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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.

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## MARIN VILLAGES

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## MARIN VILLAGES UPDATES

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**July 14, 2020**

Hope you all are enjoying the weather in beautiful Marin! It certainly makes sheltering in THIS place more palatable than it might be elsewhere.

### COVID-19 Update

One step forward, two back? Because of rising concern with the alarming number of new COVID-19 cases in California, on Monday Governor Newsom announced the immediate closure, state-wide, of indoor dining at restaurants, and the closure of wineries and tasting rooms, movie theaters, family entertainment centers, zoos and museums, card rooms and bars (both indoor and outdoor operations). Marin, which along with 30 other counties is on the state's "watch list," must also stop certain previously allowed activities or business

operations including indoor use of office space for noncritical sectors, and the operation of indoor hair salons and barbershops and indoor malls. Marin had already paused plans to open indoor gyms and fitness centers and to allow indoor worship services and certain other activities which now must be paused for all counties on the state “watch list” under the Governor’s new order. Stay tuned. Things continue to be fluid!

Last week we had an excellent presentation by Dr. Matt Willis, Marin County’s Public Health Officer focused on where we are in fighting the virus in Marin. He pointed out that Marin had been placed on the state “watch list” because infection rates here were increasing and warned that there could be revisions to the shelter in place order to reverse some previously allowed activities and openings.

Dr. Willis’s PowerPoint slides are now posted on our website [www.marinvillages.org](http://www.marinvillages.org) under both the [Events/Newsletter tab](#) and under the [Weekly Update tab](#), but here are a few particularly salient points from that presentation about what we, as older adults, should consider to help protect ourselves and others from infection as the pandemic continues. The annotation in red is ours. Of course, the key point to remember is the virus is still with us.

### **Sheltering in place remains critical**

[Check out our Marin Villages Things to Do list for entertainment ideas.](#)

### **Remember the virus is transmitted through contact, usually indoors**

6 feet apart is still important, and we have masks available through the office if you need more.

### **Engaging people outside of your household is “informed consent”**

Engaging with people outside of your household has risk, but you can minimize the risk by wearing masks, washing your hands, and maintaining a distance of 6 feet from others. Engagement outdoors is

less risky than indoors.

**Know whether those you interact with have also been sheltering**  
It's ok to ask! You can adjust your activities based on what you know.

**Remain in contact with your medical provider**

Do not neglect your health needs. We are providing rides to medically related appointments.

**Make your own needs known**

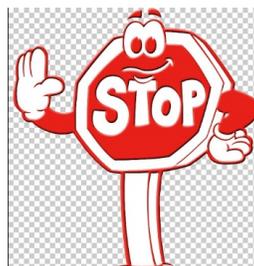
Call the Marin Villages office. We are here to help! We can help with errands, companionship calls, over the phone tech help, outdoor activities, and more, including helping you get set up with delivery services for groceries, food, and medicine.

**Engage socially with technology**

We can help you learn how to Zoom and are offering many programs online.

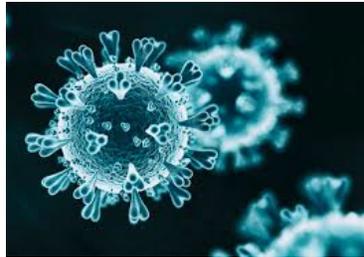
**If you develop symptoms contact your medical provider**

We have volunteers who can drive you to the doctor or put you in touch with others to help.



Dr. Willis briefly mentioned in his presentation that the state of California, and soon Marin County, are now getting really serious about enforcing the rules about wearing masks and physical distancing, especially in counties like ours where cases are climbing. You should start to see a lot more signage on the requirement to wear masks and stay physically distant.

You can let the county know if you see a business that isn't complying by emailing [sipviolation@marincounty.org](mailto:sipviolation@marincounty.org). Businesses can be closed down and fined for not enforcing these requirements. So wear your mask! Avoid catching and spreading the virus and avoid arrest too! 😊



## Things to Do While Sheltering in Place

[This week's new additions to our extensive list of Things to Do While Sheltering in Place list are posted on our Website.](#) Among other suggestions, additions include some links to a moving new theatrical production about Covid-19, new concert offerings by the Metropolitan Opera, additional resources to understand racism in America, a Maya Angelou poetry celebration, a series of Olive and Mabel videos, and a couple of ideas for "offline" activities. Thanks to everyone who is sending us suggestions for inclusion [on this list!](#)

## Know Someone Who Needs or is Missing a Sense of Community?

Do you know someone who needs help, or who would benefit from being a member of the Marin Villages community? Even in these crazy times, or maybe especially now, our mission of "helping older adults remain active, connected, and independent in the place they call home" is important and life-affirming for our members. We make community possible even as we shelter in place! So, do encourage your friends and acquaintances who may not have heard of us, or perhaps thought they "weren't ready yet" to give the office or one of our local village volunteers a call to check us out. 415 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org). And PS--we have a "no wrong door" philosophy that means we help find the right resource for someone, even if that resource might not be us.

