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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

September 8, 2020

Dear Marin Villages members and volunteers,

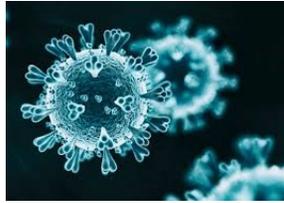
MARIN VILLAGES SUMMER POETRY PROJECT

Wow, do we have poets in Marin Villages! A copy of the Marin Villages Summer Poetry Project book will be on its way to all members and volunteers this week via email, or by snail mail or hand delivery for those of you without email. Watch for it!

Many thanks to the poets from every local village who submitted their work, and to Gloria Potter who created the drawings we used for the illustrations. Heartfelt appreciation as well to Marin Villages members Valerie Stilson, Laurel Feigenbaum, and Robin Laury-Gill who volunteered to help edit and shape the book, and to Bette Tarr, an admirer of Marin Villages, who offered her services pro-bono to create

the final product. Can't wait to hear what you think of the book after you've had a chance to read through it!

COVID-19 UPDATE



Today Marin County was supposed to move from Tier 1—the most restricted status under the state's new COVID classification system—to Tier 2, which allows more activities. Tier 2 indicates there is still substantial risk of virus transmission, but daily case rates and the percentage of positive tests are at a level that permits more businesses to open. However, late last night the State Department of Public Health notified Marin that it would remain in Tier 1 at least for a few more days while further analysis is conducted of Marin's case rates and percentage of positive tests. It is possible that the County may move to Tier 2 status later this week, as local and state officials work together to analyze the data under the state's new statewide four-tier framework issued August 28.

While the delay in the move to Tier 2 status is difficult for businesses in Marin that were poised to reopen or to expand operations, the change in status whenever it comes will not affect the **requirement for wearing face masks nor the general advice to maintain a distance of 6 feet from others, to wash hands frequently, and to limit trips outside the home.** Gradual re-opening of businesses and greater flexibility in activities at whatever level requires everyone to balance the risk of spreading or acquiring COVID-19 against the benefit of engaging in these expanded activities. As we said earlier this year, “the price of liberty is eternal vigilance.” Let's not get complacent.

You can read the full text of the County's announcement of the delay in moving to Tier 2 status [here](#).

FIRE SEASON TO-DO LIST

Pardon the repetition, but please:

- A. Be sure you are signed up for AlertMarin, so you receive alerts in emergency situations. Call (415) 473-6584 or [register online](#).
- B. Develop an emergency plan or double-check the one you developed a while ago to make sure it's up to date. Make sure your "go bag" is ready to go.

These actions are critical to being able to jump into action at a moment's notice!

GEARING UP FOR THE ELECTION

Are you registered to vote? Are you sure? [Click here](#) to check.

Have you updated your signature on file? Even though updating your signature is optional, it's a good idea to do so by signing and returning the recently mailed informational postcard sent to registered voters in the County. If your signature on the ballot doesn't match the signature the Department of Elections has on file, your ballot may be returned to you with a request for you to provide a valid signature, which usually requires a visit to the registrar's office and even could result in your ballot not being counted.

Important Dates and Other Information

- **September 24—Voter Information Guides start to be mailed.** Very helpful in figuring out the ballot measures.
- **Various dates in October—candidate forums for local elections will be offered by multiple organizations.** Marin Villages is co-sponsoring some of these along with the Aging Action Initiative and League of Women Voters between October 1 and October 6. These are voting-district based. Watch your local village newsletters for the time and date of these presentations in your

voting district. Marin Villages members will be able to submit questions in advance and the organizers are planning to focus questions on issues of particular importance to older adults in Marin. Very helpful for getting to know local candidates and issues.

