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

## MARIN VILLAGES



## Weekly Update

### October 27, 2020

Whew! Wild wind, plus power and internet outages! But not everywhere. We know some Marin Villagers had all three problems, some only one or two, and some no problems whatsoever. Hope things are now back to what passes for normal for everyone!

### COVID-19 Update



The Flu Season is officially upon us. The CDC, the state of California,

and the Marin County Public Health Department are all recommending Flu shots, especially for adults 65 and older as we are in the high-risk category for both Flu and COVID 19. October is generally considered the optimal time for getting a Flu shot as it will help protect for the entire Flu season. There is a high dose version of the vaccine that is especially recommended for older adults. Mask wearing can help protect against both Flu and the Coronavirus, but the Flu vaccine is additional proven protection against the Flu, which can be deadly in its own right. Have you gotten your flu shot yet? If not, check with your healthcare provider about how to get one.

California seems to be holding steady as far as COVID 19 infections, but infections are increasing across the county. Continued adherence to recommended practices to limit the spread of the virus is really important, particularly now as we enter the colder months and outdoor activities will be less feasible. Hang in there and don't let your guard down! We are close to moving to Tier-3 in Marin, which will allow expanded activities and business operations. But, the virus risk is still out there. Wear your mask, stay 6 feet away from others, avoid crowds, if you go out, focus on outdoor activities rather than indoor, and 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 several virtual art exhibitions, some new theater and music suggestions, some links to silly or amazing videos, lots of info and videos on Halloween and the Day of the Dead holidays, 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:

[https://marin.helpfulvillage.com/editable\\_pages/10183-marin-villages---sip](https://marin.helpfulvillage.com/editable_pages/10183-marin-villages---sip)

and a copy will also be emailed to all on Thursday.

## Recruiting New Members

Check out this great new video created by the Village Movement CA to help local villages "get out the word" about the value of villages.

<http://villagemovementcalifornia.org/> We have our own Marin

Villages recruitment campaign going too. You can help by recommending Marin Villages to your friends and neighbors. Word of mouth is still one of the best ways to help us find new members!

## Self-care Tips

There's more than COVID-19 and the Flu to worry about. Did you know that people over 60 often don't feel thirsty? This can easily lead to dehydration which can cause mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma, and in extreme cases, even death. Now that we may not be moving about very much, it is even easier to think we aren't thirsty. So remind yourself to stay hydrated! The easiest way is to drink water throughout the day, but other good sources to improve and maintain hydration include juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple, juicy oranges, and tangerines. Alas (for some of us anyway), liquids of the alcoholic sort do not count for this purpose—though they might work for other things!



## Marin Villages Programming

**Wednesday, October 28, 3:00 pm Zoom Presentation on the Frida Kahlo Exhibition at the De Young Museum**



If at first, you don't succeed! We have rescheduled the ill-fated presentation on the Frida Kahlo *Appearances Can Be Deceiving* exhibition for tomorrow, Wednesday, October 28 at 3:00 pm. We think the internet connectivity issues have been solved, so do plan to join us! Those of you who signed up for last week's program DO NOT need to RSVP again. If you didn't register for the program, please email or call the office for the Zoom link. The office will email the link again on Wednesday morning. [info@marinvillages.org](mailto:info@marinvillages.org) or 415 457-4633.

## Local Village Programs

**San Rafael Village is hosting "You and Your Library," Friday, October 30 at 2:00 pm.**

How many years ago was it you first walked into your local library? Most likely you were holding on to the hand of one of your parents. You've certainly changed and so has the library!

On Friday, October 30th at 2:00 p.m., Willian Calhoun, a librarian at the city of San Rafael Library, will Zoom with Marin Villagers to talk about all the services available from today's library. He will share how to connect with the library from your home, how to check out books, stream movies, download books onto your e-reader, and more. There will be a time after his presentation to ask questions. Find out how valuable your library can be for you as we navigate today's times. Contact Carole Sherick at [csherick@gmail.com](mailto:csherick@gmail.com) to get a zoom link to join the Zoom program.

