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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



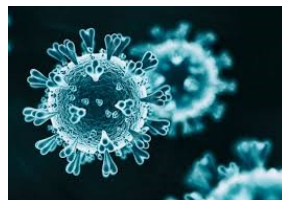
MARIN VILLAGES UPDATES

October 6, 2020

Dear Marin Villages members and volunteers,

Just when you think life couldn't get any crazier or more chaotic, we are
taken aback again!

COVID-19 UPDATE



The coronavirus infection of the president and his wife this past week,

along with positive virus tests for many others they had been in contact with, is a sober reminder of the fact that the virus is still among us and spreading, upending lives as well as nations. A good time to remind ourselves again of the four basic protective measures recommended by public health officials to help reduce our chances of infection.

- Wear a mask when around others and make sure it covers your nose and mouth
- Wash your hands frequently
- Do your best to keep at least 6 feet away from others not in your household or social bubble
- Limit your trips outside the home

To that we'd add a fifth: think twice! Consciously assess the risk to yourself and others when determining the activities you want or need to engage in. Remember: outside activities are better than inside. Involvement with fewer people is better than being in a crowd. Assuming others are being as careful as you is more dangerous than questioning them about their behavior/practices.

Advice from Marin Public Health on What to Do If You are Feeling Stressed

If you aren't feeling stressed these days, congratulations! But if you are stressed, or even just a bit testy and grumpy, it's totally understandable. Here's some good advice from Marin Public Health on how to deal with stress.

1. **Get moving.** Trauma can disrupt our body's natural equilibrium. Exercise, rhythmic movement, and meditation can help repair our nervous system.
2. **Stay connected and avoid isolating.** You may want to withdraw from others after a traumatic event or experience. However, connecting to others can help you heal.
3. **Take care of your health.** Having a healthy body can increase your ability to cope with the stress of trauma. Get plenty sleep, avoid alcohol and drugs, and eat a well-balanced diet.

4. **Engage in activities** that bring you joy, gratitude, and a sense of purpose and accomplishment.

With respect to #4, we suggest staying engaged with Marin Villages!

THINGS TO DO WHILE SHELTERING IN PLACE

Check out our Things to Do List! Among other suggestions, additions this week include links to a SF Virtual Open Studio event, some music from the 20s and 30s, a new NYT podcast suggestion, an article about “code knitters” in WWII, some amazing videos, more resources on the issue of racism, and some offline activity! 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 Wednesday.

MARIN VILLAGES PROGRAMMING

Fire Safety and Emergency Preparation

Friday, October 9, 2:00pm



San Rafael Village has arranged for Quinn Gardner, emergency manager for the San Rafael Fire Department, to speak and answer questions on fire safety and emergency preparation. So important for everyone to hear as fire season has already started! Please RSVP to the office to receive the Zoom link. info@marinvillages.org or (415) 457-4633

Zoom Coffee with Novato Village

Wednesday, October 14, 11:00am



Novato Village has invited all Marin Villagers to join their Zoom coffee hour this month. Kevin Colgate will be talking about College of Marin's lifelong learning program called ESCOM (Emeritus Students College of Marin), which offers up to fifty classes to over 1000 individuals 55 and older each quarter and also operates twenty clubs for seniors. Contact Joanne Lang for the Zoom link. jiangtpa@gmail.com

Ignore Your Teeth and They'll Go Away—Dr. Earl Johnson

Thursday, October 15, 3:00pm



Marin Villages member and volunteer Dr. Earl Johnson, retired dentist, orthodontist, and professor, will speak and answer questions on why ignoring one's teeth and gums is really a bad idea. Please RSVP to the office to receive the Zoom link. info@marinvillages.org or (415) 457-4633

BALLOTS ARE IN THE MAIL!

Starting yesterday, October 5, ballots for the November election were put in the mail to all registered voters in Marin. If you are not yet registered, be sure to do so by October 19! You can do it online using [this link](#).

Here are a few other dates to remember:

October 6 – This afternoon is the third and final Aging Action Initiative local-voting-district candidate forum, this one for San Rafael City Council and the mayoral races. 4:00 – 5:30pm. Use [this link](#) to attend. Even if you aren't a San Rafael resident, you might find this interesting. AAI is focusing the questioning on issues relevant to seniors in Marin.

October 26 – This is a suggested date for voters by mail to return

ballots to help ensure the ballot arrives on time. Ballots must be postmarked by November 3, but returning your ballot early can be helpful in reducing the time for counting the ballots and certifying the votes. The county begins processing ballots as soon as they arrive.

October 31 – Because of COVID-19, the county is recommending that citizens vote by mail. But you may instead vote in person at your designated polling place starting October 31, earlier than normal because of COVID-19. Also because of COVID-19, a number of polling place locations have been changed. If you plan to vote in person, you can find your polling place using [this link](#).

November 3 – Election Day

CLOSING THOUGHTS

Given the dizzying speed that things seem to be happening around us, thought this familiar piece would be particularly apt today!



Flight of the Bumblebee – Canadian Brass

Cherie Sorokin, President, Marin Villages

Peter Lee, Interim Executive Director

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