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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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September 1, 2020

Dear Marin Villages members and volunteers,

### COVID-19 UPDATE



The State of California issued new guidelines on Friday described as a “statewide, stringent and slow plan for living with COVID-19 for the long haul.” With these new guidelines, each county is placed in one of four tiers: purple, red, orange and yellow. The tiers reflect how prevalent COVID-19 is in a particular county, with purple indicating

counties where the virus is most widespread, up through yellow which indicates the virus spread is minimal. The color of the tier also indicates what activities may be conducted. Counties, such as Marin, that were on the state watch list prior to the issuance of these guidelines were all placed in the purple tier. Counties in this group may be re-assigned effective September 8. After that counties must remain in the category assigned for at least three weeks, unless certain factors, such as a spike in hospitalization rates, indicate the State should require a downgrade to a more restrictive tier earlier.

The new guidelines use the number of cases per 100,000 residents and the percentage of positive tests, in each case within a specified timeframe, as the metrics for determining placement in a particular tier. Counties in the purple tier have more than seven new cases per day per 100,000 residents and greater than 8% positivity in testing—over a seven-day period.

The amount of testing conducted is also a factor that can be taken into account in looking at positivity rates. Marin, for example, is among the counties conducting the most widespread testing. Because Marin has among the highest testing rates in the state, local case rates are adjusted downward under the new criteria, which places Marin among counties that may move into the less restrictive red tier starting September 8, assuming the actual number of cases per 100,000 remains stable between now and then. Moving into the red tier will enable more businesses to open, but we will still all be wearing masks, washing our hands, and staying six feet apart!

You can access the full text of the new guidelines [here](#).

## **FIRE SEASON TO-DO LIST**

Be sure you are signed up for AlertMarin, so you receive alerts in emergency situations. Call (415) 473-6584 or [register online](#).

Keep your cell phone charged and check batteries in flashlights and

transistor radios. Develop an emergency plan or double check the one you developed a while ago to make sure it's up-to-date. How will you "get out of Dodge" in a hurry if you have to? Where will you go? What will you take with you? Is your "go bag" ready to go? These are critical questions to make sure you can answer so you can jump into action at a moment's notice!

## THINGS TO DO WHILE SHELTERING IN PLACE

**Check out our Things to Do List!** Among other suggestions, additions this week include links to the Museum of Happiness, Burning Man online, concert versions of *My Fair Lady* and *Carousel*, technology to entertain while waiting for dessert, more resources to deepen our understanding of racism in America, and some offline activity suggestions. 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

## MARIN VILLAGES PROGRAMMING

### 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](mailto:info@marinvillages.org)

## Annual Volunteer Recognition Party

Saturday, September 26 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](mailto:info@marinvillages.org)

### Did You Miss It?

If you missed the presentation from Colin Crawford last week on growing up in Ireland during the time of “The Troubles” we did record this program, although the beginning 30 seconds are a bit rough (after testing it out, we forgot to turn the recording feature on again as Colin started speaking!) You can [access it here](#).

The passcode to enter is t64CT+u&

## LOCAL VILLAGE PROGRAMMING

Did you know you can also attend programs being offered by other local villages? You can find them on our website under the Programs tab on the home page. All our local villages have Zoom coffees or happy hours. Some have other regular programs every month. But here are a couple of “regular” group gatherings you might want to consider joining.

### Mill Valley Village Men’s Coffee

First and third Wednesdays of the month at 11:00 am

This is an informal gathering of guys with no particular agenda beyond

the company of friends. Contact Alan Hayakawa ([alan.hayakawa@gmail.com](mailto:alan.hayakawa@gmail.com) or (415) 384-8998) to get more information or to be put on the reminder list for upcoming meetings.

### **San Rafael Village Movie Discussion Group**

Sundays at 7:00pm

Every week this group gathers to discuss a film selected from Netflix that people watch in advance. Attendees can join the talk or just listen. If you are interested in joining the mailing list send a note to Karen Gray at [karenkasavana@gmail.com](mailto:karenkasavana@gmail.com) or call her at (714) 403-3345.

### **ARE YOU WATCHING OUT FOR # 1?**

Self-care is important, but also easy to forget! Here are a couple of things to keep in mind, especially as this sheltering-in-place drags on:

- Stay hydrated—mainly with water; dehydration is a big risk for older adults.
- Limit alcohol—pay attention to how much you are “sipping” every day; have your habits changed?
- Watch your nutrition—eating Oreos in no substitute for dinner, no matter how tired you are of cooking!
- Exercise—even just walking around the house or apartment a couple times of day can be helpful; sitting is the new smoking, they say, so get up and move or dance, or how about a few pushups?
- Vary your activities—variety is the spice of life, but also helps stave off boredom and depression.
- Stay in touch with friends and neighbors—talking can be helpful to you and to them!
- Don't ignore warning signs or situations that call for action—putting off to tomorrow might worsen whatever it is.
- Take advantage of programming that helps you learn how to cope with everything, even if you've done it before; you never know what you might learn!

Speaking of programs to help with coping, here are two offered by JFCS you might want to consider.

**A Conversation with Dr. Vivek Murthy, the 19<sup>th</sup> Surgeon General of the United States, on The Healing Power of Human Connection**

Thursday, September 10, 4:00 – 5:30

Free. [Register here.](#)

**Maintaining Emotional Wellness: How to Address Life's Disruptions and Achieve Emotional Well-Being**

Wednesday, September 30, 11:00 – 12:30 pm

Offered by the JFCS Seniors at Home program. Presenters will be Kate Blank, LCSW, clinical care manager & therapist with Seniors at Home, and Dr. Ram Rao, author & Ayurveda and yoga practitioner. Free. [Learn more and register here.](#)

**MARIN VILLAGES FOLKS ON THE COMMISSION ON AGING**

Wow, Marin Villages is really well represented on the Marin Commission on Aging! Thanks to these members and volunteers for their service on this important County commission that addresses so many important policy issues related to aging in Marin: Jean Gunn (Novato Village); Julie Hanon Friedman (Tiburon Peninsula Village); Allan Bortel (Tiburon Peninsula Village); Girija Brilliant (Mill Valley Village); Suellen Lamorte (Ross Valley Village); Judy Safron (Twin Cities Village); Teri Dowling (Ross Valley Village); Chris Asimos (San Rafael Village). Did we miss anybody? Hope not, but let us know if we did.

The commission meets by Zoom the first Thursday of the month 10:00am – 12:15pm and usually has a speaker during the first hour. Meetings are open to the public. Contact (415) 473-7118 for more information.

## CLOSING THOUGHTS

Now here's an idea for a little exercise at home! Remember this?



The Charleston!

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

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