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

## MARIN VILLAGES



### MARIN VILLAGES UPDATES

November 10, 2020

Dear Marin Villages members and volunteers,

A wild week, but democracy does seem to be functioning!

### COVID-19 UPDATE



BRRR! The cold weather is coming, though it's been nice to have so many days of blue skies despite the falling temperatures. Get out the heavier coats and sweaters but keep choosing outdoor activities, alone or with friends at a distance, more than indoor. Remember that indoor gatherings really raise the level of risk for spreading and/or contracting the virus.

Marin County's COVID statistics are holding up pretty well, but we are experiencing spikes in infections some places in California, and nationally and worldwide the infection numbers are pretty scary, clearly showing the importance of keeping vigilant, wearing masks, staying socially distant, limiting indoor gatherings, and washing hands frequently!

To help guard against even more spikes in infection, yesterday public health officers in the Bay Area counties issued joint recommendations for staying safe during the holidays. The recommendations advise that in person gatherings be outdoors, short (no more than two hours), and small (no more than three households and preferably just with members of your immediate household). They discourage holiday travel outside the Bay Area because of the increased chances of infection and, potentially, spread of the virus. The full text of the recommendations can be found [here](#).

### ACTIVE, CONNECTED AND INDEPENDENT!

Wow, examples abound of older adults doing amazing things of late. How about Joe Biden, who will be 78 when he's inaugurated to the U.S. Presidency in January, or Sophia Loren, who at 86 is starring in a new feature film to be released this month on Netflix, already being talked about as an Oscar winner? And then there are all of you, our members and volunteers, who continue to be an inspiration to each other as we all navigate these crazy times. Take a minute to pat yourselves on the back!

In many ways this pandemic has given us the opportunity to know each other better, to understand what really matters in our lives, to really appreciate what it means to be active, connected, and independent, and to help others to be so. We love hearing your stories of what Marin Villages has meant to you, so keep those emails, cards, and letters coming!

### THINGS TO DO WHILE SHELTERING IN PLACE

Among other suggestions in this week's Things to Do list, you'll find links to online theater productions, new online art exhibitions, some interesting online talks and programs on meditation, more resources on

the issue of racism, and some humor! Thanks to everyone who is sending us suggestions for inclusion on this list. You can [access the list here](#), and a copy was also emailed to all on Monday.

## MARIN VILLAGES PROGRAMS

**Conversation and Mini-Concert with Todd Brody, professional musician and executive director of the Marin Symphony**

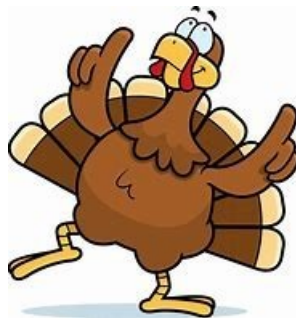
Wednesday, November 18, 3:00pm



Music to soothe the savage beast among us? Those of you who attend the Marin Symphony regularly know that Todd Brody is a professional musician (flute) and also the executive director of the Symphony. He will talk about the dual nature of his career path, as well as about why music can be so comforting. And, he'll also play the flute for us! RSVP to the office to receive the Zoom link. [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633.

## Not Home Alone: A Zoom to Celebrate Thanksgiving

Thursday, November 26, 4:00 pm



Whatever else you are doing on Thanksgiving, do sign up for Marin Villages' *Not Home Alone* Thanksgiving Day Zoom at 4:00pm. Share your ideas of three characters you'd like to dine with if you had the opportunity. Enjoy a piece of pie or other goodie of your choice with other Marin Villagers. Sheltering in place doesn't mean you have to be

alone! There will also be a movie recommendation for viewing online after the gathering. Your hostess with the mostest for this event is Donnalee Wells of San Rafael Village. Please RSVP to the office: [info@marinvillages.org](mailto:info@marinvillages.org). A Zoom link will be sent to you once you RSVP and again on the Wednesday before.

## LOCAL VILLAGE PROGRAMS

### Novato Village Zoom Coffee

Wednesday, November 11, 11:00am

Novato Village is hosting Mark Hoffman, who will talk about AgeSong Marin and their discussion/support groups for older adults on Zoom, available for a modest fee (Marin Villagers get a discount!). Novato Village has invited all Marin Villagers to join this program to learn what the AgeSong groups are like and how they can help combat isolation and loneliness. Please email Joanne at [jlangtpa@gmail.com](mailto:jlangtpa@gmail.com) if you would like to join this informative session.

## COMMUNITY PROGRAMS

### The Power of Creative Connection

Wednesday, November 18, 1:00 – 2:00pm

Are you a caregiver for a spouse or friend? Join JFCS' Seniors at Home and COVIA for a free virtual, interactive workshop focusing on deepening the interaction between family caregivers and their aging loved ones through the process of creative activity. Participants will learn about resources and other simple activities that will allow them to connect virtually using common items from around the house. Register [here](#).

## ZOOM ZOOM

Don't forget we are offering one-on-one Zoom training if you want to learn how to connect with all these programs being offered via Zoom. Remember you can join from a landline phone if you don't think you or your computer are up for it any other way. Call the office if you'd like to schedule some time with one of our Zoom experts.

[info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633.

## CLOSING THOUGHTS

Nothing like the brindisi from *La Traviata* to get you moving! Sing along if you can.



The Three Tenors, brindisi from *La Traviata*

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

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