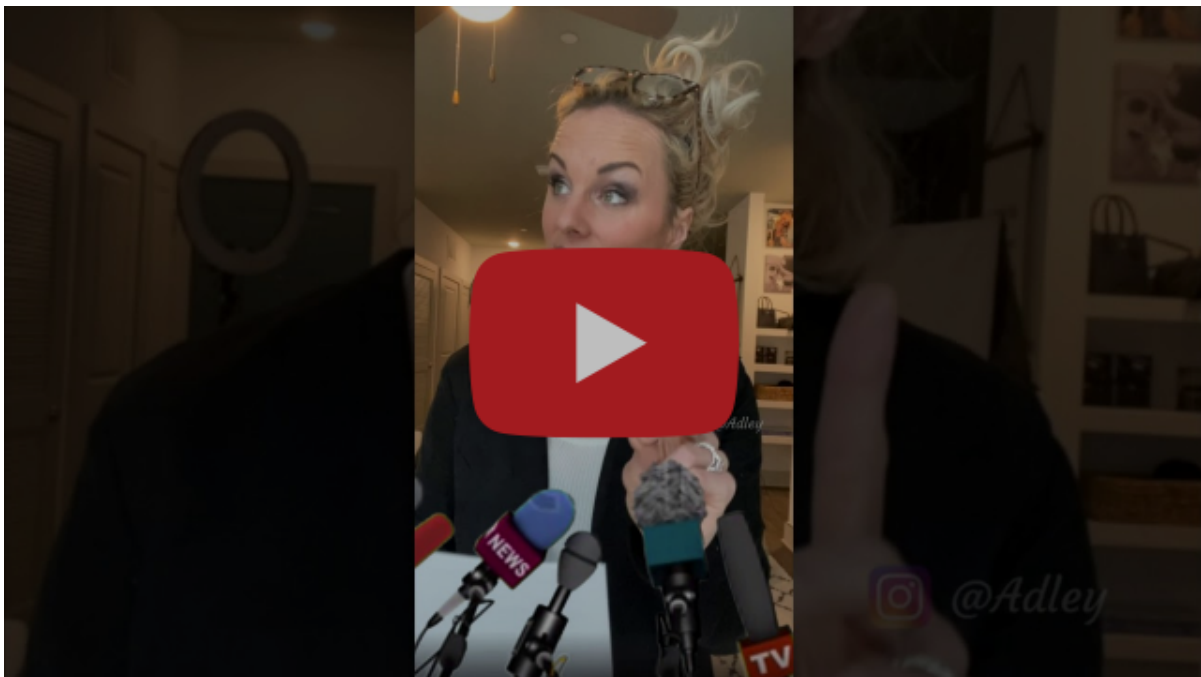
Yesterday, the governor of California announced that the state will begin to ease the statewide shelter-in-place order to allow designated lower-risk businesses to re-open in some areas of the state, some as early as the end of this week. Easing of the statewide order will be done gradually and on a geographic area-by-area basis, after consultation with local health officials and certifications that certain tests have been met. The governor’s new guidelines will not pre-empt stricter local orders, such as Marin’s.

This initial, measured resumption of certain activities is designed to keep the overall volume of person-to-person contact very low to prevent a surge in COVID-19 cases in Marin and neighboring counties. For a complete list of what activities are allowed and what businesses and activities qualify as “essential” or permissible in Marin, click [here](#).

Please remember, antsy as we all are for this to be over, there’s good reason to keep following Marin County’s rules.

### **But don’t forget to laugh!**

Not to make light of the importance of following the rules, but for a little humor on the topic of what the rules are, especially as different states and divisions within states start to open up, check out this fun video. It was in our “Things to Do” list last week, but just in case you missed it, click below. [Note: you will see an ad at first, but after five seconds you can click “skip ads” to bypass the rest of it and see the video.]



### **Masks**

We still have a few of the handcrafted, washable masks that Frances Hsieh made for Marin Villages members and volunteers. Doug and

Dellie Woodring are modeling two below! Please let BJ or Diane in the office know if you would like one or know some other Marin Villages member or volunteer who does. (415) 457-4633



### **Know someone who needs help?**

As the disruption to our lives continues, there will inevitably be times we are fearful, depressed, or worried about our own economic situation or even our own sanity. Please don't think you are alone in having these feelings. Marin Villages is here to help, either through our own volunteers, or by helping you get in touch with the many services available from other organizations and the County of Marin. Perhaps you are doing ok, but you know someone who isn't. The office is happy to give you information you can share with others about Marin Villages and other resources throughout the county. We have a "no wrong door" philosophy that means we help find the right resource, even if that resource might not be us. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

### **Zoom, Zoom**

We've been busy training lots of members and volunteers on Zoom. If you haven't participated in the training yet, or need some additional help, please let the office know. We will continue to host group sessions, and even some one-on-one sessions, for the next month or so.



Most local villages are now offering at least some programming via Zoom. Check out the [Marin Villages calendar](#) on our website for listings. If you want to join another local village's program, please call the office and they can put you in touch with the right person to see if we can make that happen! (415) 457-4633 or [info@marinvillages.com](mailto:info@marinvillages.com)

### Closing Thoughts

Let's all take a minute to remember what a beautiful place we call home!



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, use [this link](#).
- Find **California Department of Public Health** information [here](#)
- For the latest local updates from **Marin Health and Human Services**, click [here](#)

*Copyright © 2020 Marin Villages, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

