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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.

MARIN VILLAGES



CORONAVIRUS AND MARIN VILLAGES UPDATES

May 19, 2020

Dear Marin Villages members and volunteers,

Sheltering in place is not easy, and is going to continue for some time yet, so please reach out to us for help if you need it! The office number is **(415) 457-4633**.

MORE THINGS TO DO

Check out the updated “Things to Do While Sheltering in Place” list on [our website](#). **New additions are at the top of the list, dated May 18.** Among other suggestions, additions include a fun quiz from the National Theatre in London (Helen Mirren! Ian McKellan! In their homes, asking us quiz questions!); comedy and music (virtual choirs are big right now); some armchair travel options with Rick Steves or our national parks; and more offline brain teasers.

PLEASE TELL US YOUR THOUGHTS!

We are now almost two months into the “new normal” brought about by the coronavirus pandemic. We continue to hear from many of you about how grateful you are that Marin Villages is part of your life, especially now. As we all think about the future, particularly the next 12 months, we’d like to engage you in our planning efforts and make sure we know what you value most about Marin Villages and what you want and need from us as the pandemic continues. Members and volunteers will receive a brief survey later this week. Please fill it out and let us know your thoughts—they are most appreciated!

FUNDRAISING CAMPAIGN CONTINUES

Our spring fundraising campaign is still on. Thank you for your contributions! Tell your friends and neighbors, too. Every contribution is important and highly appreciated! To donate, please call (415) 457-4633 or visit our website, www.marinvillages.org.

MARIN VILLAGES PROGRAMMING

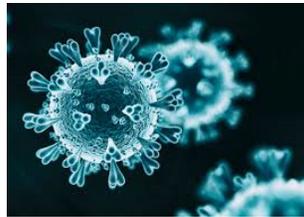
*Roses are red
Violets are blue
We’re looking for poems
written by you!*

We have launched a new village-wide program to create the first ever Marin Villages book of poetry. Poems can be funny, sad, happy, silly, or deeply philosophical. They can rhyme or not, be related to COVID-19 or not. The only criteria are that they be written by you during this time of sheltering-in-place and sent to us before June 30. Give it a try! Get those creative juices flowing and join your fellow villagers in this fun project. Email or mail your poems to Cherie Sorokin, cheryl.sorokin@gmail.com or 120 Geldert Dr., Tiburon 94920.

Many thanks to Val Stilson who has already volunteered to help with

this project. If you'd like to join Cherie and Val in pulling it together, please email Cherie.

Reminder of Special Program with a Buck Institute Scientist



Come join us this Friday, May 22, at 4:00 p.m. for a Zoom talk by Daria Timonina, a PhD candidate who works at the Buck Institute. Daria's topic, *How Understanding Aging Could Prevent Disease, Including COVID-19*, will focus on the science of understanding the coronavirus. She will also touch on other work at the Buck Institute to delay the onset of age-related diseases and increase health span. This Zoom webinar is hosted by the Buck Institute just for Marin Villages members and volunteers. Please RSVP to the office no later than May 20 to participate in this program. Note that you may participate by phone if you are not yet comfortable with video conferencing. (415) 457-4633 or info@marinvillages.org

The County's Memorial Day Program Goes Online



Early risers among you may want to get up to watch the County's live program honoring Marin's fallen veterans on Monday, May 25th, at 8:30 am. The program, which will air live on Facebook and be rebroadcast later in the day on Novato Community Television and Marin TV, will feature Sean Stephens, the County's [Veterans Services Officer](#), and Ray Mullin, president of the [Marin County United Veterans Council](#). The

County's website indicates Stephens is a four-tour combat veteran from the US Army, and Mullin is a Navy vet from the Vietnam War era, and both have traditionally played center-stage roles in Marin's Memorial Day in-person gatherings, which have attracted 500 to 1,000 people.

Did You Miss It?

Last Saturday we hosted a Zoom program on avoiding scams, with Oak Dowling of the Marin County Financial Abuse Specialist Team. A copy of the PowerPoint presentation from this event is posted on our website under Events, if you'd like to see it. Lots of good tips for avoiding the bad guys among us!

THINGS TO KNOW

Shelter in Place Order Revised

Last Friday Marin County issued a revised shelter-in-place order which, at least to some degree, starts the process of opening up businesses and other activities in Marin.

Key features of the new order include the following:

1. Marin residents are still ordered to shelter-in-place until further notice and are required to wear masks whenever in public, to maintain social distancing (6 feet), and to use enhanced hygiene practices. These requirements are important for everyone, but particularly important for older adults. These restrictions not only protect you, they also protect others around you.
2. Marin's new shelter-in-place order eases some restrictions on activities and allows certain retail businesses to open for curbside service if they have a "site-specific protective plan" in place. (A similar plan is required for all business that serve the public.) Restrictions on driving to certain County and municipal parks (but not national parks or the seashore) for exercise are also being loosened, although local towns will have the ability to limit motorized access if they find it necessary for limiting excessive numbers of people.

3. The new orders are “part of a plan for the gradual return of activity” while still preventing rapid spread of COVID-19 in our community. Further easing, and even the steps taken in these new orders, are dependent on community compliance with efforts to slow the spread of the virus. These include continuing to shelter-in-place, wearing masks in public places, exercising social distancing, and using enhanced hygiene practices. Re-assessments will take place every two – three weeks.

The full text of the shelter-in-place order, which is very detailed and a bit complicated, is available here

<https://coronavirus.marinhhs.org/marin-public-health-order-may-15-2020>. The full text of the revised parks order is available here:

<https://coronavirus.marinhhs.org/parks-order-effective-5182020>.

CLOSING THOUGHTS

We’ve all done a great job with sheltering-in-place (Marin is reported to be second in actual compliance in California, just behind Mono County). We have flattened the curve and the number of cases of COVID-19 in the County have been limited so far.

But the coronavirus is still here and dangerous, especially for adults over 65. While we have slowed the spread of infections, the danger of contagion remains. For that reason, we strongly recommend not only continued caution whenever you leave your home for any reason, but also real personal vigilance in taking the actions that have been recommended as important for helping to avoid infection. To paraphrase a now-famous line from the old *Hills Street Blues* TV show: Hey, let’s all be safe out there!

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

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

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