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MARIN VILLAGES WEEKLY UPDATES

February 2, 2021

Dear Marin Villages members and volunteers,

Sentiment for the day: "God give us patience, but hurry up!"

COVID-19



Vaccination scheduling is still not as smooth as we all want it to be, and therefore not moving as fast as was initially hoped, but the County does anticipate that more vaccination partners and locations will be available soon. Meanwhile, unfortunately, the process can seem a bit random and disorganized despite the best efforts of Marin Public Health and the major healthcare providers in Marin. Patience really is necessary! To date, about 11% of Marin County residents have been vaccinated, and the County is gearing up to provide over 500,000 shots in Marin in the next few months as vaccine supplies ramp up.

Last week we summarized key points regarding getting vaccinated in Marin. The summary below has been updated but covers many of the same points. We strongly encourage everyone with email capability to sign up for the County's daily public health updates—this is the best way to keep informed about the pandemic and vaccine distribution activities in Marin. [Here is the link](#) to sign up if you haven't already.

- **The amount of vaccine is still limited and that limits the number of vaccination appointments available.** This is currently our main

problem in Marin with moving forward on vaccinations. As we noted last week, availability of vaccines is tied to an allocation process that the healthcare providers don't fully control. Because of limited supplies, immediate appointments may not be possible. In some cases, but hopefully not many, the lack of vaccine may result in already-scheduled appointments needing to be rescheduled. Those who have already received their first shot do not need to worry about cancelations. Vaccine for the second shot has been reserved for you. The County Public Health Office is cautiously optimistic more vaccine will be regularly available mid-February.

- **If you are 75 or older, you are in the current group eligible for vaccinations (in addition to healthcare workers and residents of long-term care facilities).** We have heard of some people not in these categories managing to get vaccinated, but right now the official process for scheduling vaccinations is limited to those 75 and older, healthcare workers, and residents of long-term care facilities.
- **The appointment scheduling process can be frustrating, though it's getting better.** Healthcare providers Kaiser, Sutter, MarinHealth Medical Network, the Marin Community Clinics, and Medical One are now reaching out to schedule vaccinations for their clients who are 75 and older. (Medical One is offering a free trial membership to those 75 and older.) Online scheduling on these providers' websites is available and each provider also has a phone option for scheduling, but there can be a long wait, and you may end up with the message that no appointments are available because of lack of vaccine. Marin Public Health is now offering vaccinations directly, with scheduling available on their website. In all cases appointments are subject to availability of vaccines. The sign-up process will vary among providers. Persistence is key! Check the [County website](#) for up-to-date information on vaccine providers and scheduling information.
- **Safeway, CVS, and Walgreens pharmacies.** In Marin right now, Safeway, CVS, and Walgreens pharmacies are assisting with vaccinations of healthcare workers and residents in long-term care facilities in our county. It is not yet clear when they will regularly be providing vaccinations in their stores or to the general public. However, we have heard reports from more than one member that they were serendipitously able to get a vaccination through one of the pharmacies by just walking in. Others have reported their local pharmacy "knows nothing." So best to wait until they are officially announced as available sites for vaccinations.
- **Form to indicate interest in notification regarding eligibility for vaccination.** The County has also established an online system for people to sign up for notification of timing of vaccination availability as the eligibility age limits change. If you have Internet service and email, you can access the form [here](#). Previously the

form required an email or text number for the County to reach you. Now you may enter a landline phone number to receive notifications.

- **Scheduling without Internet access and scheduling for those who can't leave home.** A call center for those 75 and older without Internet access is in the process of being established with Vivalon (formerly Whistlestop). It is due to be up and running later this week or early next week and we will provide the number as soon as the center is operational. Mobile vaccination capacity is being developed through the County for those who have transportation difficulties or mobility problems. We will provide more information on this service as we receive it.
- **Scam alert.** Vaccinations are free. You can't be put on a waiting list, for money or otherwise. No one from Medicare will call you about the vaccine. You don't need to provide your Social Security number or credit card number or bank account information in connection with setting up a vaccination.
- **More info.** For more detailed information and daily updates, check the [Marin Public Health Department website](#).

