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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

July 7, 2020

Dear Marin Villages members and volunteers,

We hope everyone had a safe and socially distanced 4th of July!

COVID-19 UPDATE

As you probably already know, the news is not good on the number of COVID-19 cases in Marin and elsewhere. In light of increasing cases here, the County has already delayed some business openings and this week prohibited restaurants from offering indoor seating for the next three weeks. More changes may come depending on the evolving numbers of cases. The phrase “eternal vigilance is the price of liberty” has never been more apt, even if the original context was entirely different (and those words erroneously attributed to Thomas Jefferson). Given the data, now is certainly the time to re-double our own personal

COVID-19 vigilance with the four main things we all can do to help protect ourselves and others from infection: keep washing our hands, wearing masks, socially distancing, and sensibly limiting activities outside the home! (To find out about the origin of the phrase "eternal vigilance is the price of liberty," [click here](#))

And don't forget to join us tomorrow, **July 8**, for the special Marin Villages Zoom program with Dr. Matt Willis.

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 Villages members and volunteers (we've invited Sausalito Village, too), 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. Marin Villages Board Member Larry Meredith arranged this special presentation for us! RSVP to the office today to register for this event and you will be sent a link to join the program. (415) 457-4633 or info@marinvillages.org

Things to Do While Sheltering in Place

This week's new additions to our extensive Things to Do While Sheltering in Place list are posted [on our website](#). Among other suggestions, additions include some links to a Diebenkorn online exhibition, theater being streamed by the Oregon Shakespeare Festival, SF Opera's Online Summer Celebration, additional resources for understanding the racial divide in this country, and ideas for several "offline" activities. You can find the list [here](#).

This week we will also be sending out this weekly Things to Do list via a separate email on Thursday to help make it easier for you to take advantage of the suggestions. Watch for it and let us know if you find it helpful.

July 30 at 3:00pm—Happy Organizing: For Yourself, Your Home, and Your Paperwork



Reminder—don't forget to sign up for our July 30 at 3:00pm program with Marin Villages volunteer Lori Harvey, who 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're 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

Local Village Fun

Don't forget to check out local village programming offered on Zoom and in other ways. Check the [calendar on our website](#) under the events tab. Unless otherwise specified, programs are open to all, whether or not you are a member of the local village hosting the activity.

<https://marin.helpfulvillage.com/events>

Staying in Touch

Social distancing doesn't have to mean losing touch! In the past two months Marin Villages volunteers have made more than 1,000 calls to members for conversation and friendly companionship over the phone. Let us know if you would like a call, whether just occasionally or on a regular basis. There's always lots to chat about! (415) 457-4633 or info@marinvillages.com

Have you learned how to Zoom yet? If not, call the office and we will pair you with a volunteer to get you started. Did you know you can also just phone in to a Zoom gathering, so you don't even need a computer or a smart phone to participate? (415) 457-4633 or info@marinvillages.com

Kudos to Phyllis Gould!



On June 11, 2020 the California Senate finally passed a resolution officially recognizing March 21, 2020 as “Rosie the Riveter Day”—one more milestone in Phyllis McKey Gould’s persistent national and state letter-writing efforts to gain recognition for the work done by millions of women in WWII. Phyllis, now 98, is a member of Ross Valley Village and one of Marin’s original six “Rosies.” In 1942 she became one of the first six women welders admitted to the Boilermakers Union and she worked at the Kaiser shipyards in Richmond as a welder through the end of WWII.

The CA Senate resolution recognizing “Rosie Day” was originally scheduled for adoption in mid-March with Phyllis invited to be present

to receive the proclamation. But the coronavirus shut down Sacramento before the vote and Phyllis was sure all her work to get the resolution adopted was for naught. Fortunately, it wasn't! In mid-June she received a call from State Senator Mike McGuire informing her that the resolution was finally adopted on June 11. Now, she reports, she's working on a new project to have plaques recognizing the efforts of women in the Second World War added to WWII monuments on the Capitol Mall. Kudos to you, Phyllis, for your past and, we are sure, future successes as well!

CLOSING THOUGHTS

Have a minute (3:59, to be precise) for something to make you smile? Check out this video!



Don't Worry Be Happy | Playing For Change | Song Around The World

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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