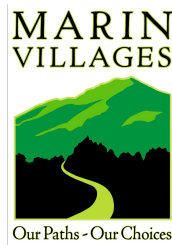


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MARIN VILLAGES WEEKLY UPDATES

January 26, 2021

Dear Marin Villages members and volunteers,

Are we or aren't we supposed to stay at home? Can we or can't we get a vaccination? Why is everything so crazy? You are definitely not alone if you are confused and frustrated! This email is longer than usual because there is lots going on. We may not be able to answer all your questions (especially not #3), but here is what we know as of this morning. This email is a bit longer than usual because there really is a lot to understand.

COVID-19



There are three pieces of good news on the COVID front:

1. California's ICU capacity has improved, and cases are declining.
2. ICU capacity has improved enough that the state has lifted the "stay at home" order, which paves the way for, among other things, restaurants to open again for outdoor dining and for gatherings to resume with non-family members (those in your bubble)—though timing will vary from county to county on lifting of restrictions. Marin issued a [press release](#) yesterday indicating we would revert to Tier 1 purple status and lists what activities are now authorized.

3. Those of us who have reached 75 can now schedule vaccinations!!

On the vaccination front, last week Dr. Matt Willis, Marin's public health officer, told us that he believes residents of Marin who are 75 and older all will be vaccinated against COVID within a month or month-and-a-half. This update gives key points to know about the vaccination process. Of course, no surprise, it's still a bit complicated.

Key points about vaccination scheduling:

- **Vaccination focus in Marin is now on those 75 and older.** Last week Dr. Willis spoke to Marin Villages and announced the big news that Kaiser, Sutter, MarinHealth Medical Network, and Marin County Public Health have all agreed to focus on vaccinating those of us 75 and older.
- **The County expects this focus on age will speed up the vaccination process for Marin's most vulnerable residents.** With age as the only requirement, the County expects the vaccination process will be much faster and easier to administer. After the 75 and older group is vaccinated, they will move to 65 and older and then younger groups while at the same time weaving in others by occupation etc. Anyone who already has a vaccination appointment but doesn't fit in the 75-and-older category, can still keep that appointment. They aren't planning to reschedule anyone who already has an appointment.
- **The appointment scheduling process can be frustrating, though it's getting better.** Persistence is the word of the day because the scheduling process can still be frustrating, especially because information on websites and on recorded messages when you call in aren't always up-to-date. Kaiser, Sutter, MarinHealth Medical Network and also the Marin Community Clinics are now starting to reach out to schedule vaccinations for their clients who are 75 and older. You can also schedule vaccination appointments with them by calling them (unfortunately, often a long wait) or through their online systems, though the process will vary among providers. If you are trying to book an appointment yourself, remember availability of appointments is tied to availability of vaccines, so if at first you don't succeed, try, try again—and again!
- **Amount of vaccine is still limited.** Availability of vaccines is tied to an allocation process that the healthcare providers don't fully control. Right now, the supplies of vaccine are still very limited, so it won't necessarily be possible to get an immediate appointment. But the federal government is now focused on getting more vaccine produced and distributed more effectively.
- **Best to use your own healthcare provider.** If you receive care through Kaiser, Sutter, MarinHealth Medical Network, or the Marin Community Clinics, it is best if you schedule with the one you

regularly go to for care if you can, because they all receive allocations of the vaccine based on the number of individuals they regularly serve. But, if you have trouble scheduling with your own provider, you can schedule with any of them even if they aren't your regular healthcare provider. If you don't receive care through Kaiser, Sutter, MarinHealth or Marin Community Clinics (or another major provider nearby such as UCSF or CPMC), Marin Public Health will help arrange your vaccination.

- **Safeway, CVS, and Walgreens.** In Marin right now, Safeway, CVS, and Walgreens are assisting with vaccinations of healthcare workers and residents in assisted living and long-term care facilities in our county. They are not yet providing vaccinations in their stores or to the general public.
- **Tracking.** The County is also [tracking the numbers of vaccinations of Marin residents](#) and will post a report on the Marin HHS website so we know how many residents have received vaccinations. The more who get vaccinated, the sooner we can "get back to normal."
- **Form to indicate interest in notification regarding eligibility for vaccination.** The County has also established an online system for people to sign up for notification of timing of vaccination availability as the eligibility age limits change. You can [access the form here](#).
- **If you can't sign up online because you don't use or have access to the internet.** Marin Public Health is aware that not everyone is able or adept enough to use the internet to do online scheduling. They, along with the major health care providers, are developing a process for contacting these individuals by phone.
- **If physical limitations prevent you from leaving your home.** The County has mobile vaccination units and can arrange for home visits to provide the shots if a person is not able to leave home due to physical limitations. Marin Villages members who no longer drive may request a ride on our dashboard, subject to driver availability.
- **Veterans have an additional option.** U.S. veterans who are patients or receive services at Ft. Miley can make arrangements to receive the vaccination through the SF Veterans Administration. They have vaccine clinics every Saturday in SF, serving 75+.
- **Masks, social distancing, etc. are STILL IMPORTANT.** Face coverings, social distancing, avoidance of indoor gatherings, limiting trips to "essential outings" and hand-washing rules still apply even for those vaccinated. These rules will be necessary for some time.
- **Scam Alert.** Vaccinations are free. You can't be put on a waiting list, for money or otherwise. No one from Medicare will call you about the vaccine. You don't need to provide your Social Security number or credit card number or bank account information in connection with setting up a vaccination.

