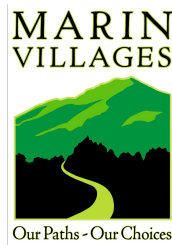


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## MARIN VILLAGES UPDATES

**January 5, 2021**

Dear Marin Villages members and volunteers,

Happy New Year to all! Have you finalized your New Year's Resolutions? Here are few COVID-related ideas, if you haven't finalized yours yet: Only buy pants with no buttons or zippers; figure out what day it is; eat better chocolate; and most important, get vaccinated when our turn comes up!

### **Hello from Marco Maina**



I'm delighted and honored with the opportunity to serve you as the new Executive Director of Marin Villages. I'm feeling optimistic about 2021 because our lives will improve with the availability of effective Covid-19 vaccines. We must continue to be vigilant about our daily actions to prevent the effects of this terrible pandemic. This means that even after getting the vaccine, we need to keep social distance, avoid crowded places, and wear our masks. All of that is important, as well as your

nourishment, mental, and physical activity to remain healthy.

It is possible that each one of us knows of a family or person that has been affected by Covid-19. In my family, we had low key holidays because we worried about my nephew and my brother-in-law who tested positive. Both of them are doing better but it is still too soon to celebrate. This pandemic is real and your daily actions will help you and our community to overcome it.

This will be an amazing year and I look forward to giving you a hug or a high five when the time is right. Happy New Year!

## COVID-19 Update



Marin's stay-at-home order remains in effect until at least January 8 and could be extended, depending on infection levels and hospital capacity. So, please do stay vigilant, stay home as much as possible, and keep washing those hands.

Vaccine distribution is in progress. You can hear the latest on how Marin is approaching the distribution in this new video from Dr. Matt Willis, Marin's Public Health Officer, who also reflects on the most challenging aspects of dealing with the pandemic in the past year.

[Marin COVID-19 Update: Happy New Year! – YouTube](#)

If you think you or someone you know needs a COVID test, Marin has expanded testing sites through a new partnership with Curative, Inc. Curative test sites use a new form of test that does not require a nasal swab. Results are provided within 72 hours. Below are the East Marin locations of these new sites. Note that appointments are required and can be made on the Curative website. [Get tested for COVID-19 today | Curative](#)

- **Larkspur:** Thursdays, 10:00 AM – 4:00 PM; Piper Park (250 Doherty Drive)
- **Novato:** Fridays, 10:00 AM – 4:00 PM; Novato Library (1720 Novato Boulevard)
- **San Anselmo:** Tuesdays, 10:00 AM – 4:00 PM; United Market (100 Red Hill Avenue)
- **San Rafael:** *Starting Wednesday, January 6;* “Jury Parking Lot” (on Armory Drive across from the Civic Center)
  - Sundays, Tuesdays and Thursdays, 11:00 AM – 5:00 PM
  - Mondays and Wednesdays, 8:00 AM – 2:00 PM
- **Sausalito:** Wednesdays, 10:00 AM – 4:00 PM; Sausalito City Hall (420 Litho Street)

If you need to ride in a car with someone not in your “bubble,” you might want to consider opening the windows opposite the driver, and opposite whoever is in the back seat and being given the ride. There is some thought that the airflow is best with this configuration.

Check out this article: [How Airflow Inside a Car May Affect COVID-19 Transmission Risk – What Works Best for Windows and Ventilation \(scitechdaily.com\)](https://www.scitechdaily.com/how-airflow-inside-a-car-may-affect-covid-19-transmission-risk-what-works-best-for-windows-and-ventilation/)

## Scams



**Vaccine Scams:** Scammers, by phone, email, or even regular mail, try to “sell” or ship you a vaccine or offer to put you at the head of the line to receive a vaccine—for money! Don’t be fooled. Report the attempted fraud to **855-613-7080**, the California Medicare Fraud Patrol line. Deal only with your healthcare provider on matters related to COVID vaccines.

