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

## MARIN VILLAGES



### MARIN VILLAGES UPDATE

December 15, 2020

Dear Marin Villages members and volunteers,

Great to have had some rain over the weekend, even if it did keep us at home indoors. But that's where we're supposed to be after all, so maybe the rain was helpful on two fronts!

### COVID-19 UPDATE



**Current advice: stay at home as much as you can.** It's the best way to stay safe. Do not host or participate in indoor gatherings except with people you already share a home with. We're back in the Purple Tier,

which means cases of COVID have been increasing in Marin. The County has issued a new stay-at-home order designed to help reduce and reverse this trend and to help minimize the risk that we will run out of hospital capacity. You can hear Dr. Matt Willis talk about the current status in Marin and also read the “ins and outs” of the full order [here](#). This new order will be in effect until at least January 4.

Vaccines are starting to arrive in Marin, although they won’t be available widely for several months. The initial recipients will be evenly divided between hospital (mainly ER and ICU) staff and skilled nursing facility staff. You can hear Dr. Matt Willis talk about the safety of the vaccine and distribution issues [here](#).

## DECEMBER BABIES!



Did you know December is typically a month in which the fewest babies are born? Couldn’t tell that from our records. We have eight 90+ birthdays to celebrate this month! Congratulations to the following members who this December have or will turn the ages indicated after their names: Naomi Newman and Rhea Wolkowitz, 90; Birte Hanson, 91; Ed Specht, 92; Corine White, 93; Rhoda Wadler, 94; Ruth Smith, 95; and Betty Shapiro; 97. Virtual hugs to all!

## THINGS TO DO WHILE SHELTERING IN PLACE



’Tis the season to be jolly—even in the time of COVID, by golly! Check out these suggestions from our Things to Do list for online art, theater, music, and educational programming, plus some holiday-related shows, silly videos, armchair travel, resources on racism issues, and

some humor and holiday trivia. 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.

## FEELING BLUE?

There was an interesting article in the IJ last week about ways to counter those “I am really down” feelings that can occur in the holiday season, even in “normal” times, let alone now when the newest stay-at-home order overlaps Hanukkah, Christmas, and New Year’s!

Here are some strategies suggested in that article:

- Take a few minutes to acknowledge your anger, sadness, fear and guilt—our negative emotions. Do some quick “venting” of your anger: form a series of sentences and say out loud how you are feeling sad, fearful and/or guilty in the current time. Amazing, but often the simple act of acknowledging these feelings can help you feel better.
- Each day, call or otherwise connect with one person you think might be feeling lonely or in need of companionship. If calling isn’t your thing, think of other simple ways to help another person each day. Helping others helps releases oxytocin in your own brain, which in turn makes you happier.
- Sit or lie down and breathe deeply until you feel a physical difference. This simple act can create a sense of safety, love, and comfort.

You can read the full article by Laurel Mellin [here](#).

## 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)

### Join Our Online Holiday Happy Hour!

Sunday, December 20, 5:00pm



*Amazing! Engaging! Awesome! Fantastic!* Those are just a few of the adjectives used to describe **Jay Alexander**, San Francisco magician and mentalist, who will highlight our online Marin Villages Holiday Happy Hour. You won't want to miss the opportunity to see this wildly popular performer. He was a favorite of Robin Williams and has entertained for the world's largest corporate meeting audiences. This interactive show, customized for Marin Villages, will take you from passive to active participant. Thanks to San Rafael Village member and volunteer Sandy Yoffie for arranging this opportunity for Marin Villages! RSVP to the office to receive the link for this program. (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



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

### **TODAY! 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: 832 3151 1777

Passcode: 549288

Or dial (669) 900-9128

### **Town Hall on California's COVID crisis and preparing for distribution of vaccines**

Thursday, December 17, 6:30pm

This town hall is hosted by California State Senator Mike McGuire. [RSVP here](#) to receive a link.

## DONATING TO MARIN VILLAGES



Don't forget us in your year-end giving. Contributions are vital to Marin Villages' operations! The easiest way to donate is [through our website](#).



## CLOSING THOUGHTS

Ten days 'til Christmas! So we're off by two days with today's closing video. Two different versions depending on your mood!



Twelve Days of Christmas, with lyrics



The 12 Days of Quarantine

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

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