

[View this email in your browser](#)**MARIN  
VILLAGES**

Our Paths - Our Choices

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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**May 26, 2020**

Dear Marin Villages members and volunteers,

It's already our last weekly letter of May! Time has taken on a strange quality with the pandemic and sheltering in place, but it's still hard to believe June is around the corner.

### **MORE THINGS TO DO**

Check out the updated "Things to Do While Sheltering in Place" list on our website--click [here](#) for a PDF to read online, download, or print.

**New additions are at the top of the list, dated May 25.** Among other suggestions, additions include a performance of *Bolero* from Julliard; new suggestions for online streaming of theatrical productions; a new Olive and Mabel video (and links to prior ones), with Scottish sportscaster Andrew Cotter and his dogs; and an amazing armchair

tour of one of Holland's most beautiful gardens.

## QUESTIONNAIRE TO BE EMAILED SHORTLY!

Marin Villages members with access to email will receive a questionnaire tomorrow via SurveyMonkey. Please take a minute to fill it out. We want to know your thoughts on possible new programs and services. Volunteers will receive a separate questionnaire later this week or early next week. If you are both a member and a volunteer, please respond to both questionnaires. Thanks in advance for your help! If you don't have access to email, watch for a "snail mail" version—or perhaps a call from a volunteer to get your response via telephone.

## MARIN VILLAGES PROGRAMMING

*Outside on my porch  
Seeing nature, hearing birds  
Who says I'm alone?*

Poems are starting to come in! Won't you try your hand at a haiku or a limerick, or something longer, and join our village-wide program to create the first ever Marin Villages book of poetry? Poems can be funny, sad, happy, silly or deeply philosophical. They can rhyme or not, be related to COVID-19 or not. They just need to be written by you during this time of sheltering in place and sent to us before June 30. Email or mail your poems to Cherie Sorokin, [cheryl.sorokin@gmail.com](mailto:cheryl.sorokin@gmail.com) or 120 Geldert Dr., Tiburon 94920.

## Staying Safe and Sane



Save the date of June 18 at 4:30pm for a presentation on Zoom by Marin Villages members **Sue Steele** (MA, psychotherapist) and **Patricia Stamm** (MD, psychotherapist). This program will provide practical self-

care tips to help us all navigate the ups and downs we experience during this pandemic. They will also provide helpful info on what to look for in a therapist, if at some point you think you need some actual one-on-one counseling. Sue Steele is on the Marin Villages board and an active member and volunteer in Mill Valley Village. Patricia is a Marin Villages member and volunteer in Novato Village. Both are practicing therapists.

Please RSVP to the office if you are interested in attending this program. The Zoom link will only be sent to those who RSVP. Those of you without computer access can also phone into the meeting. We will call you with the telephone number if you let us know that is how you would like to participate. If you need more training on Zoom, please also let the office know so we can arrange that for you in advance of this program. RSVP to (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

### Did You Miss It?

Last Friday we had a special Zoom presentation from the Buck Institute on the nature of the coronavirus and the work being done at the Buck Institute to help understand the virus. We didn't record this program, which was designed especially for Marin Villages. Aside from very interesting information on how the virus actually works and what medicines might help in recovery (Remdesivir is promising, Hydroxychloroquine is proving harmful), **Daria Timonina**, the speaker, reminded us that exercise and diet continue to be among the most critical factors in maintaining good health overall—something we shouldn't forget even though sheltering in our homes!

## THINGS TO KNOW

### COVID-19 Risks for Those of Us Over 65

We are now entering the personal-balancing-act phase of the pandemic. As the County and other locations throughout the country begin loosening restrictions, we all will have to make our own assessments as to how much personal risk each of us is willing to take in our day-to-day life. Public Health officials are still strongly

recommending that those of us over 65 keep practicing these recommended steps:

- Stay at home unless you really need to go outside
- Limit visitors to your home
- Wash your hands frequently with soap and water and avoid touching your face
- Wear a mask whenever in a public place or when you have visitors
- Stay at least 6 feet away from other people

Remember, these practices not only protect you, they also protect others around you.

### What do the Stats Show?

Newly reported cases of COVID-19 are increasing in Marin. In part, this may reflect greater testing. It won't be clear for several weeks whether the loosening of shelter-in-place restrictions and/or noncompliance with restrictions are a significant factor in increasing the number of cases. In the meantime, it's good to remember that to-date in Marin the majority of confirmed cases and hospitalizations has occurred among individuals greater than 50 years of age and all the reported deaths have been among those 65 years of age or older.

### More Information from Scientists on COVID-19

The Buck website offered a series of webinars earlier this month on their own work and their collaboration with others in understanding the coronavirus and COVID-19. All the programs are excellent, but these two are real standouts: Dr. Larry Brilliant's presentation which can be found here: <https://buck2020.extendedsession.com/session/larry-brilliant/> and Dr. John Newman's presentation which can be found here: <https://buck2020.extendedsession.com/session/john-newman/> Other recordings in the series can be accessed here: <https://www.buckinstitute.org/covid-19/>

## CLOSING THOUGHTS

We are so grateful for the amazing support provided by our volunteers throughout this pandemic. We have fulfilled 100% of the service requests in April and May! Virtual pats on the back all around!

We are also grateful to our members who have been letting us know how much they value not only our volunteers, but the very idea of Marin Villages. And we are so impressed with your individual resilience! Virtual hugs to you!

We are all learning to reinvent ourselves in this crazy time, but it is especially wonderful to be surrounded and supported by the Marin Villages community we have all built together over the past 10 ½ years.

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, [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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