



MARIN VILLAGES WEEKLY UPDATE

March 30, 2021

Dear Marin Villages members and volunteers,

Wishing you happy, socially distant Easter and Passover celebrations or gatherings this week!

COVID-19 UPDATE



Roll up those sleeves! The guy in this photo is not a member or volunteer of Marin Villages, but he's got the right idea—get vaccinated! Have you had your shot(s) yet? What about your extended family and friends? This week about 50,000 more adults in Marin become eligible for vaccination as eligibility is extended to all 50 and over. In mid-April anyone over 16 will be eligible. This is great news, although the increase in numbers of individuals eligible may cause at least temporary delays in scheduling, since the supply of vaccine is still limited. Be that as it may, if you haven't yet scheduled your shots, NOW would be good time to get moving on this important action to protect yourself and others and to help put this pandemic behind us. By the way, as we can personally attest, getting vaccinated is a great stress-reliever and opens the door to more social interaction with others who have vaccinated. So what are you waiting for?

If you are having trouble with scheduling, Marin Villages volunteers may be able to help you. Contact the office to ask for assistance and we'll see what we can do. Just keep in mind that it is not possible to request the specific type of vaccine, and the best vaccine for you, according to our public health officials, is the one you can get the soonest! (415) 457-4633 or info@marinvillages.org

Stay vigilant! Marin County has moved to the Orange Tier, which is a great sign of progress. The more of us who get vaccinated, the easier it will be to move up to the Yellow Tier, which will allow a return to "normal" activities. Meanwhile, to avoid sliding backward into the Red or Purple tiers, please remember even if you are vaccinated to stick with the guidelines—avoid medium and large gatherings,

wear masks and keep your social distance when in public, do the same for indoor gatherings involving multiple households unless everyone there has been vaccinated. CDC guidelines for fully vaccinated individuals can be accessed here. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

Think twice before traveling For those of you chomping at the bit to start traveling again, consider these words of wisdom from Dr. Matt Willis, Marin's public health officer:

"If you have the travel bug, remember that COVID-19 is a travel bug. Stay local. The last thing we need to do is import variants into our community."

According to the Marin County bulletin from Public Health last Friday, Bay Area public health officials have noted that travel by athletic teams within California has resulted in an increase in COVID-19 cases among the athletes, which also endangers their families and friends and risks bringing COVID-19 variants to Marin. Travel is not recommended by the CDC and other public health officials at this time.

THANK YOU, VOLUNTEERS!



Wow! A big round of applause to our Marin Villages volunteers who have fulfilled over 7,000 requests for services since the start of this pandemic, giving rides to medical appointments, doing grocery runs and delivering food and medicine, handling errands, caring for cherished pets, helping with outdoor handyman tasks, scheduling vaccination appointments, and most important, keeping in touch with our members. What a team! Heartfelt thanks to you all.

In case you missed it, we also acknowledged your great work publicly in a recent letter to the editor in the IJ in which we also proposed a toast to everyone who helped bring us the vaccines that are making it possible to soon end this pandemic. <https://www.marini.com/2021/03/25/marin-ij-readers-forum-for-march-26-2021/>

MARIN VILLAGES PROGRAMS



Not Home Alone—another fun opportunity for conversation and community with Donnalee Wells
Easter Sunday, April 4, 2:00pm

Come join us on Zoom and share your favorite Easter or Passover or other springtime celebration memories. Photos to share would be fun, too. How about bunny ears or an Easter hat? RSVP to donnaleewells@comcast.net or text her at (415) 302-9244 and she will send you the Zoom link.

Finding Your Roots—A Personal Journey with Marin Villages Volunteer Colin Crawford
Wednesday, April 21, 3:00pm

Come hear the fascinating personal story of Colin Crawford's 30-year journey, as the adopted child of a loving family, piecing together his family history, skeletons and all! To receive the Zoom link, please RSVP on our website at <https://marin.helpfulvillage.com/events/2799-finding-your-roots-with-colin-crawford>, or call or email the office. (415) 457-4633 or info@marinvillages.org

SAVE THE DATE: Marin Villages Donor Recognition Event
Saturday, June 6, 5:00pm

More to come on this fun Zoom event with special entertainment as we get closer to the date.

COMMUNITY PROGRAMS

Marin County Area Agency on Aging, 2021 – 2022 Area Plan Update
Thursday, April 1, 10:00 – 11:00am

Learn about the AAA and Commission on Aging's response to COVID-19 and efforts to advance racial equity; hear from guests about the accomplishments of the year; and collaborations and plans for the year ahead. No RSVP required.

Zoom Link: <https://us02web.zoom.us/j/86877130581>
Meeting ID: 868 7713 0581
Passcode: 803039

SAVE THESE DATES!

Age Friendly Marin Forum—*Emergency Preparedness for Aging Adults*

Wednesday, April 28, 10:30 – 11:45am

Your life might depend on being organized and ready should an emergency situation arise. Reacting as quickly as possible under pressure takes advanced preparation. Get the best advice available geared for older adults and learn how to survive. Speakers: Maggie Lang, coordinator, Marin County CERT, emergency preparedness consultant, Mill Valley Fire Department, Southern Marin Get Ready coordinator; Diana Lopez county commissioner, Commission on Aging, HICAP counselor. Zoom info to come in April or contact SRobinson@MarinCounty.org

Is There a Doctor in the House? Telehealth and Bridging the Digital Health Divide

Thursday, May 27, 10:00am – 12:30pm

This is the Commission on Aging's annual health forum—which is being held digitally this year. Stay tuned for information closer to the date on how to register for this event.

WHAT'S UP AT THE OFFICE?

Have you spoken to Matt yet? He's our new volunteer manager. He and BJ both answer the phones if you call the office for assistance. Besides splitting the phone work, they and Marco also split time in the physical office as well. This juggling of who is where and when will continue for a while longer as our tiny office space is not exactly conducive to social distancing! Please remember that we are still operating under the adaptations to our programs and operations as stated on our website. We all need to be mindful of these adaptations for a while longer. You can check them out here if you can't remember exactly what they are. https://marin.helpfulvillage.com/editable_pages/10265-marin-village-covid-response-new

CLOSING THOUGHTS

Got your shots and feeling groovy? Hooray! But keep in mind the words of this famous Simon and Garfunkel song too.

Simon & Garfunkel – *Feelin' Groovy*: <https://www.youtube.com/watch?v=So0ZrTwf8vI>

Cherie Sorokin, President

Marco Maina, Executive Director