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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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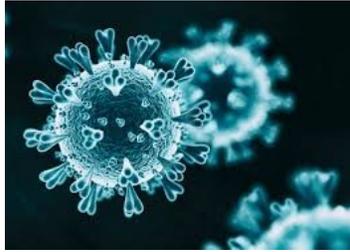
**September 22, 2020**

Dear Marin Villages members and volunteers,

Some words of wisdom from Justice Ruth Bader Ginsburg who died last Friday:

*“Fight for the things you care about but do it in a way that will lead others to join you.”*

**COVID-19 UPDATE**



According to Dr. Matt Willis, public health officer in Marin, the County's move to Tier 2 status last week was our largest step forward since the beginning of the pandemic. The move was made possible by reductions in the number of cases and a drop in the percent of positive tests in Marin, as well as a specified level of positivity in testing as measured over a two-week period.

The County's requirement for wearing face masks in public is not affected by the change to Tier 2 status. Neither is the general advice to maintain a distance of 6 feet from others, to wash hands frequently, and to limit trips outside the home.

The move to Tier 2 does allow more businesses to open, which is good news. Ironically, however, opening more businesses may also cause cases to start to climb again. For example, restaurants and other businesses may serve more people indoors in Tier 2. But indoor activities increase the risk of spreading or contracting the virus far more than outdoor activities. Dr. Willis provided an excellent summary of this dilemma in [his video yesterday](#).

Dr. Willis reported in a meeting with the Board of Supervisors last week that the County will be working to ensure we all understand the activity risk tradeoffs of the sort listed below. By now, these tradeoffs may seem pretty intuitive, but worth reviewing again as we all navigate the continuum of choices now available. You can watch the video of Dr. Willis' report to the Board [here](#).

Safer Choice	Riskier Choice
Wearing a face covering near others	Not wearing a face mask
Physical distancing outside the home	Getting close to strangers
Staying home if you are ill	Going out even if you are sick
Gathering in small groups	Joining a large crowd
Visiting older relatives by zoom or facetime	Visiting older relatives in their homes
Telecommuting whenever possible	Working in a crowded office
Socializing with friends outdoors	Hanging out with friends indoors
Sports that allow physical distancing	Participating in team sports
Speaking in a soft manner	Singing, shouting in social gatherings
Taking a car	Taking an airplane

It's easy to get complacent as we see infection numbers decline. Periodically glancing at this simple chart may be a helpful reminder of how to reduce your own "risky behavior" and help prevent Marin County from falling back into Tier 1 restrictions. Marin Villages will continue to take a cautious and measured approach to member services requests because of the continued risk associated with COVID-19.

## ANOTHER YEAR WISER...



If you turn 100 in Barbados, they create a stamp in your honor. Here we just applaud and eat cake! No Marin Villager is turning 100 this month, but we do have some 90 and 90+ birthdays to celebrate. Virtual hugs and pats on the back to Pat Ernsberger, Richard Kulp, and Mailis Sundell who joined the 90s club, and congratulations to Bettie Clark, Joan Holmes, and Barbara Duttweiler who can celebrate turning 93; to Molly Shaw who can celebrate turning 94; and to Adrienne Johnson who can celebrate turning 95. Woo-hoo and happy, happy birthday to all of you!

## THINGS TO DO WHILE SHELTERING IN PLACE

**Check out our Things to Do List!** Among other suggestions, additions

this week include links to lovely art, the Vienna Staatsopera, interesting talks, some crazy or amazing short videos, armchair travel opportunities, more resources to deepen our understanding of racism in Marin and in America, some words of wisdom from Winnie the Pooh and an unusual offline activity! 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.

Have heard from many of you that you are enjoying the Marin Villages Summer Poetry Project book. Here's a short poem by Dr. Gerald Freedman of Mill Valley Village that resonates in light of everything that's going on these days!

### Empathy

Sharing suffering,  
Community brings healing.  
Redemption follows.

## MARIN VILLAGES PROGRAMMING

### Volunteer Celebration

Saturday, September 26, 3:00pm



**Prizes, Poetry, Praise for Volunteers!** Come celebrate the people who make our organization so great! 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!

**Saturday, September 26<sup>th</sup> at 3:00 pm** come Zoom with us as we celebrate together and recognize all our wonderful Marin Villages volunteers. RSVP to the office to receive the Zoom link for this

gathering. Separate email invitations have also been sent by the organizing team.

### **Ignore Your Teeth and They'll Go Away—Dr. Earl Johnson**

Thursday, October 15, 3:00pm



**Save the date.** Marin Villages member and volunteer, Dr. Earl Johnson, retired dentist and orthodontist, will be our speaker and explain why, among other things, lying through one's teeth doesn't really count as flossing.

### **COMMUNITY PROGRAMS**

**Election Analysis with Robert Reich**—presented by Ashby Village TODAY, Tuesday, September 22, 2:00 – 3:00pm PDT (Pacific Daylight Time) via Zoom Webinar

#### [Zoom link](#)

Or by telephone: 1 (669) 900 9128

Webinar ID: 842 4221 1999

**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.

### [Zoom link](#)

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**

Remember to save these dates for local voting–district candidate forums. October 1 for Belvedere voters, October 5 for San Anselmo and Fairfax voters, and October 6 for voters in San Rafael, 4:00 – 5:30 pm on each of the dates indicated. Zoom links will be provided once the dates and times are finalized.

Your Voter Guide from the County should have arrived already or will shortly. Lots of propositions to study up on!

## **AIR QUALITY**

It's been such a relief these past few days to have our air quality improve! The level of pollution was so bad last week that the Bay Area was ranked as the most polluted area in the world. Our Air Quality Index or AQI was up in the Very Unhealthy range. Sometimes you can see the air pollution, as was the case last week, but not always. Especially in fire season, if you are going out, it's a good idea to check one or more of the myriad AQI measuring sites available for this

purpose. [AirNow](#) is one we mentioned last week, but some of you wrote or called in to mention [PurpleAir](#), and the [Bay Area Air Quality Management District](#) site. All these sites provide generally accurate information, but they won't always give you the exact same reading because of how information is gathered and how often it is posted. If you are interested in knowing more about why there are differences, there is a [good article on the KQED website](#).

## CLOSING THOUGHTS

Speaking of air quality, is it our imagination, or does everything seem better when there are blue skies? Hoping that by the time you are reading this the skies are still blue, but even if they aren't this will help you remember them fondly!



Doris Day: *Blue Skies*

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

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