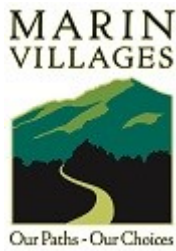


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Empowering older adults to remain active,  
connected and independent in the place they  
call home.

## MARIN VILLAGES



### MARIN VILLAGES UPDATES

November 3, 2020

Dear Marin Villages members and volunteers,

Whew, Election Day is finally here! Hope everyone has voted, but if you haven't, be sure to do so TODAY!!! Your voice is important. Then take your vitamins. It might be a long night (or even several days)!

### COVID-19 UPDATE



**Good news:** Marin County has moved to Tier 3 status, which means more business activities are now allowed. Congratulations are in order because our public health officials have worked really hard to implement processes and procedures to slow the spread of the virus in

Marin and enough of us have listened to and followed their advice to enable our move to Tier 3. Virtual pats on the back to all.

**Less good news:** A resurgence in infections could easily result from the confluence of fall and winter holidays, traditionally celebrated in large gatherings, and the anticipated drop in temperature in winter months driving us to engage in more indoor activities. Our public health officials are warning us not to get complacent and a number of recent studies on how the virus spreads are echoing the importance of this warning!

Indoor dining in restaurants is one activity to be particularly concerned about as it is one of the riskiest from the standpoint of protecting oneself from the virus. Here are a few of the reasons why (from a recent [MIT Technology article](#)).

- Restaurants are noisy places and people talk loudly—expelling more air and hence more droplets and aerosols (smaller than droplets) that may contain the virus
- You are sharing space with others for an extended period—30 minutes or more. The CDC estimates 15 minutes of exposure to someone with COVID-19 is sufficient to lead to infection
- You aren't wearing a mask for a good deal of the time
- Ventilation is notoriously bad in restaurants and gatherings in poorly ventilated spaces can lead to super-spreading
- A recent CDC study has shown that people who tested positive for COVID-19 were approximately twice as likely to have reported dining at a restaurant as those who tested negative. Other studies are also showing an association between dining out and testing positive.

There are some ways to reduce the risk of dining in at a restaurant. For example, sitting kitty-corner from a companion rather than across; wearing your own mask no matter what others are doing; and choosing a restaurant where mask-wearing is enforced AND doors and windows are open and other steps taken to improve air circulation. But the safest approach is to switch to or keep using takeout as the winter months approach and outdoor dining is less feasible!

Some of these same factors that make restaurant indoor dining risky

also apply to indoor family gatherings for holidays. A recent study in Spain showed that if one person who is infected is included in a gathering of 6 others, “irrespective of whether safe distances are maintained, if [the] six people spend four hours together talking loudly, without wearing a face mask in a room with little or no ventilation, **five will become infected. But the risk of infection drops to below one** when the group uses face masks, **shortens the length of the gathering by half and ventilates the space used.**” Here’s a link to [an article on this study](#).

**A sense of humor can help.** We encourage you to take the advice of experts seriously, but on the other hand, humor can help when we get discouraged about how our traditions need to change this year!

We’ve been told that only 6 people are allowed to meet for Thanksgiving, but 30 for a funeral. With this, I announce that we will be holding a funeral for our pet turkey that will pass away on Nov. 26. Refreshments provided.

In lieu of flowers please bring a side or dessert.



## THINGS TO DO WHILE SHELTERING IN PLACE

**Check out our Things to Do list!** Among other suggestions, additions this week include links to several calming music videos (perfect for this week), ten places you’ll never be able to visit, a *What’s My Line* video from 1953 featuring Eleanor Roosevelt, articles on cool museums and libraries, more resources on the issue of racism, and some offline activity. Thanks to everyone who is sending us suggestions for inclusion on this list. A copy will be emailed to all on Wednesday.

## ONE-ON-ONE ZOOM TRAINING, ANYONE?



Similarity to seances or not, looks like Zooming is here to stay. Are you comfortable with it yet? If not we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. Be sure to tell the office whether you will be using a desktop computer, a laptop, a tablet, or smart phone, and what type, or if you just want to use a landline to listen in. [Info@marinvillages.org](mailto:Info@marinvillages.org) or (415) 457-4633. Don't miss out on programming and connections that Zoom makes possible!

## MARIN VILLAGES PROGRAMMING

**Conversation and Mini-Concert with Todd Brody, professional musician and executive director of the Marin Symphony**

Wednesday, November 18, 3:00pm



Those of you who attend the Marin Symphony regularly know that Todd Brody is a professional musician (flute) and also the executive director of the Symphony. He will talk about the dual nature of his career path, as well as about why music can be so comforting. And, he'll also play the flute for us! RSVP to the office to receive the Zoom link.

[info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633.

**Not Home Alone: A Zoom to Celebrate Thanksgiving**

Thursday, November 26, 4:00 pm



Whatever else you are doing on Thanksgiving, do sign up for Marin Villages' *Not Home Alone* Thanksgiving Day Zoom at 4:00pm. Share your ideas of three characters you'd like to dine with if you had the opportunity. Enjoy a piece of pie or other goodie of your choice with other Marin Villagers. Sheltering in place doesn't mean you have to be alone! There will also be a movie recommendation for viewing online after the gathering. Your hostess with the mostest for this event is Donnalee Wells of San Rafael Village. Please RSVP to the office: [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633. A Zoom link will be sent to you once you RSVP and again on the Wednesday before.

## COMMUNITY PROGRAMS

### Learn all about Accessory Dwelling Units from ADU Marin

Thursday, November 5, 6:30 – 8:00pm

Several new tools are now available for homeowners interested in building an accessory dwelling unit (ADU), also known as a second unit, a granny flat, an in-law unit, or a converted garage. [Register here](#) for this helpful program to learn more about ADUs and how to create one!

### COVID 19 and Mental Health: Fresh Perspectives (FREE)

Presentation to the Marin Commission on Aging

Thursday, November 5, 10:00 – 11:00am

Learn how older adults can become more resilient and responsive to the mental health impacts of COVID-19; understand recommended actions addressing the effects of the pandemic on mental health; and hear an overview of mental health and psychosocial supports available throughout the world. No RSVP required. To join the Zoom meeting:

<https://us02web.zoom.us/j/88999405569?pwd=L2ZDL0RRVFFHV2I6bkVRZEdLZEISQT09>

Meeting ID: 889 9940 5569

Passcode: 286826

Dial in number 1+ (669) 900-6833

### **The Power of Creative Connection**

Wednesday, November 18, 1:00 – 2:00pm

Are you a caregiver for a spouse or friend? Join JFCS' Seniors at Home and COVIA for a free virtual, interactive workshop focusing on deepening the interaction between family caregivers and their aging loved ones through the process of creative activity. Participants will learn about resources and other simple activities that will allow them to connect virtually using common items from around the house. Register [here](#).

### **CLOSING THOUGHTS**

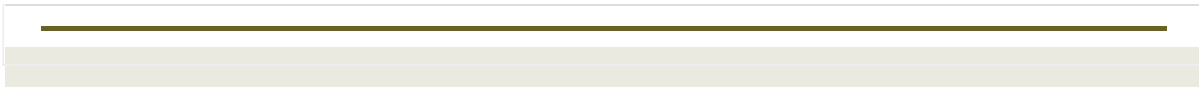
Need a boost and some happy thoughts, maybe a little exercise too? Try dancing to this tune!



**Macarena – Los Del Rio & André Rieu**

Cherie Sorokin, President, Marin Villages

Peter Lee, Interim Executive Director



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