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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

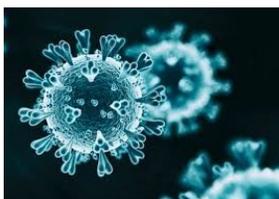
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**November 17, 2020**

Dear Marin Villages members and volunteers,

Keep your seatbelts fastened—this roller coaster doesn't seem to be stopping anytime soon!

### COVID-19 UPDATE



**Uh, oh! One step forward, two steps back.** California cases of COVID have now surpassed 1 million, with more than 18,000 deaths, and Marin's COVID case rates, which were declining or holding pretty steady, "almost doubled in the past 10 days and are continuing to climb," according to Dr. Matt Willis, Marin's public health officer. As a

result, the County voluntarily and the State officially reinstated tighter regulations on business activities and Marin is now back in Tier 2, the red tier. This means indoor dining at restaurants is prohibited, indoor swimming pools and all bars must close, and the capacity requirements for malls, libraries, movie theaters, churches, museums, gyms and wineries are again reduced. Dr. Willis warns that if the current spike in cases is not brought under control Marin risks quickly falling back into the Tier 1 “Widespread Risk of Contagion” category which would mean even greater restrictions on activities. You can read the press release announcing the new restrictions [here](#).

Periodic spikes in cases are not unexpected as we navigate through this pandemic, but coming now, just at the start of the holidays, not to mention the beginning of the flu season, means it can be more difficult to again slow down the spread of infections. Indoor, in-person gatherings with friends or family not part of your household are particularly problematic right now. If you had plans to travel or celebrate Thanksgiving with friends or family not already living with you, now might be the time to reconsider! Even smallish indoor gatherings provide an opportunity for the virus to spread. If you are planning to be part of an indoor event, be sure the windows are open, keep at least six feet away from others, and wear a mask as much as possible.

Perhaps the only good news in all this is that the virus hasn’t figured out how to move through the internet, phone, radio or TV, so at the same time we are hunkering down again we do have ways to stay in touch with each other and the world. And remember, the Macys Thanksgiving Day Parade is still on November 26 at 9:00am on NBC, and those great old-time holiday movies will soon start to be shown over and over (over 30 of them are free to watch on demand on YouTube) and can help keep us in the holiday mood regardless of what’s going on around us!

### **PSST, HAVE YOU HEARD ABOUT MARIN VILLAGES?**

We are launching the email phase of our member-recruitment campaign! Those of you with email will receive one tomorrow or Thursday from us that we hope you will forward on to 10,000 of your closest Marin friends who haven’t yet heard about or joined Marin

Villages. Help us spread the word! It's easy to do—just pass the email along to friends and acquaintances in Marin with any language you want to add about how much you like us. Let's put our combined networks to work in support of Marin Villages and our mission of helping older adults be active, connected, and independent in the place they call home.

## THINGS TO DO WHILE SHELTERING IN PLACE

Among other suggestions, additions this week include links to photographs of pets of former presidents; some comedy from Jerry Seinfeld and Jimmy Fallon; a number of stress-reduction programs; information on Diwali, the Indian festival that celebrates the triumph of good over evil; some fun videos; more resources on the issue of racism, and some humor! Thanks to everyone who is sending us suggestions for inclusion on this list. You can access the list [here](#), and a copy was emailed to all on Monday.

## ANOTHER YEAR OLDER!



We have two Marin Villages members celebrating a 90+ birthday this month! Virtual hugs and pats on the back to Carol Anderson who turned 94 and Toby Manuel who turned 92! Happy birthday to you both!

## MARIN VILLAGES PROGRAMS

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

Wednesday, November 18, 3:00pm

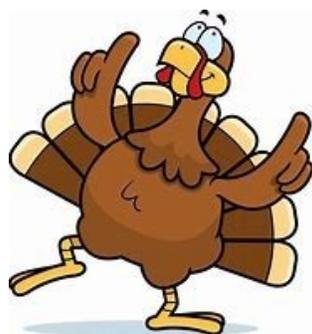


Todd Brody, executive director of the Marin Symphony is also a professional musician (flute) who plays with a number of musical groups in the Bay Area. He will talk about the dual nature of his career path, as well as about why music can be so comforting. And he'll play the flute for us! RSVP to the 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)

A Zoom link will be sent to you once you RSVP and again on the Wednesday before.

## **LOCAL VILLAGE PROGRAMS**

Check out the events or calendar tabs under Programs on [our website](#). Most local village programs are open to all. Information on how to connect is on the site.

## COMMUNITY PROGRAMS

### Today!

#### **Pleasure is Ageless—Love, Connection and Sexuality**

Tuesday, November 17, 11:00am – noon

Join certified somatic sex educator Shauna Farabaugh for this "ask me anything" style workshop. Bring your questions, leave with practical advice to help you spice up your life. Sign up [here](#).

#### **FireSafe Marin Webinar on Home Hardening**

Tuesday, November 17, 6:00 – 7:00pm

Learn the steps you can take to help your home be more resistant to wind-blown fire embers. Join via Zoom [here](#) or call (669) 900-9128. Webinar ID: 873 8241 5962

### Coming up!

#### **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](#).

#### **Save the Date: *How to Cultivate an Empowered Life in Extraordinarily Challenging Times***

Tuesday, December 15, 10:30 – 11:45am

Learn how to cultivate your energy and your mindset and create a plan that will allow you to thrive through challenges as you age. Join Barbara Waxman, a Middlescence expert, Marin resident, leadership coach,

gerontologist, speaker, and author, as she leads a conversation about developing the skills and mindset to prepare for 2021. The host for this event is Pati Stoliar from Age Friendly Corte Madera.

[agefriendlycortemadera@gmail.com](mailto:agefriendlycortemadera@gmail.com)

#### **Zoom info:**

Click [here](#) to join meeting

Meeting ID is 832 3151 1777

Passcode is 549288

Or dial (669) 900-9128

### **WHAT'S UP AT THE OFFICE?**

Please note that the office will be **closed** on November 26 & 27, Thanksgiving and the day after, so **call in your requests for volunteer help as soon as possible** so we can make sure your requests are scheduled in advance of the holiday weekend.

Also, please remember that our office is not open to visitors because of the pandemic. If you have a need to pick something up from BJ or Diane, please call ahead to make an appointment so they can get you what you need in accordance with COVID-19 protocols. In accordance with Marin County Public Health advisories, we will again have only one person at a time working in the office and schedules may vary.

### **CLOSING THOUGHTS**

Here's a little something to try at home and get your energy up, alone or not!



**Let's Twist Again, Chubby Checker**

Cherie Sorokin, President, Marin Villages

Peter Lee, Interim Executive Director

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