- **October 5—early voting commences in Marin County; mail-in ballots are mailed out and are also available in the County Elections Department.** The County advises voters returning ballots by mail to do so at least 8 days prior to the November 3 election date. In any event, ballots returned by mail must be postmarked by November 3.
- **October 6—vote-by-mail drop boxes will be available throughout the County.** Watch for announcements of specific locations.
- **October 19—deadline for voter registration**
- **October 20—conditional (same day) voter registration and same-day voting begins at the County’s Department of Elections.** This is a safety-net process that allows people who miss the registration deadline, e.g. because of illness, to register and vote same day even if they missed the October 19 deadline.
- **October 26—suggested date for voters by mail to return ballots.** Mailing early helps assure timely arrival and processing.
- **October 31—polling places are open and registered voters may vote in person at these locations.** Conditional registration and voting are also available at polling places. Opening the polls early is new this year because of COVID and the desire to keep lines to a minimum for those casting ballots in-person.

November 3—Election Day. Polling places are going to be consolidated in some cases. [Check here](#) a bit closer to November 3rd before you venture out to the same old spot.

THINGS TO DO WHILE SHELTERING IN PLACE

Check out our Things to Do List! Among other suggestions, additions this week include links to videos of an amazing artist who works with paper; links to livestreams of a tribute to Jessye Norman and to Philharmonia Baroque performances; a presentation by State Treasurer Fiona Ma on the Governor's Master Plan for Aging; some offbeat videos, including a talking gargoyle; more resources to deepen our understanding of racism in America; and some offline activity suggestions. 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.

MARIN VILLAGES PROGRAMMING

Why I love OT

Monday, September 14, 3:00pm



Is this on your calendar? Have you signed up? Marin Villages Board Member Gina Tucker-Roghi will speak on occupational therapy (OT) in a Zoom interview for us. Some think OT stands for “overlooked therapy,” and it’s true OT’s scope and value are often not well understood. But occupational therapists help millions of people live better, healthier lives. Come find out what it’s all about and why Gina has made work in this area her career. RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or info@marinvillages.org

Annual Volunteer Recognition Party

Saturday, September 26, 3:00pm



Come Zoom with us as we celebrate our wonderful Marin Villages volunteers. They make every day better! RSVP to the office to receive the Zoom link for this gathering. (415) 457-4633 or info@marinvillages.org. Separate email invitations are also being sent by the organizing team of party planners extraordinaires: Sparkie Spaeth, Sue Steele, Loulie Sutro, and Diane Castro.

OTHER PROGRAMMING

Maintaining Emotional Wellness: How to Address Life's Disruptions and Achieve Emotional Well-Being

Thursday, September 30

Join JFCS' Seniors at Home for a free, virtual workshop. Presenters will be Kate Blank, LCSW, clinical care manager & therapist with Seniors at Home, and Dr. Ram Rao, author and Ayurveda and yoga practitioner. For more information and to register, [click here](#).

CONGRATULATIONS TO SARA ROBINSON!

Ross Valley volunteer Sara Robinson was recently hired as Marin County's Age Friendly Coordinator to implement the County's *Age Forward* plan. In this position in Aging and Adult Services—part of the Health and Human Services department—Sara will be helping all County departments and agencies focus on the needs of Marin's older adults in such areas as senior access to housing, health and wellness programs, open space and parks, disaster preparation, and preventing and combating isolation. The plan includes equity opportunities in each area, but targets all of the unincorporated areas of Marin, including West Marin where access to services can be improved. She'll also be working with other organizations and groups in the County, encouraging cooperation and coordinated efforts to recognize and help meet the needs of older adults.

Congratulations, Sara. Nice to have someone who has already shown a commitment to the mission of Marin Villages actively engaged with the County on issues we all care about!

CLOSING THOUGHTS

How about this familiar song in perhaps an unfamiliar context. Andre Rieu and Trini Lopez! Pretty apt lyrics for our time though!



If I Had A Hammer – Trini Lopez & André Rieu

Cherie Sorokin, President, Marin Villages

Peter Lee, Interim Executive Director

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