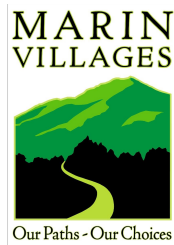


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## MARIN VILLAGES WEEKLY UPDATE

March 2, 2021

Dear Marin Villages members and volunteers,

It's certainly been beautiful weather in Marin this past week. Makes you wonder why we would even want to travel again! Ginna Fleming of Mill Valley Village took this photo of daffodils making their appearance last week--definitely a sign of spring. Lovely!



### COVID-19 UPDATE

Yea! Those of us 75 and older, without computers or without reliable internet connection, can now call (833) 641-1988 to get assistance from a real live human being in scheduling COVID vaccinations. This phone line operates Monday through Friday, 8am to 5pm and is designed to help those do not have internet connectivity or an at-home computer, tablet, or smartphone. If you know of an older adult who does not have reliable internet access and has been unable to secure a vaccine appointment, please share this information with them.

Another yea! Vaccination data from nursing homes around the county clearly indicates that the vaccines are helping to prevent infections, and to reduce serious cases and deaths from COVID. So be sure to sign up for your own vaccination soon, if you haven't already. Hesitation doesn't help. Vaccination does!

And one more yea! We're back to the Red Tier! That's good progress, and cases in Marin, so far, are continuing to decline. Of course, it's no time to get complacent. Virus variations are potentially cause for concern, and continued protective actions, including more vaccinations, are needed before we can move further forward.

If you haven't yet been able to get an appointment, keep trying! If you get discouraged or need assistance, Marin Villages volunteers may be able to help. Check with the office. (415) 457-4633 or [info@marinvillages.com](mailto:info@marinvillages.com)

**BUT don't forget:** Wearing masks, social distancing, avoiding indoor gatherings, and washing your hands remain important whether or not you are vaccinated! Keep all three of these handy old adages in mind: *1. There's light at the end of the tunnel 2. We're not out of the woods yet! 3. Better safe than sorry!*

**WELCOME, MATTHEW!**



A big welcome to Matthew Dawe, our new volunteer manager! Matthew was born and raised in San Francisco yet has spent much of his life in Marin, where his extended family resides. He is a graduate of the University of California, Santa Cruz, where he majored in psychology and history. After graduating, he spent seven years working in the film industry, where he excelled in a variety of roles, including a program management position in which he hired over 100 new employees. He then realized a lifelong dream of living abroad—he moved to Japan, where he worked as an English Instructor to children for several years. Once back in the States, he spent his time working to eliminate unwanted behaviors in autistic children.

After a brief sojourn caring for a family member, he decided to spend the next few years exploring the globe, where he solidified his love of travel and experiencing new cultures. This afforded him the ability to connect with anyone in a meaningful, productive way, regardless of their background. After this, he successfully organized the Pancreatic Cancer Action Network's flagship PurpleStride event, which broke records in both attendance and fundraising. Most recently, Matthew has acted as the social media co-lead of content at the San Francisco Surfrider Foundation, a nonprofit dedicated to keeping our oceans and coastlines clean and pulsating. His hobbies include basketball, classic films, and eating sushi. He's only been with us one day, but reports: "I'm extremely excited to be a part of this organization. I look forward to meeting everyone and becoming part of the passionate Marin Villages team!"

## WHERE HAS ALL THE WATER GONE?

If it's not one thing, it's another. We are now in the early stages of another drought. According to Marin Water, 2020 was the second-driest year in the past 90! So start conserving water now. Here are a few simple things we all can do to help:

- Turn off outdoor irrigation systems unless you have a smart irrigation controller that automatically adjusts to weather and landscaping in delivering water
- Water by hand, but only 2 or 3 times a week
- Water plants outdoors only before 9am or after 7pm
- Install water-efficient fixtures--aerators on faucets and showers, a shutoff nozzle on your garden hose, etc.
- Turn off water when brushing your teeth
- Take shorter showers
- Check for drips and leaks and fix them as soon as you can
- Wash your car only at a car wash that uses recycled water

## MARIN VILLAGES PROGRAMS

### SAVE THE DATE

#### Scams and Other Nefarious Doings!

Friday, March 12, 3:00pm



Human nature being what it is, there's always someone nefarious out there trying to cheat. Come learn what to watch out for! Members of the Marin Financial Abuse Specialist Team will join us for a program on the latest fraud schemes and scams we need to know about. RSVP to the office at (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org). Or use [this URL](#) to register directly.

## COMMUNITY PROGRAMS

### PG&E Virtual Safety Town Hall

Wednesday March 3, 12:00 – 1:30pm



This will be an interactive, regionally focused safety town hall. PG&E reps will discuss plans for reducing wildfire risks in Marin and Sonoma. Topics include wildfire prevention plans, an overview of 2020 public safety power shutoffs, and local vegetation management efforts. Information on how to access online or by phone can be found [here](#).

### Safe and Healthy Living at Home for Older Adults

Thursday, March 4, 10:00 – 11:00am

This program precedes the monthly Marin Commission on Aging meeting. Topics include fall-prevention home modifications and programs, fire-safety measures you can implement at home, and programs offered by various agencies to help improve in home safety and energy efficiency. To join, use [this link](#).

Meeting ID: 852 664 1821

Dial in number (669) 900-6833

## DID YOU MISS IT?

If you missed our fun and enlightening program with Marco Maina last month, you can access the recording [here](#). Watch for the surprise at the very end!

## CLOSING THOUGHTS

We can all relate to this “going nowhere” video, even if this guy never

has heard about how happy we all are just being in Marin. This video has subtitles, so sing along! See if you can keep up! Voicing frustrations in song is a lot safer than risky behavior!



Chuck Mead, *I Ain't Been Nowhere*

Cherie Sorokin, President  
Marco Maina, Executive Director



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