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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

August 4, 2020

Dear Marin Villages members and volunteers,

COVID-19 UPDATE

More About Face Masks

Masks reduce airborne transmission, but only if you wear them correctly! Check out these common careless examples.



Besides wearing a mask, do your best to keep physically distant from others and keep washing those hands. Complacency won't help control the spread of the virus.

Some Good News



BJ has been promoted to operations manager! She'll still be answering phones, though, and helping members and volunteers needing assistance through the office; you can count on that. BJ and Diane are a terrific team and we are so lucky to have them as part of Marin Villages!

Things to Do While Sheltering in Place

This week's new additions to our extensive list of Things to Do While Sheltering in Place are posted on our website. Among other

suggestions, additions include links to online theater productions and movies, upcoming celebrations of the 100th anniversary of the 19th amendment, some nostalgic French *chansons*, a few silly videos, links to sign up for OLLI's Baseball Day and this fall's classes, more resources to deepen our understanding of racism in America, and suggestions for offline activities. Thanks to everyone who is sending us suggestions for inclusion on this list! You can access the list [here](#), and a copy will also be emailed to all on Thursday.

UPCOMING MARIN VILLAGES PROGRAMMING

Advanced Healthcare Directives

August 11, 3:00pm



Don't put off thinking about end of life choices! On August 11 at 3:00pm, Dr. Mits Tomita, a retired family-practice physician, and volunteer with Compassion & Choices, will Zoom with us to discuss advance healthcare directives. This discussion will be hosted for Marin Villages by Compassion & 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

Growing Up in Ireland During the Troubles

August 26, 3:00pm



On Wednesday, August 26, Colin Crawford, a Marin Villages volunteer whom many of you know from our Zoom training workshops, will talk about his experiences growing up in Belfast, Northern Ireland, in the 70s and the issues and realities of life there at that time. It was a period of unrest and danger that spawned a civil rights movement, sectarian violence by Catholic and Protestant paramilitary groups, and the collapse of government and direct rule from the UK. You must RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or info@marinvillages.org

LOCAL VILLAGE PROGRAMMING



Local Marin History

August 12, 2:00pm

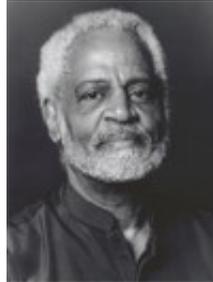
Ross Valley Village is hosting a Zoom gathering on August 12th at 2:00 pm and we're all invited! This is a "go back in history" program about the early days of Kentfield and San Anselmo with long-time community members Richard Torney and Neil Park from Kentfield and Richard Miner from San Anselmo. Relive memories of early days in Marin with this informative presentation. RSVP to Loulie Sutro, chair of the Ross Valley Village Steering Committee. lhsutro@msn.com or (415) 497-

8961

COMMUNITY PROGRAMS

Ashby Village Program Invitation

August 16, 2:00pm



One of the advantages of being able to meet virtually is the ease with which different organizations can share programming. Ashby Village in the East Bay has invited local Bay Area Villages to Zoom with them on August 16 at 2:00pm for a program titled *Shifting Zeitgeist: Reflections on the Forces Reshaping the Nation's Understanding of Race*. The speaker will be Troy Duster, professor emeritus of sociology at the University of California, Berkeley and a member of Ashby Village. This will be a webinar, meaning you won't be able to see each other, just the speaker. But you will be able to ask questions through the chat box on Zoom. You must RSVP to the office to receive the Zoom link for this meeting. Please do so no later than Thursday, August 13, so the office has time to communicate with Ashby Village on the number of people who plan to attend from Marin Villages. This program will be hosted on their Zoom account.

DID YOU MISS IT?



Last week we had a helpful program on organizing with Marin Villages volunteer Lori Harvey, providing some great tips on the organizing process and how to get started. Those who signed up for the program received Lori's handouts. If you weren't able to attend, but would like a copy of the handouts, they are posted [here](#) on our website.

ZOOM, ZOOM

Don't forget, you can always phone into a Zoom program if you don't feel comfortable with the video technology. But, since Zoom is likely going to be the way we socialize and stay connected for many months, let us help you get comfortable with it. Contact the office if you'd like some private tutoring! (415) 457-4633 or info@marinvillages.org

STAYING CHEERFUL

Things may not seem so wonderful now, but maybe they will after this video! Hope and cuteness abound.



What a Wonderful World | Playing For Change | Song Around The World

CLOSING THOUGHTS

Is Marin Village making a difference in your life? Call or email the office

and tell us about it! Even better, how about telling a friend, or better yet 10 friends? We are still a “best kept secret,” although we’re working on spreading the word. Especially now in this time of COVID-19, the personal connections, trust, and sense of community we bring to each other are critically important for older adults—not to mention the rides to medical appointments, all the errands we help with, the social interaction by phone and our programs on Zoom! Help us spread the word! New members and new volunteers are always welcome. New donors, too, for that matter!

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

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