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

MARIN VILLAGES



MARIN VILLAGES UPDATES

October 13, 2020

Dear Marin Villages members and volunteers,

COVID-19 UPDATE



What does Dr. Fauci say? On October 8, 2020, Dr. Fauci was the guest of the Berkeley Forum, a nonpartisan student-run forum at UC Berkeley. He responded to questions on how circumstances today in dealing with the coronavirus pandemic differ from circumstances during the early AIDS crisis, his views on where we are now with controlling the spread of the coronavirus and finding a vaccine, why advice on mask wearing has changed, how this virus differs from others, and how long before we return to “normal.” It’s a very interesting talk moderated by a

student at Berkeley. It's about 45 minutes long, but [worth watching and listening to](#) as it provides an up-to-date overview of issues we all need to understand. There's also an interesting focus on questions from young people since the forum is student-run.

Dr. Fauci also reiterated the five steps that we know will make a difference in helping to control the spread of the virus. Hoping everyone receiving this weekly update can recite them by memory by now, but here they are again, just in case!

- Wear a mask (everyone, not just some)
- Stay at least 6 ft. apart from others
- Avoid crowds whenever possible
- Focus on outdoor activities, and avoid indoor activities
- Wash your hands frequently

THINGS TO DO WHILE SHELTERING IN PLACE

Check out our Things to Do list! Among other suggestions, additions this week include links to art that makes you feel calm, music of Beethoven, a video of the musical *42nd St*, some more fun with Olive and Mabel, 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.

MILESTONE BIRTHDAYS IN OCTOBER



Five 90+ birthdays this month! Congratulations to Helen Dennis and Joan King who turned 91 this month, and to Bruce Wrisley who turned 93, and Nida Devoto who turned 95, and finally to Phyllis Gould, our Rosie the Riveter, who turned 99! Many happy returns to you all.

THRIVING IN A PANDEMIC

Here are some fun photos of members and volunteers who are “carrying on” in many ways during this pandemic.

From top to bottom: *Seela Lewis, one of our most active volunteers during COVID, holding up her gift from Trader Joe's which she received in the random drawing we held at last month's celebration for our volunteers; member and volunteer Sarah Byruck (on the right) participating in the recent MV Arts Commission and Kiddo urban knitting public art project in downtown Mill Valley; and member Ziv Danenberg who, through the efforts of Ross Valley Village volunteer Kimberly Teal, was able to enjoy one of the SF Symphony's Concerts for One outside Louise Davies Hall.*



MARIN VILLAGES PROGRAMMING

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

Thursday, October 15, 3:00pm



Marin Villages member and volunteer Dr. Earl Johnson will speak and answer questions on why ignoring one's teeth and gums is really a bad idea. He'll also answer questions of perpetual interest including why does it cost so much to go to the dentist, what's up with dental insurance, and why is periodontal disease so prevalent among older adults. Please RSVP to the office to receive the Zoom link.

info@marinvillages.org or (415) 457-4633

Zoom Presentation on the Frida Kahlo Exhibition at the De Young Museum

Wednesday, October 21, 3:00pm



This is a special docent presentation just for Marin Villages members and volunteers! Kathryn Zupsic, a wonderful docent with the Fine Arts Museums of SF, will speak on Frida Kahlo and the De Young's current exhibition titled *Frida Kahlo, Appearances Can Be Deceiving*. Please RSVP to the office to receive the Zoom link for this presentation.

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LOCAL VILLAGE PROGRAMS

Zoom Coffee with Novato Village

Wednesday, October 14, 11:00am



This is an opportunity to learn about the emeritus program at College of Marin, known as ESCOM. Kevin Colgate will be talking about this lifelong learning program which offers up to 50 classes to over 1000 individuals 55 and older each quarter and also operates 20 clubs for seniors. Novato Village has invited all Marin Villagers to join this presentation, which will occur at their Zoom coffee hour this month. Contact Joanne Lang for the Zoom link. jangtpa@gmail.com

OTHER PROGRAMMING

Healthcare and Long-Term Care in the Age of COVID

Thursday, October 15, 2:00 – 4:00pm

Ashby Village is hosting this presentation on healthcare and insurance in the age of COVID. (Note that this overlaps our Marin Village program on dental health with member and volunteer Earl Johnson. So much to do, so little time!) Below is the Zoom link. The program is open to all village members and volunteers. <https://us02web.zoom.us/j/86100495271>

Sausalito Village Hosts the Cocktail Concert Hour with Andy and Jan

Monday, October 19, 4:00 – 5:00pm

Vocalist Janet Lynn and pianist Andy Dudnick have performed together for more than ten years. Their repertoire includes a healthy portion of the Great American Songbook, modern jazz, bossa novas, 60s and 70s pop, and soft rock. Jan also has a special penchant for Michel LeGrand songs and the music of similar composers. Andy and Jan will be performing on Zoom. [Register here](#) to receive the link and to have four singalong lyrics emailed to you.

Medicare and Insurance Changes and Challenges

Wednesday, October 28, 10:30 – 11:45am

Join Age Friendly Corte Madera's Zoom program to learn all about your Medicare choices. Whether you're just getting started or need to consider options during open enrollment, speaker Diana Lopez will be there to help. To sign up for this event and to receive the Zoom link, email agefriendlycortemadera@gmail.com

VOTING HAS STARTED!

By now you should have received your vote-by-mail ballot. If you haven't, contact the County Registrar. (415) 473-6456

Here are a few dates to remember in connection with the election:

October 20. [League of Women Voters livestream program](#) hosted by the Mill Valley library on pros and cons of state-wide ballot propositions.

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 if you prefer, you may 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 at [this link](#).

November 3. Election Day

CLOSING THOUGHTS

Keeping with our tradition of closing with upbeat fun music, here's a rendition of Tico Tico. Hard to catch the words, but the enthusiasm is contagious.



Tico Tico

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

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