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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



MARIN VILLAGES UPDATES

June 30, 2020

Dear Marin Villages members and volunteers,

Update on Marin Villages Activities and COVID-19

It has become very clear in the past week that the virus has not gone away and is actually spreading again in Marin as some shelter-in-place restrictions have been lifted and additional businesses have been allowed to re-open. As a result, the County has halted some re-opening of businesses. Complacency is also a concern, as it is clear that many people are not wearing masks when out in public nor being careful about social distancing. While we all have some level of pent-up desire to “return to normal,” it is clearly dangerous to allow that desire to morph into a tendency to dismiss the risk of being infected. None of this is good news, particularly for Marin’s older adults.

Since the beginning of the pandemic, Marin Villages has followed the guidance of the County Public Health Department and taken steps to align our operations accordingly. We are continuing this cautious approach now and limiting our own “re-opening” of services and activities, especially in light of the County Public Health Officer’s recommendation that older adults continue to shelter-in-place as much as possible even as more businesses are allowed to re-open.

Below is a reminder of how we have adjusted our in-person activities and operations to-date.

1. Members may request rides to medical or medically related appointments, e.g., trips for doctor and dentist appointments, including podiatry, physical therapy, and chiropractic appointments. Both drivers and members are required to wear masks and have hand sanitizers available during any ride. When feasible, members will be asked to sit in the rear seat of the car.
2. Members may ask for a volunteer to handle errands beyond groceries and medicine pick-ups, including curbside pick-up of books, food to go, other goods that can be delivered curbside to a volunteer. Masks are required for volunteers handling errands and they will be expected to leave purchases on the member’s doorstep, rather than entering a member’s home, unless the member is not able to physically bring purchases indoors on his/her own. Masks and social distancing will be required for both volunteers and members in any such in-home interaction.
3. Members may ask for volunteer help for gardening or lawncare, outside handyman services, pet walking/care, and socially distant walks with a volunteer in the neighborhood (without driving to a location to walk), etc. Masks and social distancing will be required for both volunteers and members in any such interaction.
4. Local villages may host gatherings or walking groups outside for not more than 5–6 people, provided members can get to the gathering on their own, masks are worn, and social distancing and

sound hygiene practices are observed throughout the gathering.

We will do our best to fulfill requests from members for these services and activities, but please be patient as we work to balance demand with what services our volunteers, most of whom are over 65, are comfortable fulfilling for our members. It may take longer than usual to respond to a request and, in some cases, we might simply be unable to match you with a volunteer. As is our current practice, BJ and Diane will let you know if we are unable to fulfill your request and when possible will try to suggest or help you find another resource.

Please keep in mind that, because of the proximity issues that arise in providing rides or entering homes, we are NOT yet offering rides to take members to hair salons, restaurants, stores, or swimming pools or parks, nor are we ready to ask volunteers to perform in-home services (other than emergency handyman services). Further changes to Marin Villages' in-person services and activities will await additional experience with re-opened businesses operations under site-specific protection plans, as well as developments in the spread of the virus in Marin and resulting risks related to our members and volunteers.

Meanwhile, we strongly encourage both members and volunteers to carefully balance the risk of leaving home or interacting with more people with the potential for serious illness resulting from possible exposure to the virus. We encourage you to continue to focus your attention on things you can do safely from home, including the programming we are offering online via Zoom and the suggestions of activities we provide each week in our "Things to Do" listings. In that regard, see below!

Things to Do While Sheltering in Place

Our "Things to Do While Sheltering in Place" list is updated weekly and posted on our website. **New additions are at the top of the list, dated June 29.** Among other suggestions, additions include some ideas for watching 4th of July events online or on TV, some new resources to help

deepen our understanding of racism and racial justice issues, some videos of the now famous French rooster Maurice, who recently passed on to rooster heaven, and an easy recipe for a red, white, and blue dessert for the 4th. [Click here](#) for the list.

Marin Villages Programming

July 8 at 3:00pm—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

July 30 at 3:00pm—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

Is Your Poetry in Motion?

Today is the last day to send in poems for our Marin Villages poetry project. Email or snail mail your poems to Cherie at cheryl.sorokin@gmail.com, or 120 Geldert Dr., Tiburon, CA 94920, today!

Closing Thoughts

Wish there were better news about COVID-19 and the upheaval it is causing in everyone's lives, but maybe this short video will help lift spirits. Michael Tilson Thomas, now retired music director of the SF Symphony, posted this short video last week. It's practically impossible not to feel happy when listening to this!



Whistle Song, written by MTT and performed by SF Symphony musicians from their

homes.



Have a happy and appropriately social-distanced 4th of July!

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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