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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 24, 2020

Dear Marin Villages members and volunteers,

A safe and happy Thanksgiving to us all!

COVID-19 UPDATE



Small, outdoors and short seem to have replaced gobble, gobble as the Thanksgiving words of the week this year! The good news is that it looks as if the weather in Marin might cooperate in making outdoor gatherings possible. We might not even have to rely on old the Norwegian reminder: There is no bad weather, just bad choices in clothing.

In a recent update from Dr. Matt Willis, Director of Public Health in Marin, he reported that “so far ... we are currently stable in the red tier.” But he also cautioned that “no county is an island” and there is concern that “regional surge will reach Marin,” requiring further restrictions on activities. So, keep focused on the BIG FIVE: limit trips outside the home, wear a mask when around others, keep at least six feet away from others, avoid indoor gatherings, and wash your hands frequently!

By the way, please remember that when you are getting a ride from a Marin Villages volunteer, members are asked to sit in the back seat and both members and volunteers must wear masks.

YEAR-END GIVING



Good news! We are happy to announce that Marin Villages is now able to accept donations of stock. More good news: donating stock that has risen in value since you bought it may provide some tax advantages to you. If you itemize deductions, you can, within limits, deduct the market value of securities donated. Donating avoids the capital gains tax that you would otherwise pay if you sold the stock. Similarly, if you hold stock in an IRA (or most other retirement plans) you can donate that stock to a charity such as Marin Villages and avoid the tax that would otherwise be paid if the stock were sold and then distributed to you as the IRA holder. The effect of this type of donation is to reduce your adjusted gross income and, therefore, in most cases, your taxable income and taxes. The benefit can be significant and usually applies to both federal and state income taxes. Please consult with your tax advisor for details. Then check with your securities broker for the procedure. (It's quite easy.) Marin Villages does not give investment, legal, or tax advice!

Not into donating stock? There's good news on the cash donation front too. This year, because of the CARES Act adopted earlier this year by

Congress, taxpayers may deduct up to \$300 in cash (check or credit card) donations to charitable organizations through December 31, 2020. This deduction also has the effect of reducing your adjusted gross income and is allowed this year even if you don't otherwise itemize your deductions.

Here's a link to [a good AARP article on tax benefits](#) that may help lower the cost of giving to charities (like Marin Villages 😊) during this pandemic!

THINGS TO DO WHILE SHELTERING IN PLACE



Besides starting to plan your year-end giving, check out our other Things to Do List! Among suggestions this week are links both some soothing and not-so-soothing music, lists of feel-good holiday movies to watch, lots of articles and videos on the history of Thanksgiving, some seasonal comedy, more Olive and Mabel videos, info on more resources on the issue of racism, and some additional humor and offline things to do over the Thanksgiving weekend! 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.

CAREFUL!



Scams always seem to increase at this time of year. Here are four tips to help avoid being snared: **Slow down**—scammers try to create a sense of urgency. **Double check**—do a separate look-up of the organization the caller or emailer says they represent. **Ask a friend**--don't send money or sign up for a "deal" without checking first with someone you already know and trust. **Ask yourself, why me?**—Offers that are too good to be true, usually are. Offers that say "this is special just for you" may be special in the wrong way! One more thing: email scams often have the

scammer making you think you are hearing from someone you know. If the email seems odd, hold your cursor over the sender name to double check on the email address. It may be in the sender's name, but not their email address.

MARIN VILLAGES PROGRAMS

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

COMMUNITY PROGRAMS

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) and Zoom info is below.

[Click here for Zoom link](#)

Meeting ID is 832 3151 1777

Passcode is 549288 or dial (669) 900-9128

PSST, HAVE YOU HEARD?

We hope you have already forwarded the “Psst, Have You Heard About Marin Villages” member recruitment email we sent you last week, but if you haven’t it’s not too late! We’re on a campaign to help build awareness of Marin Villages and bring in new members and could use your help. Let’s put our combined networks to work in support of our mission of helping older adults be active, connected, and independent in the place they call home. If you need another copy, contact the office and they can email it to you again. info@marinvillages.org or (415) 457-4633

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 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

Not everything is changed for this Thanksgiving. There will still be a Macy’s Thanksgiving Day parade, and also some football. And of course, we are so grateful that we know all of you! So, notwithstanding how we started out this week’s update, gobble, gobble to you all!



Matthew West, *Gobble Gobble*

Cherie Sorokin, President, Marin Villages

Peter Lee, Interim Executive Director

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