## Marin Villages Programming



### **July 30, 3:00 pm. Happy Organizing: For Yourself, Your Home and Your Paperwork**

Come get help with those organizing tasks you never seem to get to. On July 30 at 3:00 pm 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. 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](mailto:info@marinvillages.org)



### **August 11, 3:00 pm. Advanced Healthcare Directives**

**SAVE THE DATE:** On August 11 at 3:00 pm Dr. Mits Tomita, a retired family practice physician, and a volunteer with Compassion & Choices will zoom with us to discuss advanced healthcare directives. This discussion will be hosted for Marin Villages by Compassion and Choices, a nonprofit working to improve individuals' personal end of life choices. You must RSVP to the office to receive the zoom link for this program. 415 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

### **Volunteers: Are You Checking the Dashboard?**

Wonderful volunteers: please remember to start checking the dashboard again regularly as requests for services are picking up. If you are uncomfortable volunteering outside your home right now, that's perfectly ok. But, would be helpful for you to check in with your local

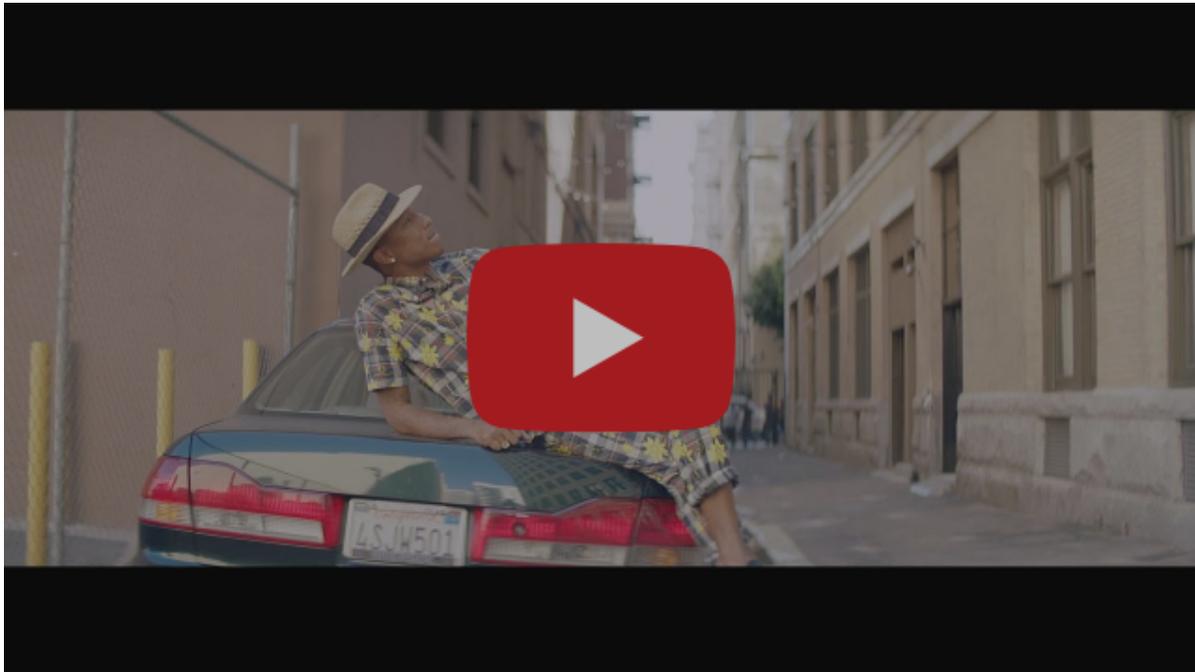
village volunteer coordinator or the office to let them know what sort of volunteering you are willing to do.

## Happy Birthday!

Richard Faulhaber, a Mill Valley Village member, turned 96 at the end of June and TPV member Betty Williams turned 90 in early July. Happy Birthday, Richard and Betty!

## Closing Thoughts

Came across this upbeat video from 2013 that we hope you enjoy. Just remember if you try any of these moves, this is 2020, and masks and physical distancing are now required!



## Pharrell Williams – Happy

Cherie Sorokin, President, Marin Villages  
Peter Lee, Interim Executive Director

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