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MARIN
VILLAGES



Our Paths - Our Choices

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

MARIN VILLAGES



MARIN VILLAGES UPDATES

July 28, 2020

Dear Marin Villages members and volunteers,

COVID-19 UPDATE

Not too much “new news” to report on the coronavirus situation, but here is a brief video reminder from CA Public Health of the importance of safety precautions.



COVID-19 information from California Public Health

In other words, if you do go out, wear a mask, wear a mask, wear a mask! AND stay 6 feet away from others, avoid touching your face, and carry hand sanitizer with you and use it often.

If you have guests or helpers at home, also a good idea to wear a mask and ask them to do so, too, unless you are very sure about how carefully they have been taking precautions. Open your windows to allow better air circulation. Do your best to keep physically distant and keep washing those hands!

Some Good News



Often birthdays can become “just another day” the more we have of them. But hitting 90 and beyond is definitely an achievement worth

celebrating. And we had quite a number of those achievements this July. **So, wow! Kudos! and Happy Birthday to James Shaw**, SRV, who turned 96; **Peter Davis**, TPV, **Zvi Danenberg**, TCV, and **Clare Wheeler**, TCV, who turned 95; **Lee Smith**, TWC, and **Donna Terry**, MVV, who turned 92; **Elaine Couch**, NV, and **Lynne Nebenzahl**, SRV, who turned 91; and **Marcella Murray**, RVV, **Betty Williams**, TPV, **Joseph Levine**, MVV, and **Mary Steim**, TCV, who turned 90! Did we miss anyone? Call the office to let us know your birthday if you don't think we already have it on file.

Things to Do While Sheltering in Place

This week's new additions to our extensive list of Things to Do While Sheltering in Place are posted on our website. Among other suggestions, additions include links to concerts at the Sun Valley Music Festival, Chautauqua Assembly lectures, some crazy videos, and more resources to deepen our understanding of racism in America, as well as suggestions for offline activities. Thanks to everyone who is sending us suggestions for inclusion on this list! You can access the list [here](#) and a copy will also be emailed to all on Thursday.

Your Poetry is in Motion

In May and June we invited you to submit poems for a Marin Villages Poetry Book. Happy to say we received a wonderful collection of poems and we are working on putting the book together now. Many thanks to Valerie Stilson, Robin Laury-Gill, and Laurel Feigenbaum who are helping with compilation and the production phase of this project. We are targeting September for publication! We clearly have some great poets in our midst. We encourage you to keep writing!

MARIN VILLAGES PROGRAMMING

July 30, 3:00pm—Happy Organizing: For Yourself, Your Home, and Your Paperwork



This Thursday, July 30, at 3:00pm, Marin Villages volunteer Lori Harvey will provide helpful insights into how to organize yourself, your home, and your paperwork, whether the task is cleaning up your desk or figuring out how not to leave a mess for your children to sort through after you are gone. RSVP to the office to register for this event and you will be sent a link to join the program. If you've already signed up you should have received the link and a mini homework assignment last Friday. (415) 457-4633 or info@marinvillages.org

August 11, 3:00pm—Advanced Healthcare Directives



Don't put off thinking about end-of-life choices! Dr. Mits Tomita, a retired family practice physician and volunteer with Compassion & Choices, will Zoom with us to discuss advance healthcare directives. This discussion will be hosted for Marin Villages by Compassion & Choices, a nonprofit working to improve individuals' personal end-of-life choices. You must RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or info@marinvillages.org

August 26, 3:00pm—Growing Up in Ireland During the Troubles



Colin Crawford, a Marin Villages volunteer whom many of you know from our Zoom training workshops, will talk about his experiences growing up in Belfast, Northern Ireland, in the 70s as a teenager and the issues and realities of life there at that time. It was a period of unrest and danger that spawned a civil rights movement, sectarian violence by the Catholic and Protestant paramilitary groups, and the collapse of government and direct rule from the UK. You must RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or info@marinvillages.org

LOCAL VILLAGE PROGRAMMING



August 12, 2:00pm--Local Marin History

Ross Valley Village is hosting this Zoom gathering and we're all invited! This is a "go back in history" program about the early days of Kentfield, Ross, and San Anselmo with long time community members Richard Torney and Neil Park from Kentfield and Richard Miner from San Anselmo. Relive memories of early days in Marin with this informative presentation. RSVP to Loulie Sutro, chair of the Ross Valley Village Steering Committee. lhsutro@msn.com or (415) 497-8961

Zoom, Zoom

Remember you can always phone into a Zoom program if you don't feel comfortable with the video technology. But it looks as if Zoom is going to be the way we socialize and stay connected for quite some time now, so let us help you get comfortable with it. Contact the office if you'd like some private tutoring! (415) 457-4633 or info@marinvillages.com

Helping Helpful Village

Helpful Village is the technology program that supports Marin Villages operations. When you look at our website, see and respond to member requests on the dashboard, or look for/RSVP to our programs online, you are using the Helpful Village platform. We were an early adopter of this innovative software program and in many ways helped shape its evolution. After a rigorous nomination process, Helpful Village is now in the semifinals for a prestigious technology innovation award from Aging2.0 and the Louisville Healthcare CEO Council. You can help Helpful Village reach the finals by voting [here](#). Takes less than a minute.

Masks Are in the Mail

This week BJ and Diane are mailing masks to our intrepid volunteer drivers who are taking members to medical appointments and picking up shopping errand requests. The masks come in packages of five so volunteers can offer one to a member getting a ride if needed, since both members and volunteers must wear masks when riding in cars together. Many thanks to our volunteers who continue to offer rides and handle shopping requests. What would we do without you?

Staying Cheerful

Many of you have let us know how much you enjoy the short music videos we've been posting recently. So here's another. Bet you won't be able to resist singing or humming along in the chorus by the end of the video!



Guantanamera | Playing For Change | Song Around The World

CLOSING THOUGHTS

Last week we lost John Lewis, an icon in the civil rights movement. Over the years he had many words of wisdom, but these, in particular, seem to resonate and be applicable to the many levels of upheaval we are dealing with in this time:

“Be kind, be hopeful, be optimistic, never get down. It's all gonna be okay, all gonna be alright. We're one people, we're one family. We all live in the same house, not just the American house but the world house.”

Building on that thought, let's all be grateful that we have Marin Villages as part of our “world house” in this crazy time!

Cherie Sorokin, President, Marin Villages
Peter Lee, Interim Executive Director

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