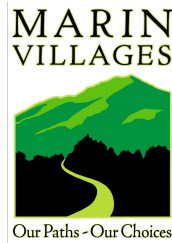


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MARIN VILLAGES UPDATES

January 12, 2021

Well, last week was certainly the week that was! And this week is shaping up to be another. The old curse of “May you live in interesting times” does seem to be continuing to hover over the US!

COVID-19 UPDATE



Things are indeed getting a bit more interesting in Marin, since vaccines have arrived and some vaccinations are taking place. But the stay-at-home order has been extended “until available ICU bed capacity is greater than or equal to 15%,” per the Saturday announcement from the California Department of Public Health. Current Bay Area ICU capacity is listed at 3% in the CDPH press release. The CDPH regularly reviews ICU capacity and rates of infection. A copy of the press release is [here](#).

Vaccinations are in progress and the County has posted the vaccination plan on its website. There is also a recording of last week’s approximately one-hour community conversation on vaccinations and issues related to timing and distribution (click on window below to see it).



Community Conversation

Last week we listed new testing sites. Those are also posted on the County's Public Health COVID website. [Here is the link.](#)

The bottom line for now is that cases are still rising and vaccinations, while in progress, will take 4 – 6 months to roll out to the entire community in Marin. So please stay vigilant, stay home as much as possible, avoid indoor gatherings, and keep washing those hands.

Please also remember that as noted in our last update, if you need to ride in a car with someone not in your “bubble,” consider opening the window opposite the driver, and also the window opposite whoever is in the back seat and being given the ride. There is some thought that the airflow is best with this configuration, as outlined in [this article](#).

NEED SOMEONE TO TALK TO?

You are definitely not alone if you are feeling stunned, amazed, depressed, confused or sad, or all of the above, given the events of the past week and the continuing scariness of this pandemic. If you need a friendly call from a Marin Villages volunteer, let the office know and we'll arrange it. We are, as the current catch phrase goes, all in this together. Often a sympathetic ear, a friendly chat, or recognition that others are going through much the same thing helps us feel better. (415) 457-4633 or info@marinvillages.org

Also, remember these helpful hints for coping with stress:

Sleep is the most restorative daily routine we have, so it helps to go to

sleep in a calmer state of mind. Remembering and noting three to five things from each day for which you are grateful and savoring them before dropping off to sleep can establish a more restful sleep.

Reducing excessive news watching (harder to do right now, we know) or computer time and replacing some of it with exercise can improve a sense of wellbeing, especially if you can be out in nature for the exercise. A stroll outside is one of the best medicines there is. If walking isn't your thing, try a few "chair" exercises or stretches on the balcony or patio.

Doing one thing daily for self-care without exception and allowing yourself to be aware and appreciative of this action, however small, can help create a healthier reality. So sing in the shower, pet or hold your cat or dog for comfort, sip tea and have a cookie while counting the birds flying by outside your window, and/or listen to music that you love.

Bring some kindness, care, groundedness, and balance to those around you.

Share your stress-reduction ideas with others. We'd love to hear about them, so if you have coping mechanisms that are helping you, how about emailing info@marinvillages.org to let us know what is working for you!

MARIN VILLAGES PROGRAMS

A talk with Dr. Matt Willis

Wednesday, January 20, 1:00pm

Dr. Willis, public health officer for Marin, will again do a program just for Marin Villages. He will speak on the COVID vaccines; dosing and virus-mutation issues; and an overview of the pandemic in Marin, including our viral transmission history, which sets the stage for vaccine distribution protocols and scheduling (not to mention controversies!). Many thanks to board member Larry Meredith for helping to arrange this timely program. Please RSVP to the office to receive the Zoom link or phone number. (415) 457-4633 or info@marinvillages.org

A talk with COVID-19 survivor Frank Cutitta

Wednesday, January 27, 2:00pm

Mr. Cutitta is a friend and former business colleague of volunteer Colin Crawford. He is passionate about the issue of isolation in the healthcare system after spending a total of 100 days in a hospital (45 in a

medically induced coma) and rehab center on the East Coast fighting and then recuperating from COVID-19. Lessons from his experience have led him to fight against patient isolation in the healthcare system given its potential for long-term negative impact on the immune system and the brain. Please RSVP to the office to receive the Zoom link or phone number. (415) 457-4633 or info@marinvillages.org

COMMUNITY PROGRAMS

The Socialite and the Sea Captain: Louise A. Boyd and Bob Bartlett, and the Clandestine Arctic Voyage of 1941

Wednesday, January 20, 7:00pm

This is a free presentation by the Marin History Museum on Marin's own famous woman arctic explorer. [Register here](#) to receive the Zoom link.

OFFICE HAPPENINGS

Diane Castro, our volunteer coordinator, submitted her resignation last week. We will miss her bright smile and sunny disposition! Diane's last day is Thursday, January 14. Please join us in wishing her well on her new adventures.

Note that our office in Terra Linda is officially closed to visitors because of the shelter-in-place order. BJ and Marco are in the office from time to time, separately because of COVID restrictions, but please no visits from members or volunteers. If you need to pick something up or drop something off, please make an appointment with BJ and use the plastic box that we have set up outside by the door for collecting or leaving items so there is no need to physically enter the office. It's a tiny space!

CLOSING THOUGHTS

Tough week, and likely more difficulty to come. Maybe a little advice from Monty Python can help!



Monty Python: *Always Look on the Bright Side of Life*

Cherie Sorokin, President, Marin Villages
Marco Maina, Executive Director



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