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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 18, 2020

Dear Marin Villages members and volunteers,

COVID-19 UPDATE

Never hurts to be reminded again! This time by Neil Diamond...



Neil Diamond: *Hands...washing Hands*

Marin is still on the California state monitoring list, which limits what businesses can re-open and activities can resume, and also means we have what the state and local public health officials consider an unacceptable level number of new cases every day. There are many metrics to be considered in looking at what's "acceptable" in this pandemic. Some are encouraging and others less so with respect to when we might get off the state monitoring list. But it remains true that wearing a mask, washing hands, and physical distancing continue to be the absolute best ways to help us reduce the spread of the infection and the number of new cases per day, with mask wearing being one of the most important factors in reducing the spread when outside the home.

More specific information from Dr. Matt Willis, Marin's Director of Public Health, is available in [this recording of the Town Hall meeting last Thursday](#). This program is about an hour long.

IS IT "TOO DARN HOT" WHERE YOU ARE?

Whew, it's been really hot in Marin the past five days or so. So hot we had rolling blackouts in parts of Marin to help reduce the strain on the

electrical grid and the County made available the Civic Center in San Rafael as a cooling center daily from Saturday through tonight, 3:00pm to 7:00pm, for older adults not able to stay safely cool at home. Are you remembering to drink plenty of water? Dehydration can be a major problem in heat waves. Sports drinks can also help replace salt and minerals lost through sweating. Stay away from alcohol, which contributes to dehydration. Other ways to help stay cool: cool showers; cool compresses, especially on the neck and/or forehead; putting your feet in a pan of cool water; staying indoors (remember the saying about only mad dogs and Englishmen going out in the noonday sun!). More tips can be found on the [Marin Health and Human Services webpage](#).

THINGS TO DO WHILE SHELTERING IN PLACE

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 several unusual art museums or photography collections, a couple of virtual museum tours, music selections from opera to the Beach Boys, a virtual Comedy Festival from the National Museum of Comedy, more resources to deepen our understanding of racism in America, and some humor to share. 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.

You Could Also Fill Out the Census

The Census 2020 deadline is September 30. If you haven't already, please take a few minutes to submit your confidential census questionnaire online at my2020census.gov, or by phone at (844) 330-2020, before the deadline. Every response counts, and the data will be used to allocate the next ten years of federal funding for schools; libraries; services for families, children and older adults; disaster response; and more.

MARIN VILLAGES PROGRAMMING

Growing Up in Ireland During the Troubles

Wednesday, 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

Why I love OT

Monday, September 14, 3:00pm



Marin Villages Board Member Gina Tucker-Roghi will hold forth on occupational therapy (OT) in a Zoom interview for us on Monday, September 14, at 3:00pm. Some think OT stands for “overlooked therapy,” and it’s true OT’s scope and value are often not well understood. But occupational therapists help millions of people live

better, healthier lives. Come find out what it's all about and why Gina has made work in this area her career. RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or info@marinvillages.org

Annual Volunteer Recognition Party

Saturday, September 26th at 3:00pm



On Saturday, September 26th, at 3:00pm, come Zoom with us as we celebrate our wonderful Marin Villages volunteers. They make every day better! RSVP to the office to receive the Zoom link for this gathering. (415) 457-4633 or info@marinvillages.org

OTHER PROGRAMS OF INTEREST

Did You Miss It?

This past Sunday, Ashby Village hosted an excellent presentation on systemic racism to which we were invited. If you missed it, you can watch it [by clicking here](#). The speaker begins his presentation at the 13.07 mark. The program is about an hour.

PG&E Wildfire Safety Webinar and Town Hall

Wednesday, August 19, 5:30pm

You can dial in toll free at (860) 501-6088 and enter the Conference ID: 3567527. Or [click this link from the PG&E website page](#) listing this event.

PARTNERING WITH DOMINICAN UNIVERSITY

Dominican University and Marin Villages are collaborating on two new programs benefiting both our members and students at Dominican.

Intergenerational Conversations

San Rafael Village Steering Committee Members Chris Asimos and Patti McWilliams have worked with Dominican University to arrange this intergenerational program of weekly one-on-one companionship calls between Marin Villages members and Dominican students who are participating in Dominican's program to engage students in community outreach and service. What a wonderful way to stay connected and supported during this time and to share life experiences with a younger adult. We all have so much to offer to this next generation. It is a win-win for everyone. If you are interested in being matched with a Dominican student for this series of conversations, please email or call the office as soon as possible. Classes start in less than 2 weeks and space is limited. (415) 457-4633 or info@marinvillages.org

Healthy Seniors Program

Gina Tucker-Roghi, Marin Villages board member, has arranged for Marin Villages members to participate in Dominican's free eight-week *Healthy Seniors* program. Members signing up for this program will work closely with Dominican's occupational therapy (OT) students to create an individualized health and wellness program for maintaining a healthy lifestyle, enjoying daily life even with chronic physical conditions, and exploring assistive devices that can make life easier. Fall prevention, home safety, nutrition, safe driving, and community mobility may also be addressed as appropriate. The program includes eight individualized 60-minutes sessions on Mondays between September 21st and November 16th via Zoom or Skype. Occupational therapy students will be under the supervision of Susan LeBlanc, MS, OTR/L, a Dominican University of California faculty member and experienced occupational therapist. The program has been offered to Marin County seniors 60 years and older for over ten years, but this is the first year it will be offered virtually (via Skype, Zoom or Google Hangout—not available by phone). The “meet and greet” opening session for this program is September 21st at 1:00pm. You must register for the program through Dominican to participate. To register,

please e-mail healthyseniors@dominican.edu. In your email, please indicate that you are a member of Marin Villages.

CLOSING THOUGHTS

Apropos of our note above about the heat, it's pretty hard not to think about the weather these days, so might as well sing about it. The tap dancing in the video below might be a bit over the top, even if things cool down by the time you are reading this update!



Too Darn Hot--from Kiss Me, Kate

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

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