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MARIN
VILLAGES



Our Paths - Our Choices

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

MARIN VILLAGES



MARIN VILLAGES UPDATES

June 23, 2020

Dear Marin Villages members and volunteers,

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 June 22.** Among other suggestions, additions include info on SF Pride week activities, a new armchair travel video to Mars, reminders of online learning opportunities, some dorky COVID-19 jokes you can tell to some captive audience or other, plus an easy fruit crisp recipe.

Deepening Our Understanding

We’ve added some new resources to our Things to Do List that you may find helpful in thinking about racism and the racial and social justice issues being raised all over the country, and actions you might take to

help be a force for change. In addition to new books and articles listed, there are a number of good movies listed that you can download or stream for free or minimal cost, including *Just Mercy*, *Selma*, *The Hate You Give* and Ken Burns' *The Central Park Five*. You can access the list [here](#).

MARIN VILLAGES PROGRAMMING

Save the Date: July 8 – How Long Will This Be Going On?



Dr. Matt Willis, Marin County's Public Health Officer, will be zooming with us on July 8 at 3:00pm. This is a program specifically for Marin Villages members and volunteers and will focus not only on Marin County's efforts to-date to combat the coronavirus, but also on what lies ahead, especially for Marin County's older adults. Many thanks to Marin Villages Board Member Larry Meredith for arranging this special presentation for us! RSVP to the office to register for this event and you will be sent a link to join the program. (415) 457-4633 or info@marinvillages.org

Save the Date: July 30 – Happy Organizing: For Yourself, Your Home and Your Paperwork



On July 30 at 3:00pm, Marin Villages volunteer Lori Harvey will provide helpful insights into how to organize yourself, your home, and your paperwork, whether the task is cleaning up your desk or figuring out how not to leave a mess for your children to sort through after you are gone. Lori is a professional organizer and home-management consultant when she's not busy volunteering with us. Organization is her middle name! Join us to hear her tips. RSVP to the office to register for this event and you will be sent a link to join the program. (415) 457-4633 or info@marinvillages.org

Did You Miss It?

We had a great Zoom presentation last Thursday on staying sane during this pandemic. Sue Steele (MA, psychotherapist, and also a Marin Villages board member) and Patricia Stamm (MD, psychiatrist and psychotherapist, Novato Village member) provided lots of information and some practical self-care tips. The PowerPoint summary of their main tips is posted on our website under the [newsletter tab](#). Those who attended the presentation also were emailed additional helpful information in documents prepared by Sue and Patricia. If you'd like a copy of those documents, please email Cherie Sorokin to request them. cheryl.sorokin@gmail.com

Poetry

**Hickory Dickory Dock
Is your inner poet starting to knock?**

**There's still time to contribute to our stock
If your muse you would just unlock,
By June 30 on your digital clock!**

We have received quite a number of poems from our members and volunteers, but we'd love to have more. Remember, these can be poems of any sort: funny, sad, philosophical, short, long, rhyming or not. Our preference is for poems you've created while sheltering in place during this pandemic, but older efforts are ok, too. Email or snail mail your poems to Cherie at cheryl.sorokin@gmail.com, or 120 Geldert Dr., Tiburon, CA 94920. We would like all entries submitted by June 30.

THINGS TO KNOW RE: COVID-19

Social Bubbles? Pandemic Pods?

Last week, Marin Public Health introduced the concept of “social bubbles” or “pandemic pods” to our pandemic lexicon. In the COVID-19 context, a social bubble refers to a small, intentionally selected group of trusted friends and family with whom you chose to interact in person, with social distancing and, at this stage of the pandemic, outdoors. Under prior shelter-in-place directives, individuals were supposed to only interact with individuals from their same household. “Social bubbles” are designed to allow social interaction outdoors with people beyond the immediate household.

The idea of this new concept is to create a single consistent group of up to 10 or 12 people who agree to visit or meet on a regular basis: people whom you feel have more or less the same understanding of the risks of the virus, take about the same level of protection and precautions as you do, and are not likely to be in a situation in which the risk of exposure to the virus is significantly greater than your own. The group collectively agrees to limit their in-person social activities to only each other for at least three weeks. Although wearing masks and social distancing are still recommended especially for our age group, you can meet outdoors for walking, dining, sharing a drink or having tea or conversation, etc. with your “social bubble” more regularly and freely,

and with fewer precautions than you would with others. Individuals may only be a member of one social bubble at a time (although there are exceptions for children). You can check out Matt Willis's explanation of social bubbles [here](#), and a written explanation of the addition of social bubbles to permitted activities in Marin is available [here](#).

More information on the concept of social bubbles is available online. Here are two references:

[ABC News](#)

[NPR](#)

[Masks are Now Mandated by the State for All of California](#)

If you aren't engaged in a social bubble in Marin County, you do have to wear a mask everywhere in California in any of the following situations, per order of the governor last week: inside or waiting to enter any public space; obtaining healthcare services; waiting for, using, or providing public transportation (or equivalent private transportation services); engaging in work if interacting with, or the space is open to, the public; and outdoors where physical distancing from non-household members is not feasible. Marin County implemented a requirement for wearing facial coverings earlier (in April) which are essentially the same as the governor's order, except now if you are engaging in activities with your social bubble, you are encouraged, but evidently not mandated, to wear a facial covering. Confused? It is simpler and safer to just keep wearing facial coverings! They protect you and others around you. If you need a refresher on why facial coverings are important, here is a [link](#) to a recent Marin HHS video on this topic.

The office still has masks available for members and volunteers, if you need one. (415) 457-4633 or info@marinvillages.com

[Marin Granted State Variance to Continuing Opening](#)

The State of California has granted Marin County a variance that allows more local control over when some activities restricted by the COVID-

19 pandemic may resume. The variance allows Marin County to move ahead with its plan for re-opening at a pace that is appropriate for local conditions, including the re-openings planned for June 29. Those re-openings, although subject to change, currently are expected to include gyms and fitness studios, hair salons and barber shops, nail salons, hotels and short-term lodging facilities, and indoor seating at restaurants. Openings are not automatic, however. In order to open, each business must first have a site-specific protection plan approved by the County. And remember, the virus is still out there.

CLOSING THOUGHTS

Looks as if gyms and some barbershops and hair salons may be able to open soon, along with other retail operations. As more businesses open up, Marin Villages will continue to look at our ability to offer rides to members beyond those for medical or medically related services. Stay tuned. We are all learning to balance risk. So please be patient as we work through what we think the demand will be and what services our volunteers, most of whom are over 65, are comfortable fulfilling for our members. Meanwhile: keep wearing masks, social distancing and washing those hands! And most of all, remember that “opening up” is not synonymous with safe.

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, [here](#).

- Find **California Department of Public Health** information at [this link](#).

 - For the latest local updates from **Marin Health and Human Services**, click [here](#).
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