

MARIN VILLAGES WEEKLY UPDATE

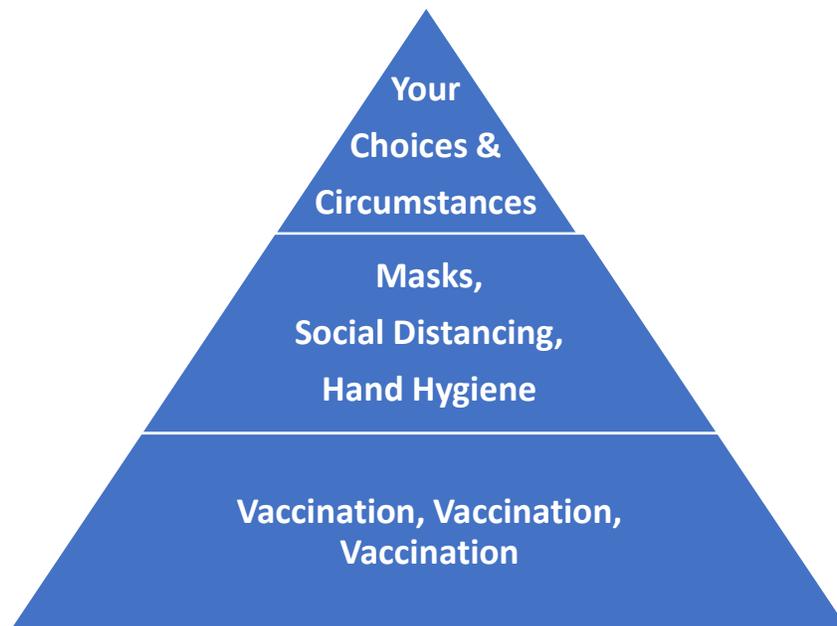
April 13, 2021

Dear Marin Villages members and volunteers,

Happy Tuesday! Some changes to our operations are noted in this update. Take a look!

COVID-19 UPDATE

Think Layers! We are all used to thinking of layers in connection with northern California weather. Dress for one weather but be able to add or shed layers of clothing as circumstances change. A layered approach is perhaps an apt analogy for COVID as well. There are different layers of protection and each added layer works to reduce our risk of infection and illness. Or, if a graphic helps, maybe think of a pyramid consisting of three main layers.



The most basic and important layer of protection is to be vaccinated. But that's not enough. On top of that we need the layer of personal protective measures—wearing masks, staying apart from others, and hand hygiene. And finally, we need to consider our own personal circumstances and choices, such as our age; the strength of our immune system; who and how many are around us and what protective

measures they are taking; are we indoors or outside; if indoors, is the place well or poorly ventilated? Our lifestyle choices--to travel, to dine indoors at a restaurant, to shop when stores are crowded, to attend a concert, wedding, funeral, or party--all involve some degree of risk that we individually need to assess.

Hope this approach to thinking of layers helps you navigate through what are sure to be confusing days ahead and state as local authorities begin to allow more activities.

Updates to Marin Villages operations

We're happy to announce that, based on where things stand now on the COVID front, we are expanding the availability of certain Marin Villages services and activities that we had previously limited. These modifications reflect the availability of vaccines and changes in the level of risk in our community associated with the coronavirus. Of course, we continue to be aligned with updated regulations and guidance from Marin Public Health and the CDC. Our aim is always to help protect the health, safety and wellbeing of our members and volunteers!

The bottom line: Are there more services available now? Yes! Can we get together in-person? Careful! Still only in small groups of five or six, outdoors and with masks, social distancing, and hand hygiene still required. And as usual, subject to availability of our wonderful volunteers. More changes are likely in the coming months assuming things continue to improve virus-wise and California lifts more restrictions on activities, so stay tuned! You can read the detailed version of this information on our website. https://marin.helpfulvillage.com/editable_pages/10265-marin-village-covid-response-new

What's new:

