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

MARIN VILLAGES



CORONAVIRUS AND MARIN VILLAGES UPDATES

June 2, 2020

Dear Marin Villages members and volunteers,

This is a sad and challenging time for our country and the events of the past weekend have added yet another dimension of stress, worry and, for some, despair. In our generation we've perhaps experienced more than our share of these emotions, but resilience and hope are also well known to all of us. Especially now it is good to remember the old Chinese proverb, "The gem cannot be polished without friction, nor man perfected without trials." Let us hope that the trials we are facing now will indeed move us toward a better society and better times.

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 June 1.** Among other suggestions, additions include virtual tours of local art

galleries, lectures on the economics of the pandemic, and a fun new Jerry Seinfeld video on the trials and tribulations of married men.

SOMETHING ELSE TO DO

Have you renewed your membership in Marin Villages? It's the time of year that many memberships are up for renewal. You can renew by calling or just mailing a check to the office. The annual membership fee can be paid in monthly installments if you prefer. Just arrange this with Diane or BJ. Membership in Marin Villages is such a deal!

MARIN VILLAGES PROGRAMMING

Staying Safe and Sane

Remember to save the date of THURSDAY, 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, whether those ups and downs are generated internally or by external circumstances.

Sue and Patricia 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 still work as 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. RSVP to (415) 457-4633 or info@marinvillages.org

AND MORE...

Did You Miss It?

The PowerPoint from the presentation by Daria Timonina of the Buck Institute is now posted on our website under the Newsletter tab.

Looking to the Future

Last week we asked members to fill out a short questionnaire on possible additions to Marin Villages activities and programming as we navigate through the changes we all have to face as a result of the pandemic. If you haven't filled it out yet, please do so soon. If you have questions about it, or would prefer to discuss the questions and your answers over the phone, feel free to call the office and BJ or Diane will arrange for someone to get in touch with you. Thanks for your help! (415) 457-4633 or info@marinvillages.org



More Zoom Training

We are offering two more group sessions of Zoom training for those who are interested in learning how to use this program or just want a refresher. If you use a computer or laptop, the date is Tuesday, June 9, at 2:00pm. If you use an iPad or iPhone to connect to Zoom, the date is Thursday, June 11, at 2:00pm. Please RSVP to the office to let us know you are interested, and we will send you the link to join the training session. These sessions are just for users, not for those of you wanting to host your own meetings. (415) 457-4633 or info@marinvillages.org

Is Your Poetry in Motion?

Don't forget our Marin Villages Poetry project! Send us your poems, short or long, funny or serious. Don't be shy! We know there are poets among us. Send your entries to Cherie Sorokin by June 30. Only requirement is that they be written by you during this shelter-in-place time! cheryl.sorokin@gmail.com

THINGS TO KNOW

COVID 19 Update

As of June 1, Marin County has lifted all previous limits on motorized access to its parks and beaches, and added outdoor retail (beyond curbside services), office space, outdoor dining, and curbside library services to the list of businesses and activities allowed to operate if guidelines from Marin Public Health are followed. These Public Health guidelines require a site-specific protection plan that defines how a business will reopen in a safe and clean manner for patrons and employees. Re-opening does carry risk of infection. But there are no viable zero-risk options. For this reason, please remember that adherence to Marin Public Health guidelines for businesses, as well as personal adherence to enhanced hygiene practices and social distancing, continue to be important, as the virus is still among us! And for those of us over 65, limiting trips outside the home continues to be one of the best ways to avoid infection.

How Many Ways Can Mother Nature Take It Out on Us?

Alas, Mother Nature has any number of ways to make life difficult for us, and one of them is the annual wildfire fire season which is about to be upon us. Below are some easy actions you can take now to help minimize the risk of wildfires. Some of these likely require the help of a gardener or tree service. Fortunately, those businesses are allowed to operate now, so you don't have to do your own weed whacking or tree trimming!

- Keep your grass mowed
- Clear plants and combustibles at least 5 feet around your house
- Cut tree limbs so they are at least 5 feet above other plants or combustibles
- Make sure your roof and gutters are free of leaves and pine needles and other debris
- Rake leaves and debris accumulated under other plants
- Remove plants that are known fire hazards, particularly if closer than 10 feet to your house or near the street (juniper, acacia, etc.) and replace with others that are less combustible
(<https://www.firesafemarin.org/plants/fire-prone>)
- Use composted wood chips for mulch, not other organic mulches,

or consider inorganic mulch

Most important of all, and something you can easily do yourself: keep a “grab-and-go” emergency bag packed and easy to access if you must evacuate suddenly.

PG&E Webinar on Power Shutoffs

On June 10 at 5:30pm, PG&E has scheduled a webinar for Marin County residents to explain its wildfire safety program, including the scheduling of power shutoffs (which, thankfully, are expected to be shorter and less broad than last year). Registration for the webinar is available on [this PG&E webpage](#). You may also phone in to listen if you don't have computer access. **Toll-Free Attendee Dial-In:** (866) 501-6088 **Conference ID:** 4272554

CLOSING THOUGHTS

There might be a lot of gloom and doom out there, but there are also some comforting and fun things happening, too. Looks like our friend “Karl The Fog” will be making his “you-can-count-on-it” visit here for the month of June, and maybe will be accompanied this year by a little rain to help stave off the fire season a bit longer. Our carbon emissions have dramatically reduced worldwide, helping to counter climate change. We've had time to re-connect with friends and family. We've learned how to Zoom. Our access to free cultural events is almost overwhelming, AND Diane Castro had a birthday last week! Many happy returns, Diane, and also many thanks for all you do to make our volunteers and members happy every day!



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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