**Email Scams, aka Phishing, Text Scams, aka Smishing, Phone and Letter Scams:** All sorts of scams are on the rise—even by snail mail! Scammers try to steal your personal or financial

information through deceptive communications. Common ploys include messages that say something like “your account has expired” or “or your computer needs fixing” or offer you “a special deal” to purchase something that doesn’t exist, or tempt you with “help me and you’ll be rewarded” stories, or “I really need your help” pleas. The best protection is heightened skepticism. Don’t respond in haste. If the message seems fishy, it probably is. More advice is available here in a good article by AARP on “smishing” and also from the Federal Trade Commission site:

<https://www.aarp.org/money/scams-fraud/info-2020/smishing.html>

[How to Avoid a Scam | FTC Consumer Information](#)

## Marin Villages Programming

### Two Great Programs in January!

**January 20, at 1:00 p.m. Dr. Matt Willis.** Dr. Willis, Public Health Officer for Marin, will again do a program just for Marin Villages, speaking on the COVID vaccines, dosing and virus mutation issues, and an overview of the pandemic in Marin, including our viral transmission history that sets the stage for vaccine distribution/ scheduling protocols (not to mention controversies!). Many thanks to board member Larry Meredith for helping to arrange this timely program. Please RSVP to the office to receive the zoom link or phone number.  
1-415-457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

**January 27, at 2:00 p.m.** COVID-19 Survivor Frank Cutitta, a friend and former business colleague of volunteer Colin Crawford will talk about isolation in the healthcare system. Mr. Cutitta spent a total of 100 days in a hospital (45 in a medically induced coma) and rehab center on the East Coast fighting and then recuperating from COVID-19. Lessons from his experience have led him to fight against patient isolation in the healthcare system given its potential for long term negative impact on the immune system and the brain. RSVP to the office to receive the zoom link or phone number.  
1-415-457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org).

## Community Programming

The Marin Commission on Aging meets by zoom the first Thursday of every month at 11:15a.m, usually preceded by a noteworthy speaker starting at 10:00 a.m. The speaker this month will focus on the intersection of race and age in Marin and the County's efforts to address the impact of racial inequality among older adults. Additionally a panel of residents will share their experiences with systemic racism in the County. The Commission encourages members of the public to attend!

### Join Zoom Meeting

<https://us02web.zoom.us/j/8526641821>

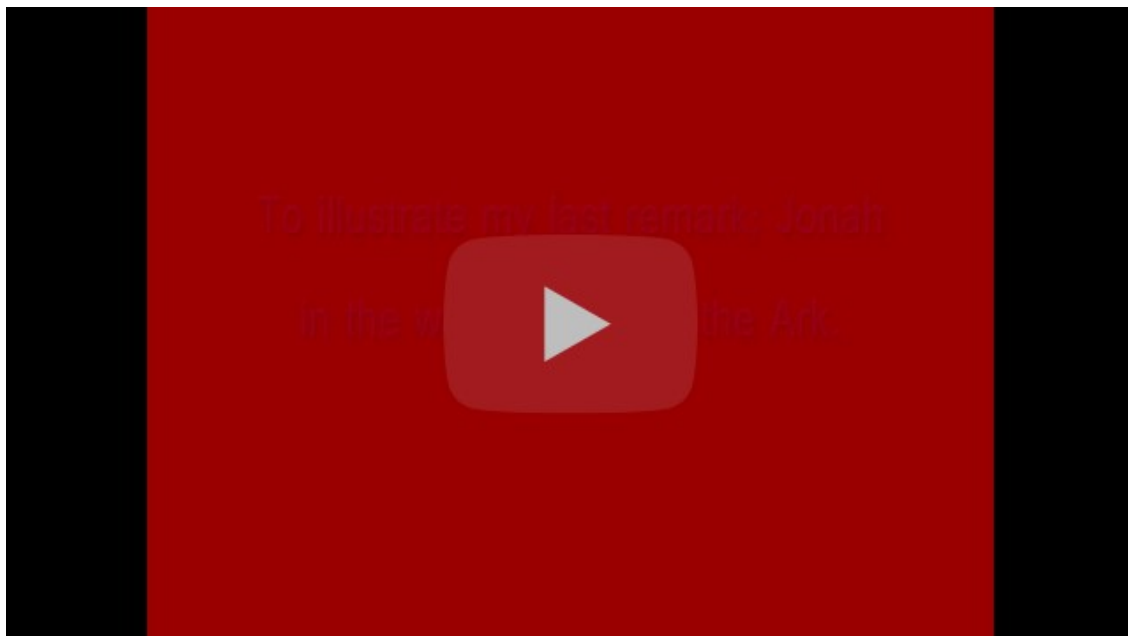
Meeting ID: 852 664 1821

Passcode: 94903

Dial in number 1 + (669) 900-6833

### Closing Thoughts

Here's a little ditty to help start the new year right and maybe get you singing and dancing along!



## Accentuate the Positive

Cherie Sorokin, President, Marin Villages

Marco Maina, Executive Director, Marin Villages



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