- **Rides.** Members may request rides as needed, but priority will be given to requests for rides to medical or medically-related appointments, because the pandemic continues to limit the availability of volunteer drivers. Such rides might include trips for doctor and dentist appointments, including podiatry, physical therapy, and chiropractic appointments, and appointments for lab work and vaccinations. Rides typically should be limited to no more than three people in the car, with the volunteer driver in front and the member(s) in the rear seat, everyone masked, and windows open to provide ventilation.
- **Errands.** Members may ask for a volunteer to run errands such as grocery shopping and medicine pickups, pickup of books, food to go, or shopping for essential needs. If the member and volunteer are both fully vaccinated against COVID-19, the member can ask to accompany the volunteer.
- **Handyman services and other home-related services.** Any member may ask for handyman services that can be performed outside, or handyman services to handle emergencies or unsafe situations inside the home. Members who have been fully vaccinated may request indoor services from our volunteer handymen and tech support volunteers who have been vaccinated.
- **Companionship.** Members may request friendly companionship phone or Zoom calls from Marin Villages volunteers. In addition, if both the member and volunteer are vaccinated against COVID-

19, they may meet together indoors or outdoors for in-person companionship visits, although indoor companionship visits are not encouraged at this time.

What hasn't changed:

- **In-person gatherings.** Local villages may still only host in-person gatherings outside or group walks for not more than five – six people.
- **Protective protocols.** Wearing of masks, practicing of social distancing, and maintaining sound hygiene practices are expected of all members and volunteers using Marin Villages services or engaging in in-person activities hosted by Marin Villages. Vaccination is also highly encouraged.
- **Vaccination assistance.** Let's repeat it again: we strongly encourage all members and volunteers to be vaccinated. COVID research has demonstrated clearly that vaccines save lives. Protect yourself and our members and volunteers! Our volunteers are available to help schedule appointments for members who need assistance. Please call the office if you need help. (415) 457-4633
- **Office.** Our office in Terra Linda is still not open for visits except by appointment. No meetings may currently be scheduled in the office conference room or the office complex conference room.

Vaccination status. While we do strongly encourage all members and volunteers to be vaccinated against COVID-19, vaccination is not required for Marin Villages membership or volunteering. In situations in which we have indicated that a service or activity is currently only available if a member and volunteer are both vaccinated, we are going to be relying on those members and volunteers acting in good faith to meet this requirement. We do not share information on vaccination status unless requested to do so by a member or volunteer in connection with a Marin Villages activity or service. Members and volunteers are free to confirm vaccination status with each other.

We also hope you'll help us out by responding to our recent survey on whether you already are, or intend to be, vaccinated, and when you think you will again be comfortable attending gatherings of more than five – six people. This information will be really helpful as we plan for activities in the second half of 2021. Responses are confidential!

MARIN VILLAGES PROGRAMS

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 directly on our website at <https://marin.helpfulvillage.com/events/2799-finding-your-roots-with-colin-crawford>, or call the office. (415) 457-4633

SAVE THE DATE: Marin Villages Donor Recognition Event

Sunday, June 6, 5:00pm

Join us for a short program and a wonderful performance by Nancy Gilliland, who will entertain with songs from the Great American Songbook. Please RSVP here: <https://bit.ly/MVDonorEvent> Note that the date for this event was incorrectly shown as a Saturday in last week's update. June 6 is a **Sunday**.

COMMUNITY PROGRAMS

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.

RAISING MONEY

Don't forget our spring solicitation is on! Every donation helps us help older adults stay active, connected and independent in this beautiful place we call home. Want to donate now, while you are thinking about it? Click here: https://marin.helpfulvillage.com/fundraising_campaigns/8-annual-fund-spring-2021-campaign

BRAGGING ON TWO MARIN VILLAGES SUPPORTERS

Two of our wonderful Marin Villages supporters, Larry and Erica Posner, have a long association as musicians with the Marin Symphony. They are featured in a delightful 15-minute online interview with Alasdair Neale this week. Wide-ranging conversation and some interesting history! If you haven't already seen it, you can check it out here! <https://www.youtube.com/watch?v=8U0dXxEnQzc&t=3s>

CLOSING THOUGHTS

Hope this great upbeat rendition of *Accentuate the Positive* from Ella Fitzgerald helps brighten your day! Timely message for now, for sure.

***Accentuate the Positive*—Ella Fitzgerald:** <https://www.youtube.com/watch?v=ZJl7kc6s0l4>

Cherie Sorokin, President
Marco Maina, Executive Director