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

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## MARIN VILLAGES

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### CORONAVIRUS AND MARIN VILLAGES UPDATES

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**April 14, 2020**

Dear Marin Villages members and volunteers,

This is already our 5<sup>th</sup> week of sheltering-in-place in Marin! As disconcerting as it has been, perhaps now is a good time to reflect on how our collective actions have thus far resulted in fewer cases of Covid-19 in Marin than might otherwise have been expected. Kudos to us!

Of course, it's too early to declare victory, and we know new cases and even deaths will continue to rise for some time, but certainly the actions taken by our state and county and, in particular our Bay Area public health officials, have helped protect us all. So, a suggestion: why not send a note to Marin County Health and Human Services just expressing thanks for the work they are doing? We're sure they could

use a virtual pat on the back in this difficult time. While you are at it, maybe add a note to say how much you also appreciate Marin Villages and the efforts of our volunteers to help you successfully shelter in place! 😊 Mail and email addresses are at the end of this email.

### 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 April 13.** Additions include such things as links to a wonderfully fun compilation of M\*A\*S\*H vignettes proving there really is nothing new under the sun, a lively video from Marin Health and Human Services, some new online programming from the Buck Institute, and some online offerings from the SF Symphony and the World Concert Hall. View the list [here](#) or download a PDF [here](#).

### Things to Know

#### Keep Following the Rules

Remember to wear a cloth mask or bandana or scarf covering the nose and mouth when not at home. This was a new directive from Marin HHS last week. Plus, keep washing your hands, refrain from touching your face, distance yourself physically from others as much as possible, and stay home except for essential trips. Covid-19 is a dangerous disease and affects persons 65 and older far more seriously than others. Keep doing your part to protect yourself and others!

### Zoom Training is On

Do you Zoom? Local villages are offering training on how to join or host a zoom village meeting or program. Zoom is a computer app that allows multiple people to see and communicate with each other via computer, iPad or even smart phone. Some of our local villages are already offering programs via Zoom and we expect more will begin to do so later this month and into the future. It's pretty easy to join a Zoom meeting (at least after the first time) but more complicated to serve as host. These training sessions are designed to help take some of the mystery out of zooming and to help make it easy for you to join

in the fun when we begin offering more programs to members via Zoom. Some of us may be “technology-challenged,” but none of us is too old to learn!

### We Love Our Volunteers

Diane Castro, our wonderful volunteer coordinator, has done a fabulous job in recruiting and vetting 20 new volunteers for Marin Villages during the past five weeks. She'll be conducting an online video orientation and training session for these new folks at the end of the month. Welcome to all! Volunteers are essential to our mission and operations and we're so glad to have you as part of Marin Villages!

And a big round of applause for our existing volunteers who have been helping with rides to medical appointments, doing grocery and medicine runs and other essential errands or tasks for our members, as well as calling and emailing with members to stay in touch, deepening existing connections and forging new ones during this time we can't physically be together.

### Staying Sane

Last week we offered some tips on how to deal with those “down days” that are inevitable in this current environment. We hope you don't have many of those days, but give yourself a break if you do. It's quite natural to feel uneasy, at sea, or even lost in situations like the one we are in. Remember that just reaching out to talk to someone can be a help. Call BJ or Diane at the office number to sign up for a touch base or companionship call. Even if you don't think you “need” this, you may be surprised at how comforting it can be.

### Federal Economic Relief Legislation

As you undoubtedly have heard, the U.S. Congress has passed the first of what is sure to be a series of laws to help with economic dislocation resulting from needed efforts to slow the spread of the virus. It is complicated legislation covering many different programs. Our Congressman Jared Huffman's website is a good source of information

on the recently passed legislation and the site breaks the information up into smaller pieces, making it easier to understand.

<https://huffman.house.gov/>

### **Closing Thoughts**

One happy thing that this pandemic has made clear is how wonderfully well our members and volunteers are connected and caring for each other. We definitely are finding new ways of joining together to make sure we all keep active, connected and independent in the place we call home and the community we love. The resilience of Marin Villages members and volunteers is amazing!

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

**To send a note of thanks to the County Health and Human Services:**

Marin County Health and Human Services  
120 N Redwood Dr # 3  
San Rafael, CA 94903

Or use [this form](#) to send an appreciative message.

**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, click [here](#).
- 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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