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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 UPDATE

April 20, 2020

Dear Marin Villages members and volunteers,

Here's to another week of staying safe and making the best of the shelter-in-place order. We can do this!

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 20.** Additions include ideas from NASA for celebrating Earth Day tomorrow, April 22; readings from We Players of *What Alice Found There*; an interview with Diane Rehm on her new book *When My Time Comes*; a few more silly videos; and a new brainteaser. And don't forget to check back through listings from prior weeks. There are lots of options! View the list [here](#) or download a PDF [here](#). Printing the PDF may be help in

remembering items you'd especially like to explore.

We'd love to hear from you about whether you are finding this list helpful, and what types of "things" you'd like us to list in particular. Email us at info@marinvillages.org, or let BJ or Diane know the next time you call the office.

Things to Know

Masks

Marin County is now requiring (not just recommending) that we all wear a mask or facial covering in all public settings and even indoors at home when coming into contact with others within six feet with whom we don't live. Masks are not required when we are alone indoors with just those we live with or are out by ourselves on a walk, but they are required in all other cases (except for children twelve years of age or younger). Officials believe that this new order will increase the chances of being able to lift other more restrictive orders sooner, even though when that might be is still uncertain.

The good news is that one of our volunteers, Frances Hsieh, has just dropped off the first 70 of 300 hand-crafted face masks she is making for Marin Villages members and volunteers.

Thank you so much, Frances!



BJ and Diane are coordinating delivery of these masks to our members and volunteers who need them. If you need a mask, please call the office to request one. (415) 457-4633.

Are We There Yet?

There's lots of talk these days about "opening the country up" and lifting restrictive shelter-in-place orders. We are all hoping for sooner rather than later, but good to remember that many protective measures to fight the spread of the disease are going to be with us for some time to come. So keep washing your hands and disinfecting places that might harbor the virus, stop touching your face, keep physically distancing and always ask yourself "is this trip really necessary?" every time you go out or ask someone else to do so for you. An ounce of prevention is worth a pound of cure!

Zoom Training is Continuing_

Have you tried Zoom yet? Zoom is a computer app that allows multiple people to see and communicate with each other via computer, iPad or even smart phone. Local villages are offering training on how use this program. If you missed one of these training opportunities and would like help with how to join or host a Zoom gathering, please contact the office to let us know of your interest. We intend to continue these training opportunities as Zoom is fast becoming an important tool for staying connected and likely will continue to be so even after shelter in

place orders are eased.

Local Village Programming

Another reason to learn Zoom is that many local village programs will now be offered via Zoom. Plus, Marin Villages is planning some village-wide online programming starting in May. Watch for announcements in local village newsletters and these weekly eblasts for alerts as programs are scheduled.

Helping to Make Healthcare More Age-Friendly

Our collaboration with Dominican University occupational therapy students is in full swing. The 25 members who signed up for this project are participating in three phone call sessions with these students to create a “Personal Life Profile.” The idea of the profile is to capture essential information about habits, routines, cultural identity, lifelong preferences, and values in a document designed to serve as member’s voice if he or she is hospitalized and unable to make needs and preferences known. This project was inspired by a national initiative to make healthcare more “Age-Friendly,” something which COVID-19 has made even more relevant. We’ve heard from both members and students how much they are enjoying working together. Many thanks to Marin Villages Board Member Gina Tucker-Roghi, assistant professor at Dominican University, for the idea of this collaboration. Read more about this project here:

<https://www.dominican.edu/news/news-listing/ot-students-connect-seniors-telehealth-visits>

NextDoor Outreach

We are looking for more Marin Villages Nextdoor ambassadors, to help us spread the word about Marin Villages throughout Marin via Nextdoor. Nextdoor has proven to be an excellent way to recruit new volunteers and to make people aware of our mission. Volunteers from Novato and San Rafael areas are especially needed right now. If you are a Nextdoor user and can help with postings from time to time, please email or call the office to let us know you are interested. We provide the

wording, and all you have to do is post! info@marinvillages.com or (415) 457-4633.

Closing Thoughts

Thought you might like to know that BJ, who is the “voice” of Marin Villages for many of you, had a birthday last week. For those of you who haven’t met her face-to-face, here she is with her mask in place, working from home, and in pre-COVID-19 days without the mask!



Feel free to wish BJ happy birthday by emailing info@marinvillages.org or mentioning it the next time you have to call the office.

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, 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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