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

## MARIN VILLAGES



### MARIN VILLAGES UPDATES

December 1, 2020

Dear Marin Villages members and volunteers,

We trust everyone had a safe and filling (!) Thanksgiving. Onward to Hanukkah, Christmas, Kwanza, and maybe some celebrations of the winter solstice! At least the days will start to get longer after December 21<sup>st</sup>.

### COVID-19 UPDATE



Marin remains in Tier 2 “Red” status (substantial infection risk), the only Bay Area county that has not (yet) returned to Tier 1 “Purple” status

(widespread infection risk). But our infection numbers have been climbing, and Marin's Public Health officials are contemplating whether new restrictions on activities may be needed to control the spread of the virus and reduce the likelihood of our hospitals becoming overwhelmed. Over the weekend, Santa Clara County did exactly that and Marin and other counties publicly issued statements of support for those actions. It's worth noting that a month ago, there were 262 people hospitalized with COVID in the Bay Area and, as of last Friday, that number had nearly tripled to 759. Officials are attributing the increase in cases overall to gatherings and activities around Halloween which did not follow public health guidelines. They fear another spike in cases from Thanksgiving gatherings that did not follow guidelines. Stay tuned, but meanwhile, keep your own actions focused on the BIG FIVE:

- Limit trips outside the home
- Wear a mask when around others
- Keep at least six feet away from others
- Avoid indoor gatherings, and
- Wash your hands frequently!

Our actions help control the spread of the virus and reduce the risk of serious illness for many. Vaccines may be coming, but they aren't here yet!

Please remember that when you are getting a ride from a Marin Villages volunteer, members are asked to sit in the back seat and both members and volunteers must wear masks.

## YEAR-END GIVING

So many causes, so many requests! With email and regular mail requests for donations exploding at the speed of the virus, it can be almost overwhelming to decide what causes to support. For sure the pandemic has increased the need for charitable giving all around, but at the same time economic uncertainties can make us hesitate to increase giving or to give at all. Here are four tried and true steps that may prove useful in thinking about donating in general, and in prioritizing your personal giving this year:

1. Consider causes that are currently, or have always been, personally meaningful to you. Give back to organizations that are making or

have made a real difference in your life or the lives of people close to you.

2. Consider whether there is a heightened need to donate for a specific purpose because of emergency situations such as pandemic-related issues, earthquakes, fires, flooding, storms, and many others. Sometimes these are “one-off,” temporary situations, and sometimes, such as in the case of the current pandemic, the needs can extend for many months or years. Organizations that work in disaster relief or help with housing or food emergencies also need operating support to remain prepared when needs escalate.
3. Consider donations to organizations that reflect your values and are making a difference in addressing issues that are important to you, whether locally or internationally. Give where your passion is greatest.
4. Do your research before you donate, to be sure the organization is legitimate, well-run, and effective in carrying out its mission. Stick to organizations you know. Especially avoid donating online to organizations you aren't familiar with. Scams abound, unfortunately. [Guidestar.org](https://www.guidestar.org/) can be helpful in providing you with information on charitable organizations.

**Ways to Support Marin Villages!** We're a nonprofit and contributions and grants make up about 60% of our budget, with the other 40% or so coming from membership fees. So donations are really critical to our ability to serve the needs of older adults in Marin. In late November you received our annual fall donation letter. Contributions of any size are most appreciated! And remember, this year you can deduct up to \$300 for charitable cash (check or credit card) gifts even if you are otherwise taking the standard tax deduction. And, as always, donations of appreciated stock also can provide some tax advantages to you. Call or email the office if you need more information on how to donate cash or stock directly to Marin Villages. (415) 457-4633 [info@marinvillages.org](mailto:info@marinvillages.org).

By the way, today happens to be “**Giving Tuesday**.” Are you on Facebook? Do you Tweet or have an account on Instagram or LinkedIn? If so, look for our Giving Tuesday posts and tell your friends. This relatively new way of reaching donors can be a highly effective way to

raise awareness of Marin Villages and bring us additional donations. Even small donations can really add up! If you've never checked out our Facebook page you can do so [here](#).

And of course, there is the almost painless way of donating to Marin Villages through **Amazon Smile**. Just choose Marin Villages as the charity you support and a small percentage of your purchases through Amazon Smile will make its way to us courtesy of Amazon!

## THINGS TO DO WHILE SHELTERING IN PLACE



To take a break from planning your year-end giving, check out our Things to Do List! Among suggestions this week are links to the new SF Ballet digital Nutcracker, an opportunity for theater by mail, links to holiday music, some fun videos, info on new webinars and classes, more resources on the issue of racism, a recipe for leftover turkey, 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 emailed to all on Monday.

## MARIN VILLAGES PROGRAMS

### Meet the Marin Villages Board

Thursday, December 17, 4:00pm

Come meet the board of directors of Marin Villages. Can you name them all? A fun opportunity to hear what they love about Marin Villages, and what they are up to when not in board meetings or otherwise volunteering for us! RSVP to the office to receive the Zoom link. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

### Not Home Alone—Christmas Eve, Christmas Day, and New Year's Eve

Thursday, December 24; Friday, December 25; and Thursday, December 31, 4:00pm

Not looking forward to spending the holidays alone? Join Donnalee Wells on Zoom and celebrate the holiday with fellow Villagers. You are encouraged to have something to eat with the group to celebrate with others. Always fun and good conversation. A movie to follow will also be suggested. RSVP to Marin Villages at [info@marinvillages.org](mailto:info@marinvillages.org) to receive the Zoom link.

## COMMUNITY PROGRAMS

### How to Cultivate an Empowered Life in Extraordinarily Challenging Times

Tuesday, December 15, 10:30 – 11:45am

Learn how to cultivate your energy and your mindset and create a plan that will allow you to thrive through challenges as you age. Join Barbara Waxman, a Middlescence expert, Marin resident, leadership coach, gerontologist, speaker, and author, as she leads a conversation about developing the skills and mindset to prepare for 2021. The host for this event is Pati Stoliar from Age Friendly Corte Madera ([agefriendlycortemadera@gmail.com](mailto:agefriendlycortemadera@gmail.com)) and Zoom info is below.

#### Zoom link

Meeting ID is 832 3151 1777

Passcode is 549288 or dial (669) 900-9128

## PSST, HAVE YOU HEARD?

Looking for something to do? How about forwarding the “Psst, Have You Heard About Marin Villages” member recruitment email to more of your friends and acquaintances? You can add a personal note and “kill two birds with one stone” so to speak: staying in touch with friends and helping Marin Villages build awareness of our mission and add new members! If you need another copy, contact the office and they can email it to you again. [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633

## WHAT'S UP AT THE OFFICE?

Please remember that our office is not open to visitors due to the pandemic. If you have a need to pick something up from BJ or Diane, please call ahead to make an appointment so they can get you what you need in accordance with COVID-19 protocols. In accordance with Marin County Public Health advisories, we will again have only one person

working in the office at a time and schedules may vary.

## CLOSING THOUGHTS

How about a bit of mambo to lighten things up?



Mambo No. 5 (A Little Bit of...) – Lou Bega & André Rieu

Cherie Sorokin, President, Marin Villages

Peter Lee, Interim Executive Director

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