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MARIN  
VILLAGES



Our Paths - Our Choices

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



TIBURON PENINSULA  
VILLAGE NEWSLETTER

MAY 2020

## SHELTERING-IN-PLACE

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. The shelter-in-place orders will continue to be in effect for at least the next month, and the need for social distancing, wearing masks, and enhanced hygiene practices will continue well beyond that.

## WELCOME TO OUR NEWEST VOLUNTEER!

**Volunteer:** Ashley McColloch

Ashley has been a licensed physical therapist for 25 years and has her own PT business. She wants to volunteer for Marin Villages because she believes that it is important to give back to the community she loves.

Thank you for giving your time and energy to our village!

## LOCAL VILLAGE EVENTS (open to all, unless noted)

Note that **all TPV events are now on Zoom!** If you need help learning how to join a Zoom call, email Cherie Sorokin at [cheryl.sorokin@gmail.com](mailto:cheryl.sorokin@gmail.com). Private or group lessons available!

### Food & Drink

#### **TPV Happy Hour**

Friday, May 1, 4:30pm

Bring your beverage of choice and let's sip and chat together via Zoom. The link to join this meeting was sent last Friday. A reminder will be sent Friday morning.

#### **TPV Coffee Hour**

Wednesday, May 27, 11:00am

Have a cup of coffee or tea and chat with fellow TPV members and volunteers. An email invitation will be sent closer to the time of the event.

### Education & Presentations

#### **Public Health—What is it? How do Public Health Agencies Work in “Normal” Times and in Pandemics?**

Friday, May 8, 4:00pm

An interview with two of our own public-health experts: Marin Villages board members Dr. Larry Meredith and Sparkie Spaeth, both of whom had careers in the public-health field. They will be interviewed by Cherie Sorokin, TPV Steering Committee, and president of the Marin Villages Board. An email invitation will be sent Monday May 4 and a reminder on May 8.

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## MARIN VILLAGES EVENTS

#### **Beware of Scammers, Abusers and Thieves**

Saturday, May 16, 2:00pm

A presentation by Oak Dowling of Marin's Financial Abuse Specialist Team. RSVP required in order to receive the Zoom link to this event.

Call the office to reserve your spot. (415) 457-4633

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## MARIN VILLAGES ANNOUNCEMENTS

We've started our annual spring fundraising solicitation. Please donate to help us continue to be there for you and for other older adults who wish to remain active, connected, and independent in the place we call home and the community we love.

[https://marin.helpfulvillage.com/fundraising\\_campaigns/6-annual-fund-spring-2020-appeal](https://marin.helpfulvillage.com/fundraising_campaigns/6-annual-fund-spring-2020-appeal)

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## TIBURON PENINSULA VILLAGE ANNOUNCEMENTS

### A Message from Tiburon Merchants

The Tiburon Chamber has put together this lovely video featuring some of Tiburon's merchants, who are eagerly awaiting the time when we can all get back out there. Take a look.

<https://www.youtube.com/watch?v=z0Tb3NUWLLA&feature=youtu.be>

The Chamber is also raising money to help support the smaller merchants in our community during this pandemic. You can check out the campaign at the following link:

[https://www.gofundme.com/f/tiburon-peninsula-chamber-of-commerce?utm\\_source=customer&utm\\_medium=copy\\_link-tip&utm\\_campaign=p\\_cp+share-sheet](https://www.gofundme.com/f/tiburon-peninsula-chamber-of-commerce?utm_source=customer&utm_medium=copy_link-tip&utm_campaign=p_cp+share-sheet)

### Food and Medicine Options in Tiburon

Note, with both pick up and shopping options noted below, Marin Villages volunteers can help if you coordinate through the office!

**Servinos** has been focused on making available takeout food and drink, and putting together and selling fresh produce boxes. These items are available for pick up at the curb. They even have limited supplies of toilet paper for purchase! You order all online. Check out Servino's website: <https://www.servino.com/>

**Rustic Bakery** will deliver takeout orders curbside if you phone in your order in advance. (415) 797-6123 They will also deliver through various delivery services in Marin if you order online.

<http://www.rusticbakery.com/>

**Salt and Pepper** is available for takeout service between 11:00 and 3:00 for lunch, and between 5:00 and 8:00 for dinner.

<http://www.saltandpeppertiburon.com/>

**Sam's** is offering free delivery for seniors—just call in your order and payment info and ask for home delivery, or you can order and pay online and then call in and ask for free delivery. Their phone number is (415) 435-4527. The web page for ordering is

<https://www.toasttab.com/sams-anchor-cafe/v2/online-order#!/>

**Woodlands Market on the Boardwalk** and **Nugget Market in the Cove** have both been open throughout this pandemic. They each have senior hours from 7 - 8 (Monday, Wednesday and Fridays for Woodlands, and Tuesdays and Thursday for Nugget). You will need a mask to enter the stores now, and they request that you stick to social distancing rules while in the store. The Woodlands website is

<https://www.woodlandsmarket.com/> The Nugget Market website is

<https://www.nuggetmarket.com/>

**CVS** has special hours for older adults and others who may be especially vulnerable to COVID-19, Wednesdays from 9:00 - 10:00.

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## AND MORE...

### Need a Mask?

If you need a mask, contact the Marin Villages office at (415) 457-4633. Frances Hsieh, a Marin Village volunteer, has been busy creating them for our members and volunteers. Pictured below are TPV members and volunteers, Doug and Dellie Woodring, modeling two of Frances's creations.



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## HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website ([www.marinvillages.org](http://www.marinvillages.org)) for application forms and online donations.

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