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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 15, 2020**

Dear Marin Villages members and volunteers,

“My desire to be informed is in conflict with my desire to remain sane.”  
~an apt quote from a recent New Yorker cartoon!

### COVID-19 UPDATE



Some good news for a change. Marin County has moved up to Tier 2

after all. It was supposed to have done so a week ago, but a last-minute kerfuffle about application of the state's new metrics caused a week's delay. In Tier 2 status more businesses can open or extend existing operations. Specifically,

- Retail establishments are allowed to open indoors at 50% capacity
- Indoor malls are allowed to open at 50% capacity
- Personal-care services are allowed to open indoors
- Museums are allowed to open indoors with 25% capacity
- Places of worship are allowed to open with 25% capacity or 100 people, whichever is fewer
- Movie theaters are allowed to open indoors with 25% capacity or 100 people, whichever is fewer
- Gyms are allowed to open indoors with 10% capacity
- Restaurants are allowed to open indoors with 25% capacity or 100 people, whichever is fewer

**But, the requirement for wearing face masks is not affected by the change to Tier 2 status. Neither is the general advice to maintain a distance of six feet from others, to wash hands frequently, and to limit trips outside the home.** Gradual re-opening of businesses and greater flexibility in activities requires everyone to balance the risk of spreading or acquiring COVID-19 against the benefit of engaging in these expanded activities. As we said earlier this year, "the price of liberty is eternal vigilance." Let's not get complacent!

There is some other good news of a sort on the COVID front. The time it takes to get results from a COVID-19 test is steadily reducing. According to a report from Marin Public Health, during the week of August 23 to August 29, the average time patients in California waited for test results was 1.3 days. During this same time period, 66 percent of patients received test results in one day and 88 percent received them within two days. [The state has a new dashboard](#) that tracks the time it takes to get results.

On the less good news side, nationally, Dr. Fauci of the Center for

Disease Control recently warned that that we could be well into 2021, perhaps even at the end of that year, before we get back to what felt normal before COVID! Here is what he told MSNBC's Andrea Mitchell recently:

"If you're talking about getting back to a degree of normality which resembles where we were prior to COVID, it's going to be well into 2021, maybe even towards the end of 2021."

### SMOKE GETS IN YOUR EYES AND IN YOUR NOSE AND...

The biggest health issue this past week has been the poor air quality all over Marin! While the Woodward Fire out in the Point Reyes area is almost contained, smoke from fires up and down California and Oregon has made our air quality **very unhealthy**, making staying indoors doubly important! Even though things may have improved slightly now, you can't always tell by just looking out the window if the air quality is ok. But you can check on it by entering your zip code on [this really-easy-to-understand website](#). This is a good webpage to "bookmark" for future reference, as we still have about two months to go before fire season and risk of really poor air quality are behind us.

With that in mind, please be sure you have moved beyond the thinking stage to actually creating or updating your personal emergency plan, making sure your "go bag" is ready to go, and signing up for AlertMarin so you receive notices from the County in emergency situations! Call (415) 473-6584 or [register online here](#).

### THINGS TO DO WHILE SHELTERING IN PLACE

**Check out our Things to Do list!** Among other suggestions, additions this week include links to the Marin Society of Artists' online exhibition, some theater and opera suggestions, some crazy or amazing short videos, armchair travel opportunities, more resources to deepen our understanding of racism in Marin and in America, and some humor (good to practice smiling every now and then!). 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.

Hope you are also taking a look at the **Marin Villages Summer Poetry Project** that we emailed out last Friday and is in the process of being delivered to those of you without email. Here's a short sample written by Suzanne Selby Grenager:

### Words

Words crowd my head,  
Like gulls to bread on the beach.

I love my words,  
Seeking voice through pen to page.  
But there is so much  
I know to say, and  
So little time.

How, pray tell,  
Can I possibly  
Be 69?

**WE LOVE OUR VOLUNTEERS!!!**



Volunteers are the heart of Marin Villages. We simply couldn't exist without the commitment and energy of our great network of individuals who donate their time, skills, and experience to help older adults in Marin remain active, connected, and independent in the place they call home! More than 200 have been actively supporting our members during COVID despite the upheaval and uncertainty the virus has brought to all our lives! So on **Saturday, September 26<sup>th</sup> at 3:00pm**, come Zoom with us as we celebrate all our wonderful Marin Villages

volunteers. They don't just help out here and there. They become friends and make every day better! RSVP to the office to receive the Zoom link for this gathering. Separate email invitations were also sent last week by the organizing team.

## COMMUNITY PROGRAMS

**Age Friendly Marin Forum: *Ageism 101 & How to be an Ally***  
**September 23, 10:30 – 11:45 am**

This will be a discussion about our experience of ageism—how we understand our own situation, barriers, challenges and building our capacity to respond to ageism. Also, learn how you can be an ally—a positive force for change in fighting systemic racism and achieving social justice for low-income communities. To attend, use the Zoom link, meeting ID, and password below. No need to RSVP.

For Zoom link, [click here](#)

Meeting ID: 899 8090 6539

Passcode: 272011

Dial in number +1 669 900 9128

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

Thursday, September 30

Join JFCS' Seniors at Home for a free, virtual workshop. Presenters will be Kate Blank, LCSW, clinical care manager & therapist with Seniors at Home, and Dr. Ram Rao, author & Ayurveda and yoga practitioner. For more information and to register, [click here](#).

## GEARING UP FOR THE ELECTION

Marin Villages is co-sponsoring candidate nights along with the Aging Action Initiative and League of Women Voters between October 1 and October 6. These are voting-district based. Time is tentatively scheduled for 4:00 – 5:30pm. Zoom links will be provided once the

dates and times are finalized. For now, if you live in San Anselmo, Fairfax, or San Rafael, save these dates:

The October 1st program will be for voters in Belvedere, covering candidates in the election for Town Council.

The October 5th program will be for voters in the Ross Valley, covering candidates in contested elections for town councils in San Anselmo and Fairfax.

The October 6th program will be for voters in San Rafael, covering candidates for City Council and the position of Mayor.

Meanwhile, remember to update your signature on file with Marin County's Department of Elections by returning the informational postcard the county mailed out about two weeks ago. Is that card still on your desk? Dig it out and return it! If you didn't receive the card, you can double check on your voter registration on the [Secretary of State's website](#).

## LOOKING FOR SOMETHING UPBEAT?

How about this great song from the original Mary Poppins movie?



Supercalifragilisticexpialidocious!

## CLOSING THOUGHTS

Happy New Year (almost) to those of you who honor Jewish traditions.  
Let's plan for year 5781 to be an improvement over year 5780!

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

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