By the way, if you missed the program we had with Dr. Willis and wish to view the recording, it is [available here](#) for a few more days. [Note this recording is unedited and there are a few glitches right at the start, but otherwise it runs smoothly.]

For more detailed information and daily updates, check the [Marin Public Health Department website](#).

HELP A STUDENT DEVELOP YOUR PERSONAL PROFILE



Here's a great opportunity to be part of a national initiative to help transform healthcare to be more personal and "age-friendly" while at the same time helping Dominican University Occupational Therapy students better understand the experiences of older adults. You can help!

We are looking for 25 Marin Villages members to meet over the phone for three conversations with Dominican OT students to create a ***My Life Profile for Age-Friendly Healthcare***—an essential part of any "hospital-go-bag" for older adults. The profile is a document that can speak for you if you are unable to speak for yourself! This is the second time we've partnered with Dominican students on this Life Profile project. Prior Marin Villages participants really enjoyed the experience and highly recommend the project. If you are interested, please call or email the office by February 8th. (415) 457-4633 or info@marinvillages.org

MARIN VILLAGES PROGRAMS

TOMORROW! A talk with COVID-19 survivor Frank Cutitta
Wednesday, January 27, 2:00pm

Having survived COVID and 100 days in the healthcare system fighting for his life and then recuperating from the aftereffects of his viral infection, Mr. Cutitta learned a lot about healthcare in the U.S. and, in particular, the effects of isolation on patients. This is a rare opportunity

to hear his insights and to ask questions about his COVID experience. Please RSVP to the office to receive the Zoom link or phone number. (415) 457-4633 or info@marinvillages.org

LOCAL VILLAGE PROGRAMS

Memories of the Great Ross Valley Flood

Thursday, January 28, 4:00pm

Join with members of the Ross Valley Village and reminisce about where you were 39 years ago in the year of the great Marin flood. RSVP to Loulie Sutro and she will send you the Zoom link. lhsutro@msn.com or (415) 497-8961

COMMUNITY PROGRAMS

COVID-RELATED

What Marin County Residents Need to Know about COVID-19

Today! Tuesday, January 26, 5:30 – 6:30pm

This community conversation from Marin Public Health will focus on the status of Marin's vaccination efforts; how much vaccine supply is available and how many people have been vaccinated; and also provide an update on the regional stay-at-home order and schools. [Watch on Facebook Live](#) or [on Zoom](#). Meeting ID: 956 2661 1169, Attendee ID: #, Password: 074775 or join by phone: (669) 900-6833, Meeting ID: 956 2661 1169, Attendee ID: #, Password: 074775

Coronavirus Response: Slowing the Spread, Distributing the Vaccine

Also today! Tuesday, January 26, 6:30pm

This program features State Senator Mike McGuire; Dr. Timothy Brewer, UCLA Fielding School of Public Health and Geffen School of Medicine; and Lori Nezhura, deputy director Planning, Preparedness and Prevention from the State Office of Emergency Services, and co-chair of California's COVID-19 Vaccine Task Force. [RSVP today!](#) After you RSVP, you will be emailed the call-in number and livestream link from Senator Mike McGuire's office. If you have questions about this event, please call Senator McGuire's office at (707) 576-2771.

Town Hall Presentation by Kaiser

Thursday, January 28, 11:30am – 12:30pm

This presentation is open to all and will focus on common questions

and concerns about the COVID vaccine. [Join online](#) or by phone: (408) 418-9388, Meeting ID: 177 324 3665, password: Thrive1!

OTHER COMMUNITY PROGRAMMING

Challenges, Strategies, Opportunities for the Aging Population in Marin

Wednesday, January 27, 11:00am – 12:30pm

One of the Marin Coalition's *Conversations that Matter*. Free, but [registration required](#).

Caring for a Loved One, with Dr. Donna Benton

Thursday, January 28, 10:00am

The Village Movement California is sponsoring a four-part series on the continuum of caregiving many of us experience at some point in our lives and how to access resources and support. Free. [Register here](#) to receive the Zoom link.

Indigenous Peoples in Marin—Coastal Miwok Tribal Council

Thursday, January 28, 10:00am (yes, alas, conflicts with the Village Movement California program)

Members of the Coastal Miwok Tribal Council will join the Equity, Outreach and Advocacy Committee of the Marin County Commission on Aging to share personal experiences and talk about the history of indigenous people in Marin as well the work of the Council and opportunities to ally. Open to the public. Use the Zoom link below to join. No registration required.

[Zoom link](#)

Meeting ID: 864 3508 3273 Passcode: 906522

One tap mobile: +16699006833,,86435083273#,,*906522#

Dial in: (669) 900-6833

WHAT'S UP AT THE OFFICE

If you know anyone who might be interested in becoming our new Volunteer Manager, we have posted the job on Indeed.com. Type in "volunteer manager" in the search box and San Rafael in the location box.

CLOSING THOUGHTS

Lots of focus on getting shots right now. Hope this rousing rendition of *My Shot* from *Hamilton* helps everyone get geared up for vaccination (not revolution)!



My Shot: *Hamilton*, the musical

Cherie Sorokin, President
Marco Maina, Executive Director



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