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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 12, 2020

Dear Marin Villages members and volunteers,

Here is some important information and some more tips as we continue to shelter in place!

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 11.** Among other suggestions, additions include a lovely video which includes Marin Villages’ volunteer Colin Crawford’s nephew-in-law performing with the Westminster Boys’ Choir during this “lockdown;” links to the Buck Institute’s recent series of conversations with scientists; and some great music videos to get you up singing and dancing!

Marin Villages Programming **ON ZOOM**

Special Program for Marin Villages with a Buck Institute Scientist



Thursday, May 22, at 4:00pm, the Buck Institute is hosting a webinar on Zoom just for Marin Villages members and volunteers. The topic is *How Understanding Aging Could Prevent Disease Including COVID-19*. The speaker will be Daria Timonina, a PhD candidate who works in the lab headed by Eric Verdin, CEO of the Buck Institute. Her talk will focus on the science of understanding the coronavirus and on other work at the Buck Institute to delay the onset of age-related diseases and increase healthspan. The program will last about 40 minutes and you will have the opportunity to ask questions. You must RSVP to the office before May 19 to participate in this webinar. (415) 457-4633 or info@marinvillages.org

Other Zoom Programs

Most local villages are now offering at least some programming via Zoom and this Saturday at 2:00pm will be our first village-wide zoom program on how to avoid scams. Check out the Marin Villages calendar on our website for listings. If you need training on Zoom, call the office at (415) 457-4633. Zoom is quickly becoming a way of life, and will likely continue to be so for the foreseeable future. Our great volunteer Colin Crawford is continuing to provide training for groups and one-on-one training too. Thank you, Colin!

NO ZOOMING REQUIRED

Marin Villages Poetry Project

Tired of zooming, or watching TV or videos? We are launching a new village-wide program to create the first-ever Marin Villages book of poetry. We know we have some wonderful poets among our members and volunteers, but we are hoping to hear from everyone, whether or not you have tried your hand at poetry before. 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. But please do not wait until the last minute, and no “the dog ate my homework” excuses either. Get those creative juices flowing! Come on 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. And if you’d like to help with the compilation and production of the book, also please email Cherie.

Things to Know

It’s Complicated!

Last week Marin County extended the shelter-in-place order for Marin residents until May 31, although allowing some businesses to reopen and expanding permissible activities somewhat. Almost simultaneously, the governor issued another order which would further expand permissible activities and allow even more businesses to restart, provided certain parameters were met.

Marin County officials subsequently indicated that Marin was not yet ready to expand permissible activities and open businesses as soon as or to the degree permitted in the governor’s order effective May 8, but was working with local industry advisors to permit some additional business activities by May 18. The key to the difference in timing has to do with Marin’s ability to meet specific criteria designed to slow the spread of the virus and prevent a sudden spike in cases as aspects of the shelter-in-place order are modified. The County has an excellent document explaining these criteria and how the County is working with industry representatives to make sure we have the standards and infrastructure in place to gradually re-open. You can access it here: <https://marinrecovers.com/documents/marin-county-covid-19-phases-of-recovery/>



Resources

<https://marinrecovers.com> is a great online resource for programs

available through the County to help with all sorts of COVID-19-related problems. It's a one stop place for good information.

New Program Under Consideration by the County

At its meeting this week, the Board of Supervisors will be considering a plan to start participation in the State of California's [Great Plates Delivered Program](#), set up to support older adults who are sheltering in place, unable to access meals, and ineligible for other nutrition programs. Marin Great Plates, which would be free to recipients, is also a way to support local restaurants and other food providers who are struggling because of the economic downturn related to COVID-19. The first 1,000 people to apply who meet eligibility criteria will be recipients of the meals. To qualify, Marin residents must meet the following criteria:

- Individuals who are 65 or older, or 60 – 64 and at high risk as defined by the Centers for Disease Control, including those who are medically documented as COVID-19 positive, COVID-19 exposed, or living with an underlying health condition
- Individuals living alone or with one other program-eligible adult
- Individuals not receiving assistance from other state or federal nutrition assistance programs
- Individuals earning no more than 600% of the federal poverty limit, which is \$74,940 for a household of one or \$101,460 for a household of two
- Individuals who can affirm an inability to prepare or obtain meals

Birthdays



Congratulations to Frances Kelly who celebrated her 100th birthday recently! Frances is pictured with volunteer Deborah Allyce, celebrating COVID-style behind their masks and physically distant!

Closing Thoughts

Heartfelt thanks to those of you who have already sent in your contribution in response to our Spring Solicitation. Every single donation helps keep Marin Villages strong. But there are additional ways we each can make a difference for Marin Villages. *Help spread the word about Marin Villages in conversations with friends or via email or posts on Facebook or other social media. *Renew your own membership promptly, or even early. *Tell your neighbors who want to help in this crisis that we would love to convert them into committed Marin Villages volunteers so their efforts will continue into the future. *If you are a nonmember volunteer, become a member volunteer. *If you are already a donor, reach out to philanthropists in the community you know who might not yet have discovered us. Marin Villages is a great idea and we need everyone's help to keep it the great organization it has become!

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 [here](#).
- For the latest local updates from **Marin Health and Human Services**, click [here](#).

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