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VILLAGES**

Our Paths - Our Choices

Empowering older adults to remain active,
connected and independent in the place they
call home.

MARIN VILLAGES



MARIN VILLAGES UPDATE

September 29, 2020

Dear Marin Villages members and volunteers,

SOMETHING NEW!

Hey, check out our [newly updated website](#)! The cooperative efforts of Marin Villages volunteers and staff have revitalized the entire site and it looks fantastic. The pictures, all of Marin Villages members and volunteers, are vibrant visual evidence that we are indeed a community of older adults who are active, connected, and independent in the place we call home!

Many, many thanks to volunteers Colin Crawford, Annemarie Clark, and Ginna Fleming for the work they did to make this happen in record time

and for zero dollars. Be sure to take a look at their handiwork.

SOMETHING COMING UP

We are launching a major marketing and member recruitment campaign via direct mail this fall, something we've never done before. We're mailing over 36,000 post cards to adults 60 and older in Marin over the course of the next two months to increase awareness of Marin Villages and encourage new memberships. Some of your friends and neighbors may receive one of our postcards (you might too, although we've done our best to remove member addresses from the mailing list).

We're also planning some print ads and working on mentions in local magazines and papers. We know there are many older adults in Marin who would benefit from membership in Marin Villages, especially now as we work together to reimagine aging and community in the upside-down world brought about by the pandemic. You can also help in this campaign by encouraging your friends and neighbors to consider joining. Spread the word!

COVID-19 UPDATE



Planning on trick-or-treating, or celebrating Dia de los Muertos, or Diwali? Many cultural traditions occur at the end of October and the beginning of November. Alas, those traditions are all going to be affected by this continuing pandemic.

The County has just issued guidance strongly "discouraging customary activities that involve door-to-door trick-or-treating or large multi-household parties or gatherings, which can be high risk for COVID-19 transmission. These sorts of celebrations encourage touching surfaces

like doorbells, door handles, and candy bowls, and getting together with family and friends in situations that make it difficult to maintain physical distancing.” Certain specific activities are actually prohibited under the County’s public health order including “Halloween gatherings, Dia de los Muertos celebrations, and events or parties with non-household members unless they are part of your household social bubble of 12 individuals or less, are conducted outdoors, and are otherwise in compliance with the social distancing health order.”

For those of you who love Halloween or have children or grandchildren who do, the County is planning a drive-thru “Spooktacular” between October 23 and November 1 at the Civic Center. For those of you who hate Halloween, you might not have to leave home this year to avoid trick-or-treaters. But feel free to stock up on candy anyway!

MORE STUFF TO WORRY ABOUT

Although PG&E has been working to reduce the need for widespread power shutoffs, the continuing fire danger in Northern California means at least some public safety power shutoffs (PSPS) are likely in Marin. Here are a few steps you can take in advance to help you get through a power shut off:

- Keep your cellphone and laptops fully charged
- Add a battery-powered charger to your emergency kit
- If you have a car, keep your gas tank at least half full—gas pumps won’t work without power
- Keep cash on hand—small bills are best—as ATMs won’t work without power either
- Keep a battery-powered lantern or two, or some flashlights, handy

ANOTHER YEAR WISER, REPRISE



Oops, we missed two birthdays last week when listing members who turned 90 or above in September. Peter Veris turned 94 in early September, and MaryAnn Orchard turned 90. Happy birthday to both!

THINGS TO DO WHILE SHELTERING IN PLACE

Check out our Things to Do list! Among other suggestions, additions this week include links to the Mill Valley Film Festival, a livestream program on rock and roll in Marin from the Marin Contemporary Museum of Art, other interesting talks, some interesting or amazing short videos, more resources on the issue of racism, and some 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.

MARIN VILLAGES PROGRAMMING

Fire Safety and Emergency Preparation

Friday, October 9, 2:00pm



Join us to hear Quinn Gardner, emergency manager for the San Rafael Fire Department, speak and answer questions on fire safety and emergency preparation. So important for everyone to hear as fire season has already started! Many thanks to San Rafael Village for arranging this all-too-important program. Please RSVP to the office to receive the Zoom link. info@marinvillages.com or (415) 457-4633

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

Thursday, October 15, 3:00pm



Marin Villages member and volunteer, Dr. Earl Johnson, retired dentist, orthodontist and professor, will speak and answer questions on why ignoring one's teeth and gums is really a bad idea. Please RSVP to the office to receive the Zoom link. info@marinvillages.com or (415) 457-4633

COMMUNITY PROGRAMS

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](#).

THE ELECTION IS COMING, THE ELECTION IS COMING!

Dates to remember:

October 1, 5, and 6 – Aging Action Initiative local-voting-district candidate forums for Belvedere, San Anselmo and Fairfax, and San Rafael, respectively. Email reminders will be sent.

October 5, 6 – Ballots mailed to all voters in CA and early voting open at Civic Center

October 19 – Deadline for voter registration

October 26 – Suggested date for voters by mail to return ballots

October 31 – Polling places are open and registered voters may vote in person at these locations

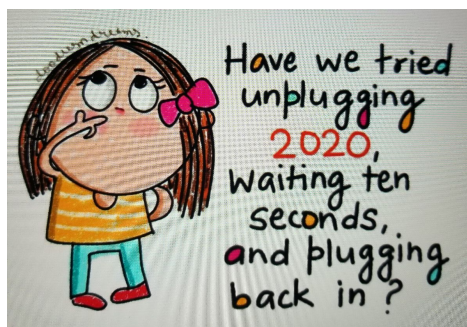
November 3 – Election Day

DID YOU MISS IT?



Wow! We had 66 people on our Zoom celebration Saturday honoring our wonderful volunteers who, even in the midst of a pandemic, continue to help out our members in so many ways! Those in attendance heard a bit about our history and our future as an organization, as well hearing comments from members about the difference volunteers have made in their life.

Thank you to Trader Joe's for providing four great gift baskets/bags that were given away, along with an emergency kit and a Marin Villages T-shirt, hoodie, and sweatshirt. Poets Laurel Feigenbaum and Suzanne Grenager each read one of their poems from the Summer Poetry Project. It was great to see everybody, even if in tiny little boxes on the screen. Throughout the program we also shared a bit of humor about the pandemic. Here's one example, below. Best tech advice ever, applied to 2020 as a whole! Check out our [Things to Do list](#) for some of the others!



CLOSING THOUGHTS

The poem Suzanne Grenager read at the volunteer celebration was titled *You Might as Well Dance*. Couldn't agree more with the sentiment! The benefits of dancing, even if you are just watching someone else do it or sing about it, cannot be underestimated for raising the spirits.



Yul Brynner and Deborah Kerr, *Shall We Dance*, from *The King and I*

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

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