



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

MARIN VILLAGES



MARIN VILLAGES UPDATES

Our apologies that the link to the updated Things to Do list did not work-- please find the correct link below!

June 16, 2020

Dear Marin Villages members and volunteers,

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 15.** Among other suggestions, additions include a variety of art and music-related options, a link to watch the summer solstice from Stonehenge, some fun videos (Amish men actually lifting up and moving a barn), and a really, really easy recipe for Pasta con Ceci! You can find the PDF [on this page](#).

Deepening Our Understanding

Our Things to Do While Sheltering in Place list has a new section this week, listing resources you may find helpful in thinking about racism and the racial and social justice issues being raised across the country as well as here in Marin, and actions you might take to help be a force for change. Click [here](#) to access this section.

MARIN VILLAGES PROGRAMMING

Staying Safe and Sane



Remember this THURSDAY June 18 at 4:30pm is an all-village presentation on Zoom by Sue Steele (MA, psychotherapist, and also a Marin Villages board member) and Patricia Stamm (MD, psychiatrist and psychotherapist, Novato Village member). This program will provide practical self-care tips to help us navigate the ups and downs we experience during this pandemic, whether those ups and downs are generated internally or by external circumstances. Please RSVP to the office to receive the Zoom link or phone number to call in. [\(415\) 457-4633](tel:4154574633) or info@marinvillages.org

THINGS TO KNOW RE: COVID-19

Marin Villages Changes

In light of the County's recent changes to the shelter-in-place order, and after consultation with our wonderful volunteers, starting this week, we have made the changes listed below, subject to volunteer availability.

It is important to remember, however, that "opening up" is not synonymous with "safe." We strongly encourage both members and volunteers to carefully balance the risk of leaving home or interacting with more people with the potential for serious illness resulting from possible exposure to the virus. The County Public Health Officer is still recommending that older adults continue to shelter-in-place as much as possible. Instances of COVID-19 cases, as well as the rate of infection, both continue to prove that COVID-19 is still serious public health risk, especially for older adults. The office still has masks available if you need one! Please call [\(415\) 457-4633](tel:4154574633).

We are adjusting our operations as follows

1. Members may now request rides to non-urgent medical or medically related appointments, e.g., trips for doctor and dentist appointments, including podiatry, physical therapy, and chiropractic appointments.
2. Members may ask for a volunteer to handle errands beyond groceries and medicine pickups, including curbside pickup of books, food to go, and

other goods that can be delivered curbside to a volunteer.

3. Members may ask for volunteer help for gardening or lawncare, outside handyman services, pet walking/care, and socially distant walks with a volunteer in the neighborhood (without driving to a location to walk), etc.
4. Local villages may host gatherings outside for not more than 5-6 people provided members can get to the gathering on their own, masks are worn, and social distancing and sound hygiene practices are observed

Please note that because of the proximity issues that arise in providing rides or entering homes, for the time being we are NOT ready to offer rides to visit friends or family, to accompany a volunteer for shopping or errands, to take a member to a restaurant to eat, or to a swimming pool or park that is not within walking distance. Nor are we ready to ask volunteers to perform in-home services (other than emergency handyman services). In light of the continued risks associated with COVID-19, we are taking a measured, cautious approach to extending Marin Villages activities and services. Further changes will await additional experience under the revised shelter-in-place order.

What Would an Epidemiologist Do?

(Excerpt from a *NY Times* article on June 4, 2020. Numbers shown are percentages. More than 500 epidemiologists were interviewed.)

When epidemiologists said they expect to do these activities in their personal lives, assuming the pandemic and response unfold as they expect

Activities they said they might start doing soon

	THIS SUMMER	3 TO 12 MOS.	1 YR.+	NEVER AGAIN
Bring in mail without precautions (n = 379)	64%	16	17	3
See a doctor for a nonurgent appointment (507)	60	29	11	<1
Vacation overnight within driving distance (372)	56	26	18	<1
Get a haircut at a salon or barber shop (485)	41	39	19	1

Later in the next year

	THIS SUMMER	3 TO 12 MOS.	1 YR.+	NEVER AGAIN
Attend a small dinner party (n = 509)	32	46%	21	<1
Hike or picnic outdoors with friends (506)	31	41	27	<1
Send kids to school, camp or day care (304)	30	55	15	<1
Work in a shared office (434)	27	54	18	1
Send children on play dates (272)	23	47	29	1
Ride a subway or a bus (408)	20	40	39	1
Visit elderly relative or friend in their home (485)	20	41	39	<1

Travel by airplane (512)	20	44	37	<1
Eat at a dine-in restaurant (506)	16	56	28	<1
Exercise at a gym or fitness studio (406)	14	42	40	4

Maybe a year or more

	THIS SUMMER	3 TO 12 MOS.	1 YR.+	NEVER AGAIN
Attend a wedding or a funeral (n = 501)	17	41	42%	<1
Hug or shake hands when greeting a friend (503)	14	39	42	6
Go out with someone you don't know well (363)	14	42	42	2
Attend a church or other religious service (220)	13	43	43	2
Stop routinely wearing a face covering (513)	7	40	52	1
Attend a sporting event, concert or play (489)	3	32	64	1

Largest values in each group are highlighted. Figures are rounded.

The article went on to say that most of those surveyed “agreed that outdoor activities and small groups were safer than being indoors or in a crowd and that

masks would be necessary for a long time.” You can access the full article here: <https://www.nytimes.com/interactive/2020/06/08/upshot/when-epidemiologists-will-do-everyday-things-coronavirus.html>

Help for Medi-Cal Seniors

If you are on Medi-Cal, or know of any seniors who are, and are a fall risk and/or are starting to demonstrate some memory difficulties and would benefit from a care management program to help remain living at home, please call or refer people to [\(415\) 449-3777](tel:(415)449-3777). Jewish Family & Children Services has a limited number of openings in a program they offer to help seniors that fit these criteria.

CLOSING THOUGHTS

Don't forget to send us poems you have written during (or even before) this shelter-in-place time, short or long, funny or serious. Exercise your creative genes! Send to Cherie by the end of this month. cheryl.sorokin@gmail.com

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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