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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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**June 9, 2020**

Dear Marin Villages members and volunteers,

Marin Villages is in the IJ today! Check out Marin Voice section on the editorial page or use [this link](#) to access it online.

### **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 8.** Among other suggestions, additions include a presentation by Dr. Larry Brilliant to the Commission on Aging, Ross Valley Players’ streaming of *Moll Flanders*, a talk on advance directives in the time of COVID, some silly videos, helpful resources on more serious topics, and a great, easy recipe for homemade ice cream!

## PERSPECTIVES

It was a difficult week throughout the country. The Marin Symphony posted a video of a timely conversation between Maestro Alasdair Neale and Noah Griffin, well-known Marin Renaissance man and leader, who in 2014 was the narrator for the Marin Symphony's production of Joseph Schwanter's symphony, *New Morning for the World*, written as a tribute to Dr. Martin Luther King, Jr.



Noah Griffin and Maestro Alasdair Neale of the Marin Symphony in conversation, followed by a performance of *New Morning for the World*, written as a tribute to Dr. Martin Luther King, Jr. and narrated by Noah Griffin.

## 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 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 or [info@marinvillages.org](mailto:info@marinvillages.org)

### Sign Up for Zoom Training Today (literally)!

**Today, Tuesday June 9, at 2:00pm**, we are hosting a session for those of you who use computers or laptops. If you use an iPad or an iPhone to connect to Zoom, the date is this Thursday, June 11, at 2:00pm. You must RSVP to the office in order to receive the link to join these training sessions. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

### Keep Those Poems Coming

We know there are poets among us who can help make our Marin Villages Poetry project a success! Send poems you have written during this shelter-in-place time, short or long, funny or serious, to Cherie Sorokin by June 30. If you have one or two written earlier that you'd like to share, you can also let us know about that. We may add a section for those poems. Just be sure to include the date written.

[cheryl.sorokin@gmail.com](mailto:cheryl.sorokin@gmail.com)

## **OTHER PROGRAMMING**

### New Series of Programs on COVID-19 at the Buck Institute

This is a second series of free live interviews with experts working on coronavirus issues. June 10 at noon, **Dr. Matt Willis**; June 18 at 10:00am, **Dr. Keven Tracy**; June 24 at 11:00am, **Dr. Warner Greene**; July 8 at 11:00am, **Dr. Julie Hellman**, and July 14 at 9:00am, **Dr. Robert Redfield**. Register at

<https://www.buckinstitute.org/news/covid-webinar/> Previous programs can be accessed with the same link.

### Don't Forget to Watch the PG&E Webinar on Power Shut Offs

On June 10 at 5:30pm there is a PG&E webinar for Marin County to explain PG&E's wildfire safety program. Register on this PG&E webpage: [https://www.pge.com/en\\_US/safety/emergency-preparedness/natural-disaster/wildfires/community-wildfire-safety-open-house-meetings.page](https://www.pge.com/en_US/safety/emergency-preparedness/natural-disaster/wildfires/community-wildfire-safety-open-house-meetings.page)

You may also phone in to listen if you don't have computer access.  
**Toll-Free Attendee Dial-In:** [1-866-501-6088](tel:1-866-501-6088) **Conference ID:**  
4272554

## THINGS TO KNOW

### COVID-19 Update

On June 5, Marin County further relaxed aspects of the coronavirus shelter-in-place directive. Below is a list of changes, but REMEMBER: for those of us over 65, limiting trips outside the home and limiting visitors inside our homes both continue to be the best ways to avoid infection. The County Public Health department is still strongly recommending that older adults continue to stay at home as much as possible and limit visitors from outside.

If you do go out, or invite someone in, wear a mask, maintain social distancing, use hand sanitizers or soap and water to help reduce the chance of picking up the virus from surfaces, and don't touch your face. Masks are now thought to be 85% effective in preventing the spread of the virus. In combination with social distancing and enhanced hygiene, the percentage goes up further. But there are no viable zero-risk options. It is a balancing act that we all have to learn to manage for ourselves.

Added to the list of permissible activities as of June 6:

- Outdoor cultural and faith-based ceremonies
- Charter boat operations
- Dog parks
- Outdoor swimming pools
- Outdoor protests

In each case, social distancing rules apply and there must be a site-specific protection plan in place. The specifics of the expanded order and the rationale for permitting the activities listed can be found via this link: <https://coronavirus.marinhhhs.org/stay-home-order-effect-marin-county>

## What About Marin Villages?

As the County begins to allow more activities and businesses to operate, we will also adjust our operations, but with caution, as our members and most of our volunteers fall into the category of most vulnerable to serious illness and death from the coronavirus. We are mindful of the Public Health Officer's recommendation that seniors continue to stay at home as much as possible and limit visitors from outside.

We are particularly aware that some of our volunteers may not yet be comfortable offering additional types of rides, in light of the physical proximity that comes with riding together in a car. Stay tuned for specific information as we make decisions on what services we plan to start offering again. We are still touching base with volunteers to determine their willingness to help out with more services and activities.

## CLOSING THOUGHTS

We hope you saw the great photo of Matt Masson and Gerrie Kuhns in the IJ this week on the Giving Marin page. Here is the photo again of these Marin Villages stars in case you missed it!



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, use [this link](#).
  - Find **California Department of Public Health** information [here](#).
  - For the latest local updates from **Marin Health and Human Services**, click [here](#).
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