



MARIN VILLAGES WEEKLY UPDATE

March 16, 2021

Dear Marin Villages members and volunteers,



It's been a year, or almost, since we all went inside! An anniversary, though not necessarily of the sort we'd like to celebrate. Better to celebrate that fact that, almost miraculously, within that one year, scientists developed vaccines that will help protect everyone! A toast to the scientists, researchers, inventors, public health gurus, and medical teams who made this possible!

COVID-19 UPDATE



Have you gotten your shots yet? Above is a photo of a Marin Villages member being vaccinated at the drive-through facility at the Larkspur Ferry parking lot. You might have to wait in line a bit before getting up to the little tents where the shots are administered, but once you're there it's amazingly fast and efficient, and you don't have to leave your car—just open the door and present your arm to the nurse!

The number of vaccinations in Marin is increasing, and the supplies of vaccines are also increasing. As of yesterday, more than 83,500 people in Marin had received at least one vaccination shot, and 37,000 plus had received two shots. We hope you are in one of those categories. Not only will you be protected, but you'll be on the way to being more out and about with friends and family!

The guidelines issued by the CDC do still specify that everyone, vaccinated or not, should continue to avoid medium and larger indoor gatherings. But those of us who are fully vaccinated have more flexibility to:

- **Visit indoors or outdoors without masks with other small groups of fully vaccinated individuals.**
- **Visit indoors or outdoors with unvaccinated individuals in a single household as long as none of the unvaccinated are at high risk of serious infection because of age or underlying medical conditions.** If any of the persons are at risk of serious infection the visits should be only outdoors, with everyone wearing masks and social distancing. Bottom line: Hooray! Visits with your children and grandchildren likely fit in this category.
- **Visit outdoors (but not indoors) with unvaccinated people from multiple households, with masks and social distancing.** Note: visits involving big family reunions, parties, and Easter and Passover celebrations are likely to fit in this category. Be careful!

Fully vaccinated means two shots of Pfizer or Moderna vaccines, or one shot of the Johnson & Johnson vaccine, plus the elapse of two weeks' time following the single J&J vaccine or the 2nd shot of the other two vaccines. The sooner you get your shot(s), the sooner these guidelines will apply to you!

If you haven't yet been able to get an appointment for your vaccination, keep trying. If you get discouraged or need help, Marin Villages volunteers may be able to help. Check with the office. (415) 457-4633 or info@marinvillages.org

(833) 641-1988 is the number to call to get assistance in scheduling COVID vaccinations from a real live human being **if** you are 75 and older and don't have a computer or reliable internet connection. This phone line operates Monday through Friday, 8:00am to 5:00pm, and is designed to help those who do not have internet connectivity or an at-home computer, tablet, or smartphone. Please keep that in mind! So far it is proving easy to use and wait times have not been long.

Note: vaccination eligibility criteria currently vary depending on the organization doing the vaccination, and criteria may change more rapidly in light of President Biden's call for states to make all adults eligible for vaccination by May 1. You can check criteria, availability of vaccination appointments, and how to sign up for an appointment on the Marin Public Health website <https://coronavirus.marinhhs.org/vaccine/status>

WHICH VACCINE IS BEST?

The one you can get the soonest! Those are the words of the Bay Area Public Health Officers in a joint statement issued yesterday. All three vaccines have been shown to be safe and highly effective. The joint statement affirmed that all three are highly effective at preventing symptomatic illness and hospitalization, are 100% effective in preventing deaths from COVID-19, and it appears from growing evidence, may help prevent asymptomatic illness, too, meaning that people who have been vaccinated are not likely to spread COVID-19 to others who are not vaccinated. You can read the full statement from the Bay Area public health officers here: <https://coronavirus.marinhhs.org/covid-19-status-update-03152021>

STILL WISHING YOU CAKE, BUT MAYBE WITHOUT THE CANDLES!



Many happy returns, candles or no, to our members turning 90 and 90+ this month! Herbert Bogart just turned 90, and Polly Johnston just reached 92, and before the end of the month Bill Kuhns will turn 91 and Robert Hibbs will turn 97! Happy birthday to all!

COMMUNITY PROGRAMS

Healthy Aging Workshop on the Benefits of Vitamin D

Wednesday, March 17, 12:30 – 1:30pm

A program from Seniors at Home. Learn how vitamin D and calcium work together, and their effects on osteoporosis and healthy bone formation. Free event. Register here: <https://www.eventbrite.com/e/a-healthy-aging-workshop-the-benefits-of-vitamin-d-tickets-141344734907>

State Senator Mark McGuire Town Hall on Expediting Vaccine Distribution

Thursday, March 18, 6:30pm

Senator McGuire is hosting *Dr. Timothy Brewer*, UCLA Fielding School of Public Health and Geffen School of Medicine, and *Lori Nezhura*, deputy director of planning, preparedness and prevention from the State Office of Emergency Services and also co-chair on California's COVID-19 Vaccine Task Force.

Registration is required. RSVP using this link: <https://sd02.senate.ca.gov/coronavirus-response-slowing-spread-distributing-vaccine>. After you RSVP, Senator McGuire's office will email the call-in number and video livestream link within 24 hours of the event. Questions? You can call (707) 576-2771.

COLUMBIA SPECIAL FOR MARIN VILLAGES MEMBERS AND VOLUNTEERS

Fans of Columbia sportswear, mark your calendars! Between March 26 and April 18 Marin Villages members and volunteers will again have the opportunity to purchase Columbia and other products at a discount at the Columbia employee store in Richmond. More info coming in next week's weekly update.

CLOSING THOUGHTS

Besides birthday cake with candles, there are a few other (pre-Covid) things that are fun to remember. Join this trip down memory lane with the Statler Brothers. Sing along!

Statler Brothers, *Do You Remember These*: <https://www.youtube.com/watch?v=puGQsQux80k>

Cherie Sorokin, President

Marco Maina, Executive Director