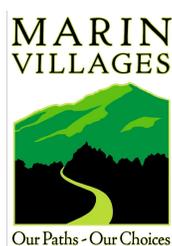


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MARIN VILLAGES WEEKLY UPDATE

February 16, 2021

For a short month, lots going on: Black History Month, the Superbowl, Ground Hog Day, Valentine's Day, Presidents' Day, Chinese New Year, Mardi Gras, and more places to get vaccinated!

COVID-19 UPDATE



Marin Public Health announced last week that the State of California has activated the Federal Retail Pharmacy Program, providing additional vaccine opportunities at 128 CVS stores and 374 Rite Aid stores across the state. Both pharmacies will be using the Moderna COVID-19 vaccine. Bottom line: lots more opportunities to get vaccinated. Keep in mind, you need an appointment, so don't just wander into one of these pharmacies seeking a vaccination! In Marin, Rite Aid is scheduling vaccinations for healthcare workers and residents age 65 & older and making the shots available at these Rite Aid locations, subject to availability of vaccines:

- **Rite Aid: Corte Madera** – 431 Corte Madera Town Center
- **Rite Aid: Mill Valley** – 701 East Blithedale Ave.
- **Rite Aid: San Rafael** – 1500 Northgate Mall
- **Rite Aid: San Rafael** – 471 3rd Street

Use [this link](#) to book an appointment at Rite Aid.

CVS in San Anselmo – 880 Sir Francis Drake Blvd. This location is also

doing vaccinations, but at the moment they are fully booked. You can keep checking at [this link](#) or by calling (800) 746-7287.

Up-to-date information on scheduling appointments for **all** locations in Marin can be found on the County's [Vaccination Options webpage](#).

Wearing masks, social distancing, avoiding indoor gatherings and washing your hands remain important whether or not you are vaccinated!

TO MASK, OR DOUBLE-MASK?

The CDC, based on new research, is suggesting double-masking—a disposable surgical mask covered by a cloth mask—can be really helpful in improving the fit and filtration of masking, thus improving protection related to spreading or contracting COVID-19.

Key points from the CDC guidance include:

- choose a mask with a nose wire you can bend around the top of your nose (many disposable masks have this feature)
- make sure your mask fits snugly against your face (some masks are pretty loose around the cheeks)
- chose a mask with layers of material or put a cloth mask over a disposable surgical mask so that the second mask pushes the edges of the inner mask against your face. Don't layer N-95 disposable masks—just make sure they are really snug against your face

More info is available on the [CDC website](#).

OLDER AND WISER THIS MONTH



Congratulations to our Aquarius and Pisces members with 90+ birthdays this month: Margaret Johnson, 90; Janice Hannigan and Charles Oldenburg, 92; Ruth Vogel, 93; and Harriet Cohen, 94. Many happy returns to you all!

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. RSVP to the office to receive the Zoom link.

info@marinvillages.org or (415) 457-4633

COMMUNITY PROGRAMS

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 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. Below is the Zoom information to join the presentation.

[Join here](#)

Meeting ID: 863 7219 8902

Passcode: 634901

One tap mobile: (669) 900-6833 86372198902# *634901# US (San Jose)

HOME MODIFICATION PACKAGES

Marin's Center for Independent Living (CIL) has recently partnered with Dignity at Home to offer free home-safety services inspections and certain no-cost, in-home modification services including grab bars, raised toilet seats, and handheld showers. The program is open to

seniors in Marin with household incomes below \$83,000 who are at least 60 years old and at risk of in-home falls. If you qualify, you can register on the [CIL website](#).

CLOSING THOUGHTS

In honor of our new ED, who hails originally from Brazil, how about this lively medley of Brazilian music!



André Rieu, *Brazil Medley*

Cherie Sorokin, President
Marco Maina, Executive Director



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