

MARIN  
VILLAGES



Our Paths - Our Choices

# Novato Village

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

## April 2020 Newsletter

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### APRIL TAKES US INTO NEW TERRITORY...

Novato Village Members and Volunteers: All dressed up with nowhere to go? You are not the only ones. As we follow the mandate of stay-at-home, we need to look for other ways to stretch our imaginations and maintain social contacts.

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!

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 make sure you are seeing requests on the dashboard: [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633. You may have signed up as a handyman or driver, and so are not being sent this sort of request.

We want the best for you—good health and a feeling of being connected with people who care about YOU!

### Special Notice

#### **AARP bulletin on stimulus payments for folks on Social Security**

AARP reached out to officials in the White House and in Congress on this issue. Nearly two-thirds of the Senate sent letters to the Treasury Department demanding they reverse course. Within 24 hours, the IRS did just that: they announced late Wednesday night that seniors who receive Social Security benefits will automatically get their payments. We expect those payments will come very soon, and they should be direct deposited into the account where you receive your Social Security check.

Read the entire AARP article at <https://tinyurl.com/tk53vpd>.

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Our newest members are Marilyn Scarborough, Maxine Moss, and Patricia Bailey. We look forward to seeing you at an event as soon as the stay-at-home mandate is lifted!

**Volunteers:** Let's welcome our new volunteer, Patricia Bailey. Thank you for giving your time and energy to our village, especially during this time!

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## LOCAL VILLAGE EVENTS

At this time, we will offer ideas for virtual events and ways you can enjoy activities in your home or at local parks if you live within walking distance of the park. **Please note that all URLs below are shortened forms of the long ones, so if you have a way of being online, you can type them in directly and they will take you to the right page!**

### Education & Presentations

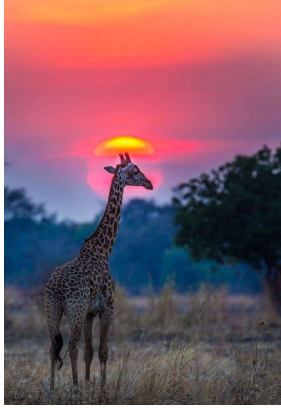
**Remember: Community members may walk, ride a bike or horse to nearby preserves, parks, pathways but may not drive to these locations.**



Marin County Public Health has issued an updated stay-at-home order (<https://tinyurl.com/qrxo5hr>) requiring residents to stay at home, except for essential activities. This includes specific restrictions for all parks, open spaces, and campgrounds (<https://tinyurl.com/uzj5aa2>), which are closed to motorized access. The new order extends through May 3, 2020.

### **Virtual Safari – thanks, *New York Times*!**

With travel restrictions in place worldwide, we're turning to photojournalists who can help transport you, virtually, to some of our planet's most beautiful and intriguing places. This week, the photographer Marcus Westberg shares a collection of wildlife photographs from Zambia.



Visit this link (<https://tinyurl.com/vsmqwor>) to see more photos and hear the journalist describe his visits to Zambia.

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### Crafts

**Easy No-Sew DIY Face Mask with Bandana and Elastic Bands Video Tutorial—this is all it takes!**



This tutorial is not intended to replace a medical grade N95 mask. But if you need a little protection around the house or don't have access to better masks, this is better than no mask! Using a bandana and two rubber bands, anyone can make a DIY no sew face mask very quickly and easily. Stay safe and healthy everyone! Use this link (<https://tinyurl.com/uweva9x>).

### **Novato FUN at home—a Novato Parks & Recreation campaign**

With Novato Parks & Recreation program cancellations and facility closures, along with the issued shelter-at-home order for Marin County, we want to make sure you still have access to plenty of #NovatoFun! Novato Parks & Recreation is excited to offer a social media campaign including video tutorials, arts & crafts, games and activities for all ages to stay inspired and creative during this time. We may be isolated, but we're not alone! Connect with us and share ways to stay active and engaged over the coming weeks!

On the weekends, the events team holds virtual events that residents can watch from home. Two virtual magic shows through Zoom were held with magician Mike Della Penna, a school teacher from the East Bay, performing and having residents participate virtually.

“We had over 500 people tune in for the virtual show on the 23rd,” said Katie Gauntlett, city recreation supervisor. “Now it’s held every Monday with him at 6 pm.” Use this link (<https://tinyurl.com/ryxnvsg>) for all the fun set up by our own Novato Parks & Rec!

### A list of things to do, online and off, from Marin Villages

Sheltering-in-place can feel like a chore, but there is a lot to do out there, as you can see from the above! Here is a lengthy list compiled by Marin Villages and updated weekly. If you can, go to the Marin Villages website to find a printable PDF—under the Events menu, at Newsletters (All Villages), April 2020.

### Village Business

#### **Novato Village Steering Committee Meeting**

The April meeting will be done as a conference call because of the stay-at-home mandate. Contact Beth Livoti for meeting information at [llivoti@comcast.net](mailto:llivoti@comcast.net) or call (415) 892-1043.

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## AND MORE...



Remembering that we did meet in person for lunch at Jenny Low’s in Vintage Oaks Shopping Center back in February. That seems so long ago!

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## HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website ([www.marinvillages.org](http://www.marinvillages.org)) for application forms and online donations.