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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 UPDATE

March 31, 2020

Dear Members and Volunteers,

Some Fun Things to Do or Watch or Think About While Sheltering in Place

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.

This “new normal” has us all learning new things and offers us a chance to get cultured and educated in new ways—in addition to giving us time to clean up our messy desks and closets and to call or write our friends. Try sharing your own “fun things to do” with others you know. Brighten someone’s day with humor and positive thoughts and accomplishments. Goodness knows we are all inundated with emails sharing scary info, which even if intended to be helpful, often just add to anxiety. Now’s a great time to switch things up and look for something fun and positive to do or share each day while we are sheltering in place!

In Addition to the Fun Stuff

- Please fill out your census form. This is unrelated to the coronavirus situation, but really important, nevertheless. Millions of dollars are at stake for Marin County! The deadline for responding on your own is April 1, tomorrow! So please respond TODAY! You can respond either online or by phone. If you don’t, a census taker will have to be sent to your home to collect the information---not a good thing in this era of sheltering in place! The phone number to call is 1-844-330-2020. The online address is my2020census.gov. You will need the Census ID that was included in the letter you received from the Census Bureau.
- We have to remember that the Shelter in Place Order is still in effect and will be for the foreseeable future. As of last night, the County of Marin has extended it until at least May 1st. Here’s how you can do your part to help slow and reduce the spread of the virus:
 1. Assume everyone is a potential carrier of the virus—it’s safer for you that way. In practice, here’s what this means:
 - Please don’t get complacent. Keep “sheltering in place” even though it may be boring and disconcerting! (Use our “Things to Do” list to help focus on the positive!)
 - Keep observing good hygiene practices (wash those hands often!) and social distancing (6 feet apart), even in your own home, but especially if you are outside.

- Minimize or avoid trips outside, other than to walk the dog or go out alone for exercise, and only ask others to go out for you when it is really, really important.
 - If you have things delivered--food and medicine or packages-- ask whoever is making the delivery to leave everything in front of your door, rather than coming in (unless you are unable to safely bring things in on your own).
 - Use alcohol wipes to clean surfaces if anyone, including friends or family, comes into your home. No hugging or shaking hands! Wash your own hands when they leave.
2. If you feel ill, stay home, but don't just try to "tough it out"! Call your healthcare provider. And remember, only a healthcare practitioner can recommend whether or not you should be tested for the virus.
 3. If you know you have actually been exposed to someone with the virus, make sure the people you live with or who are helping you know this, so they can take greater precautions. Redouble your efforts to avoid contact with others whose personal assistance isn't absolutely necessary. Self-isolate if you can—meaning no mingling with family or others.
 4. If you are actually diagnosed with Covid-19, the County has put in place standard procedures for assisting you and your family with both care and notifications to people you may have come in contact with.
 5. Reported cases of Covid-19 in Marin cases are growing, but not yet as rapidly as in other locations. Marin started sheltering in place early and that may be a factor in helping our efforts to "flatten the curve" of Covid-19 infections. But health officials are indicating that the next 10 days may be crucial, so it's up to all of us to keep trying to slow the spread of the virus.

Marin Village Operations

We are adjusting our operations as needed to protect members and

volunteers.

- BJ and Diane are continuing to answer phones, responding to emails and working with members and volunteers as best we can, given the current list of services we can provide at this time.
- We recently asked volunteers over 65 to refrain from accepting requests that required them to leave home, for their own safety.
- We are asking members requesting a volunteer to do food shopping to please make sure their request is limited to just one store, and includes a request for at least five items.
- We are increasing our “touch-base” contacts. By now almost all members have been contacted by a local village volunteer just to see how things are going. We are offering members the option for these sorts of touch-base calls (or if the member prefers, emails) to continue on a regular basis while the shelter in place order continues.
- We are posting “companionship phone calls” on the dashboard as something that members may request.
- We are still recruiting new volunteers in order to help with member requests for rides to medical appointments that can’t or shouldn’t be changed, errands to pick up food and medicine, and help with dangerous home situations.
- We are still accepting new members, so if you know of anyone who might be interested in joining, please have them call the office. (415) 457-4633.

Closing Note

Do take a look at “Things to Do” list we’ve posted on our website. You’ll find activities ranging from old fashioned games that don’t require internet connectivity, to wonderful online courses, virtual museum tours, and other cultural offerings. There’s bound to be something there that will help entertain you while we are all at home! And don’t forget to open your front door, or go out on the balcony or patio, or take a walk by yourself from time to time, just to get some air and to notice again, perhaps with new appreciation, the beautiful communities

in which we live.

Our thoughts continue to be with all of you as we go through this difficult time together.

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

Important Links for Up to Date Public Health Information

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](#).

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