## Other Programming

**October 26, October 29, and November 5, from 6:30-8 p.m. Learn all about Accessory Dwelling Units from ADU Marin (FREE)**

Several new tools are now available for homeowners interested in building an accessory dwelling unit (ADU), also known as a second

unit, a granny flat, an in-law unit, or a converted garage. Register for one of these helpful programs to learn more about ADUs and how to create one!

- **October 26** – Belvedere, Tiburon, Sausalito, unincorporated Southern Marin. [Register online. https://zoom.us/webinar/register/WN\\_j6aRWKjnQPOJ07qDXZwL1A](https://zoom.us/webinar/register/WN_j6aRWKjnQPOJ07qDXZwL1A)
- **October 29** – Larkspur, Corte Madera, San Anselmo, unincorporated West Marin. [Register online. https://zoom.us/webinar/register/WN\\_ZaVSkhzXQtug9991DJJwLg](https://zoom.us/webinar/register/WN_ZaVSkhzXQtug9991DJJwLg)
- **November 5** – Mill Valley, Ross, Fairfax, unincorporated Central Marin. [Register online. https://zoom.us/webinar/register/WN\\_bUMCCtDTQiG\\_HW82WcuGsw](https://zoom.us/webinar/register/WN_bUMCCtDTQiG_HW82WcuGsw)

**Wednesday, October 28, 10:30 to 11:45, Medicare and Insurance Changes and Challenges (FREE)**

Join Age-Friendly Corte Madera's zoom program to learn all about your Medicare choices. [Wednesday, October 28, 10:30 – 11:45 am.](#) Whether you're just getting started or needing to consider options during the 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](mailto:agefriendlycortemadera@gmail.com)

**Wednesday, October 28th: "Cooking Matters I: Kitchen Safety & Accessibility." 11:00 – 12:20 (FREE)**

Ayaplaces and Vivalon (formerly Whistlestop) are offering a series of cooking classes and made us aware of this opportunity to reignite your passion for cooking. The first class is tomorrow at 11:00. Join Chef Mike for an overview of kitchen safety along with tips for making the most out of your cooking space. Includes a delicious follow-along recipe! Space is limited so sign up now! RSVP to [www.ayaplaces.com/event-details/cooking-matters-kitchen-safety-accessibility](http://www.ayaplaces.com/event-details/cooking-matters-kitchen-safety-accessibility)

**Thursday, November 5. COVID 19 and Mental Health: Fresh Perspectives 10:00–11:00 (FREE) Presentation to the Marin Commission on Aging**

Learn how older adults can become more resilient and responsive to the mental health impacts of COVID-19: understand recommended actions addressing the effects of the pandemic on mental health: hear an overview of mental health and psychosocial supports available throughout the world. No RSVP required. To join the Zoom meeting:

<https://us02web.zoom.us>

</j/88999405569?pwd=L2ZDL0RRVFFHV2I6bkVRZEdLZEISQT09>

Meeting ID: 889 9940 5569

Passcode: 286826 Dial-in number 1+ (669) 900-6833

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## Voting In the Time of COVID



### Have You Voted Yet? Here's how if you haven't:

**Vote by Mail: Far and away, the best way to vote during the pandemic is by mail.** Ballots must be postmarked by November 3. Best if you mail them early!

**Use a DropBox.** Fill out your ballot and place it in one of the official drop boxes around the County. There are even two "drive-through" drop boxes at the Civic Center which allows you to drop off your ballot without having to exit your car. Check for other drop box locations here:

<https://www.marincounty.org/depts/rv/election-info/election-schedule/page-data/tabs-collection/2020/nov-3/dropbox/dropbox-locations>

**Go to Your Assigned Polling Place:** Polls are open October 31-November 3. The list of polling stations and hours of operation can be found on [www.marinvotes.org](http://www.marinvotes.org). Check your voter information/sample ballot guide if you are uncertain where your assigned polling place is located. Those voting in person will be required to practice social distancing and must wear face coverings.

## Closing Thoughts





Don't forget to "fall back" one hour in the wee hours of Sunday, November 1 when we go off of Daylight Savings Time. And Happy Halloween, almost. Enjoy this perennial spooky favorite!

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Fantasia-Night on Bald Mountain

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