BACK IN THE PURPLE TIER

Since we are back in the Purple Tier and things have started to open up a bit, here's a reminder of things to keep in mind in gauging risk levels of various activities:

- Don't cause another surge by attending a Super Bowl party where people aren't paying attention to wearing masks, or social distancing, or only gathering outdoors in a small group!
- Stick to activities where almost everyone is masked and practicing social distancing
- Stay away from activities where lots of people are present, even if masked, as the more people there are, the harder social distancing becomes
- Choose outdoor activities with others over indoor activities with others
- Limit the time you spend with others indoors or in a car, and increase ventilation on such occasions
- Consult the [County list of permitted activities](#) to be sure you aren't breaking the law!
- Note, to get to the next tier and more permitted activities, we have to cut our case rates in half. Getting there requires us to keep doing the right things: **wearing masks, social distancing, washing hands, etc.** Face coverings, social distancing, and hand-washing rules still apply even for those vaccinated. These rules will be necessary for some time.

HELP A STUDENT DEVELOP YOUR PERSONAL PROFILE



We are looking for 25 Marin Villages members to meet over the phone for three conversations with Dominican OT students to create a ***My Life Profile for Age-friendly Healthcare***—an essential part of any hospital “go-bag” for older adults. The profile is a document that can speak for you if you are unable to speak for yourself! This is the second time we’ve partnered with Dominican students on this Life Profile project. Prior Marin Villages participants really enjoyed the experience and highly recommend the project. If you are interested, please call or email the office by February 8th. (415) 457-4633 or info@marinvillages.org

MARIN VILLAGES PROGRAMS

Meet and Greet with Marco Maina
Wednesday, February 17, 2:00pm



Come meet our new executive director! This is a great opportunity to hear from Marco about his background and prior work and life experiences. Feel free to submit in advance any questions or topics that you’d like him to cover by [emailing the office](#) by February 15. Meanwhile you can also read his bio on [our website](#).

COMMUNITY PROGRAMS

Climate Change and Its Relation to Social Justice and Public Health
Thursday, February 4, 10:00am

This program is put on by the Marin Commission on Aging. The commission meets twice a month and encourages the public to attend both the presentations and the subsequent business meeting. No registration required. Below is the Zoom link.

[Zoom link](#)

Meeting ID: 852 664 1821

Passcode: 94903

Dial in number (669) 900-6833

Age-Friendly Marin Forum: *The Age-Friendly Movement—Building on Your Values and Vision for Your Life*

Wednesday, February 24, 10:30 – 11:45am

Age-friendly communities can be a great place to grow up and to grow old. Learn about recent planning at the state, county, and local levels and how your values and interests in how and where you want to live are guiding these plans. Learn why and how you can inform and participate in the development of your age-friendly community. Speakers include Sara Robinson, Age Forward coordinator, County of Marin, and Age-Friendly San Anselmo chair; Sybill Boutilier, Age-Friendly Sausalito; Sparkie Spaeth, Age-Friendly San Rafael Steering Committee and Marin Villages board member. To join and receive the Zoom link, contact Patricia Stoliar, (415) 927-0679 or agefriendlycortemadera@gmail.com.

Recording of Prior Age-Friendly Program – Empowered Life Planning for 2021 with Barbara Waxman

This is a [sound recording](#) of a prior Age-Friendly program on creating a plan to thrive despite everything that's gone on this past year. Barbara Waxman is a Marin resident, leadership coach, gerontologist, speaker and author, and leads a conversation about developing the skills and mindset to prepare for 2021.

CLOSING THOUGHTS

Here's a lively quarantine-adjusted ABBA tune to get the blood moving!



Quarantine ABBA song

Cherie Sorokin, President
Marco Maina, Executive Director



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