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MARIN  
VILLAGES



Our Paths - Our Choices

Empowering older adults to remain active, connected and independent in the place they call home.

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## MARIN VILLAGES

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### LATEST DEVELOPMENTS WITH THE CORONAVIRUS AND MARIN VILLAGES

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Dear Members and Volunteers,

As expected, the coronavirus situation keeps evolving. The Governor has issued an official advisory indicating that all persons over 65 should self-quarantine at home. In light of this, and the need for us all to do what we can to slow the spread of the coronavirus, the Marin Villages Board of directors is adapting the way we will operate, until further notice, as indicated below:

- Self-Quarantine. We encourage all Marin Villages members and volunteers to follow the Governor's recommendations to stay at home if you are over 65. We will provide more information on the Governor's advisory as it becomes available.
- No Group Gatherings. All local villages have been asked to refrain from hosting any in-person activities or events, even for small

groups, until further notice. This includes outdoor activities such as group walks or hikes. “Social distancing” is an important factor in preventing the spread of the virus, and it is very hard to achieve in any sort of in-person gathering.

- Emergency Requests Only. Please limit any requests for services until further notice to matters that are critical from a health or safety standpoint—for example:
  - Urgent doctor or other medical appointments that cannot or should not for health reasons be rescheduled
  - Errands to obtain food or essential medicine
  - Help to address dangerous in-home situations
- In-Person Volunteering Limited. If you have a non-emergency request or a question, you may call the office, but please understand that the number of volunteers available to respond to in-person service requests will be limited during this time because volunteers feel the need to reduce contact with others while things are so uncertain.

We know these changes will result in short-term inconvenience, but the health and safety of our members and volunteers is so important the Board believes they are necessary adaptations to operations. We will be re-evaluating these actions and continually looking for ways to be of assistance to members, and to adapt how we can best use our volunteers and continue to provide services and programs to you as we go through this crisis. We will do our best to be there for you.

Three more things:

- Review Your Food and Medicine Supplies NOW. If you have not already done so, please remember to review your food and medicine supplies at home. Do you have enough food and medicine in reserve for at least one or two full weeks if you are unable to get out to shop? If not, please call the office so we may determine how best to assist you in making sure you have these

reserves. It seems more and more likely that this is a prudent thing to do NOW.

- Touching Base by Phone, Email and Computer Video Calls. We are working on ways to foster regular communications with members by phone, email or computer video calls (such as FaceTime or Zoom), as a way to keep in touch, offer some friendly conversation while everyone's activities are curtailed, and help make sure we know if members need assistance. Any members who would like to help out with this more concerted "stay in touch" effort would be welcome to join us. Call the office to indicate if this is of interest to you as member who is not already a volunteer.
- Do Your Part. Slowing the spread of this virus is really critical and the best way to do that, especially for our age group, is to stay home and practice good hygiene: wash your hands with soap frequently during the day, use 60% alcohol hand sanitizers if soap and water not available, limit in-person interactions. If you feel ill, call your doctor or healthcare practitioner or service. They will guide you on next steps. Many facilities are requesting that you do not go to the doctor's office, urgent care, or an emergency room unless your doctor has first instructed you to do so.

You can keep in touch with public health updates by using any of the links below.

- For the **Centers for Disease Control and Prevention (CDC)**, including prevention, symptoms, and testing, please click [here](#). For CDC recommendations of how to prepare your household, click [here](#).
- Find **California Department of Public Health** information [here](#).
- For the latest local updates from **Marin Health and Human Services**, click [here](#).

Our thoughts are with all of you as we go through this difficult time together.

Peter Lee, Interim Executive Director, Marin Villages  
Cherie Sorokin, President, Marin Villages

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