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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

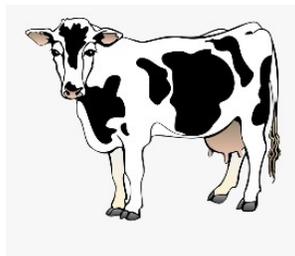
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**August 11, 2020**

Dear Marin Villages members and volunteers,

### **COVID-19 UPDATE**

#### **Cows and Social Distancing**

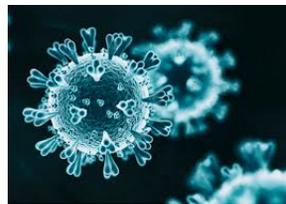


How far apart is 6 feet? Well, an average adult cow is just a bit longer than 6 feet in length (closer to 7 feet, actually, but more length is helpful in this case). So next time you are standing close to someone,

ask yourself if a small cow could fit between you. We tend to think a separation of 4 feet is wider than it actually is because a distance of 4 feet is easier for talking to or hearing someone and we also don't seem so disconnected at this distance. But really 6 feet is what we should be aiming for. See if visualizing a cow may help keep you the right distance apart!

Besides visualizing cows, remember to wear a mask, and keep washing those hands. Complacency won't help control the spread of the virus.

### Evolving Situation in Marin—150 Days into Sheltering in Place



Last week, two updates provided useful information on the overall COVID-19 situation here in Marin: the Friday Marin County Update from Public Health Officer Dr. Matt Willis, and the Thursday telephone town hall hosted by Senator Mark McGuire. Key points from these presentations follow.

The influenza season is coming, and we need to get prepared! The combination of flu and COVID-19 infection not only increases the likelihood of serious personal illness but is likely to lead to higher levels of hospitalizations. In a normal year, hospitalizations for flu can easily put intensive care units at capacity and in this pandemic they will certainly reduce our capacity to deal with COVID-19 cases requiring hospitalization. The good news is that the precautions we take to prevent COVID-19 also help reduce the risk of getting the flu. Even better, getting a flu shot is further protection against an influenza infection. Stay in touch with your health care provider and get your flu shot early in the flu season this year! Timing for shots is usually early fall.

Marin County now has more than 3,000 confirmed cases of COVID-19 infections. The mortality rate is not rising as fast as might be expected because many new infections are in younger people—in the age cohorts of 19–24 and 35–49. According to Dr. Willis, one of the primary reasons for the increases in infections we are seeing is that some individuals among us are “behaving badly” by ignoring or deliberately violating the mandates to wear a mask and maintain physical distance from others. People are also ignoring the recommended advice to limit activities outside the home and to avoid gatherings beyond a small “social bubble.” **Following these simple, personally controllable precautions continues to be the best way to protect oneself and others from infection.**

Other topics covered in these two programs included:

- the likelihood of a vaccine—seems reasonably likely
- the timing of a vaccine—not soon, although testing is in progress and the government is taking the unprecedented step of ordering and preparing for delivery before a vaccine is approved
- the possibility that one can pick up the virus from surfaces such as counters, grocery items, or doorknobs—less likely than previously thought, not a serious risk
- face coverings—bandanas are better than no mask, but not as good as a cloth mask; masks with vents are not recommended
- the status of infections at San Quentin—the outbreak is slowing

If you missed the Friday update or weren't one of the 1,000 who were on the Town Hall call, you can [access them here](#) or on YouTube: [Dr. Matt Willis](#) and [McGuire town hall](#)

There will also be another Marin Town Hall on Thursday, August 13<sup>th</sup> at 4:00. To join the conversation:

- Watch/listen via [Zoom](#): Meeting ID: 993 8019 4261, Attendee ID: #, Password: 074775 **OR** call (669) 900-6833
- Watch live via [Facebook](#)

- **Submit questions in advance: Please submit questions by 6:00pm, Wednesday, August 12**

## THINGS TO DO WHILE SHELTERING IN PLACE

### How about helping Marin Villages on Facebook, Twitter or NextDoor?

If you are using social media such as [Facebook](#) or [Twitter](#) or [NextDoor](#) to stay in touch with friends and family and keep apprised of neighborhood news, did you know you can also help Marin Villages by sharing posts or information and mentioning Marin Villages? Try adding #MarinVillages and/or @marinvillages when posting your messages. It's especially helpful if you recommend Marin Villages on [NextDoor](#). You can also link or share any posts from Marin Villages on its various social media accounts which are listed below. Check out our [Facebook](#) posts, follow us on [Twitter](#) and look for our posts on [NextDoor](#)

Facebook @marinvillages

Twitter @marinvillages

NextDoor <https://nextdoor.com/pages/marin-villages-san-rafael-ca/>

Linkedin <https://www.linkedin.com/company/marin-villages>

Instagram @marin\_villages

### Check out our Things to Do list

**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 a virtual tour of the Museum of Bad Art, a selection of music from Roco.org, some new podcasts and courses online, some really crazy short videos, 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.

## AUGUST MARIN VILLAGES PROGRAMMING: LOTS OF ZOOMING GOING ON!

### Have You Zoomed Yet?

Zoom is likely going to be the way we socialize and stay connected for many months ahead, so let us help you get comfortable with it. You won't want to miss these great Zoom programs coming up in August! Contact the office if you'd like some private tutoring. (415) 457-4633 or [info@marinvillages.com](mailto:info@marinvillages.com)

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



Don't put off thinking about end-of-life choices! Dr. Mits Tomita, a retired family practice physician and a 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](mailto:info@marinvillages.org)

### Growing Up in Ireland During the Troubles, August 26, 3:00pm



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

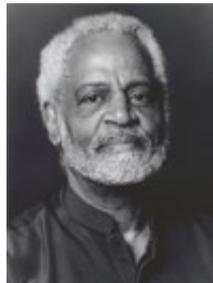
Zoom link for this program. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

## **LOCAL VILLAGE PROGRAMMING**

### **Local Marin History, August 12, 2:00pm**



Ross Valley Village is hosting a Zoom gathering and we're all invited! This is a "go back in history" program about the early days of Ross, Kentfield, and San Anselmo with long-time community members Richard Torney, Neil Park, and Richard Miner. 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](mailto:lhsutro@msn.com) or (415) 497-8961



### **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 in with them 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 about the number of people who plan to attend from Marin Villages. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

## BEING GOOD TO OURSELVES

In the words of Churchill, “*When you are going through Hell, keep on going!*”! We may not be in Hell exactly, but 150 days of sheltering in place can make wherever we are seem pretty dismal. One or more of these possible self-care ideas might serve as an incentive to keep on going: eat chocolate, or ice cream, or better yet chocolate ice cream; luxuriate in a hot bath or shower; listen to whatever music revs you up, or alternatively soothes your mind; call someone when you feel down; take a break from the news; exercise—even just a little; watch old movies with Fred Astaire or Gene Kelly, or dance around the room yourself (with or without a broom stick); find a way to laugh out loud; count your blessings—literally. And, if all else fails, check out this video—proven to re-energize just about everyone:



*A Place in the Choir*

## CLOSING THOUGHTS

Many thanks to you, our wonderful volunteers and members, steering

teams, and board and advisory council members, as we all re-invent ourselves and learn new ways to support each other in this pandemic. And thanks as well to BJ, Diane, and Danielle in our now “virtual” office. They keep day-to-day operations humming and are always up for taking on new projects to help Marin Villages grow and thrive. Perhaps a bit of a cliché, but we are all in this together, and it’s great to be in such good company!

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

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