

MARIN
VILLAGES



Our Paths - Our Choices

Tiburon Peninsula Village

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

April 2020 Newsletter

WHAT A DIFFERENCE A MONTH MAKES

This is our first TPV newsletter since “sheltering in place” went into effect, creating big changes for all of us! A group of five TPV volunteers has recently touched base with all our TPV members by phone just to make sure no one had any emergency needs or concerns. So far, we seem to be a resilient bunch!

We will continue weekly outreach by phone or email, but you needn't wait for us to call you. Please feel free to schedule a chat with a volunteer through the office if you are feeling alone or just in need of conversation. The office can arrange for a friendly phone or video chat with a volunteer at a time that suits you. Isolating at home doesn't mean you have to feel alone!

Also, if you are a volunteer and you want to help with member requests for phone or video visits, please let the office know so they can be sure you are seeing the requests on the dashboard.

info@marinvillages.org You may have signed up as a handyman or driver, and so are not being sent this sort of request.

WELCOME, NEW VOLUNTEER!

Volunteers: Mina Kemani

Mina was referred by another TPV volunteer and we are so glad to have her as a new volunteer.

Thank you, Mina, for giving your time and energy to our village, especially now!

DISCOMBOBULATED?



Worried about boredom? Feeling out of sorts? Looking for something to do? Here are a few things to consider while we are still all trying to be active, connected, and independent AND sheltering in place at home:

1. Get up and get dressed every day. Helps improve the spirit, and also you will look better on those FaceTime, Skype and other video calls.
2. **Fill out and return your census form!** You can do it online or by phone.
3. Entertain yourself by reading or watching funny, light-hearted books or TV shows or videos.
4. Take advantage of the free (or pay as you wish) streaming of movies (the lark.org) and operas (MetOpera.org) and plays (actsf.org) or listen to classical music (KDFC)
5. Share jokes with friends. Humor helps!
6. Dust off the jigsaw puzzles, and/or crossword and Suduko and wordfind books.
7. Make a list of friends you particularly want to keep in touch with, or reach out to, and set up a time each day to call one or more of them. Check the list a couple times of day to make sure you haven't forgotten someone!
8. If the news is making you crazy, turn off your TV or radio—or at least the 24-hour news channels. Watch or listen to summaries on the nightly news, or skim newspaper stories instead.
9. Count your blessings. Reflect on happy times. Happy thoughts and memories can really help counter negativity.
10. Keep a journal. Who knows, it might turn into a novel you can publish!

We invite you to share your thoughts on what you are doing to stave off boredom. Email Cherie or Gatian, your TPV Steering Committee co-chairs, and we will forward your ideas to others in TPV!
cheryl.sorokin@gmail.com or gatianc@comcast.net

PLAY A GAME?

Here's a word game you might find fun, different and not too hard, or too easy, although it might be harder for any of you whose last name starts with Q or Z!

Use your own brain power, no googling allowed.

Name something that starts with the first letter of your last name that is appropriate to the word listed below (e.g, if your last name starts with S, every word you list must start with S).

Do it once with "obvious" choices, then do again and try for a more esoteric or maybe funny vocabulary choice!

Something to wear

Something to drink

A place

A food

An animal

A girl's name

A boy's name

A profession

A word to describe someone

Something in your home

A body part

Your last name

If you want to share your answers, email them to Cherie Sorokin at cheryl.Sorokin@gmail.com or Gatian at gatianc@comcast.net. We'll include some that are particularly unusual, clever, or funny in our next newsletter.

If you have other suggestions for word games that we could share, please feel free to pass them along too!


TPV EVENTS

Do you Zoom? Obviously, we aren't going to do any in-person gatherings any time soon. But, we would like to host a virtual happy hour or coffee get together in April using Zoom, which is a computer app (yes there's an app for that) that lets you do a video call with many people participating. We will be back in touch about this with a specific invitation and sign up, but in the meantime, you might want to check Zoom out for yourself at [Zoom.us](https://zoom.us). There is a free version that works really well. You need an internet connection, email, and a computer (or a smart phone, or iPad) to create an account. If you want help setting it up, you can email Cherie to set up a time for a "walk-through." cheryl.sorokin@gmail.com

BUSINESS NOT QUITE AS USUAL

As noted in a recent eblast from the office (which can be found by clicking [here](#), or on the Marin Villages website) we have asked our volunteers who are over 65 to refrain from accepting requests for services that involve leaving home. But we may still be able to arrange for other volunteers to take you to urgent medical appointments, or to run an errand for you for needed food or medicine, or to handle some emergency situation in your home. We are also still recruiting volunteers who can help even in our limited circumstances right now. We are doing our best to be here for you!

YES, THERE ARE BAD GUYS OUT THERE



Fraudsters are calling the elderly asking them if they need shopping done and requesting their bank details

We hope you aren't bothered by any bad guys, but let's all be careful. Don't give out information to people you don't know. Use only reputable delivery services. Don't answer calls,

or texts or emails that seem odd to you, or are from people you don't know. Remember a Marin Village volunteer will always identify themselves as part of Marin Villages or one of our local villages. If you have any reason to doubt the identity of someone you are talking to or texting or emailing with, STOP.

FUN THINGS TO DO, WATCH, OR THINK ABOUT DURING THIS TIME

So many of us are hearing from friends and neighbors about interesting things to do while we are sheltering in place, we thought it would be a good idea to compile a consolidated list of some of the more interesting ideas and recommendations. Click here to access the [list](#), or go to our website to find a printable PDF—under the Events menu, at Newsletters (All Villages), April 2020. Check it out! Lots of fun things to see, to make you laugh, or make you smarter, and most are free! We will update the list weekly as we become aware of other interesting things to include on it.

PARTING THOUGHTS

Stay safe! Don't get complacent! Don't take risks! Stay home, keep washing those hands, practice social distancing when near other people (6 feet apart is the recommended physical distance), disinfect places that get touched if new people come into your place for whatever reason (door knobs, counter tops, refrigerators). And stay connected! Life is a bit upside down now, but we are, as noted above, a resilient bunch!

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