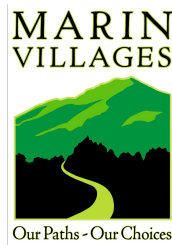


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MARIN VILLAGES WEEKLY UPDATE

February 9, 2021

Dear Marin Villages members and volunteers,

Happy Valentine's Day, almost. Hallmark holiday or not, roses are red, violets are blue, Marin Villages is happy to know all of you!

COVID-19 UPDATE



Vaccinations are proceeding, although at a much slower rate than hoped because of the continuing shortage of vaccines in Marin. Slightly over half of Marin's age 75 and over residents have received at least one dose. And the County seems poised to open up vaccinations to those 65 and older soon (Sutter already has). Congratulations to those of you who have managed to receive at least your first vaccination and to those of you who have a pending appointment for receiving your first or second shot. And **many thanks to our wonderful volunteers** who are helping to get members to their vaccination appointments, even on very short notice!

For those who haven't yet been able to schedule an appointment, we encourage you to be patient as well as persistent. The County's [coronavirus webpage](#) includes information on all current vaccine providers in Marin and how to get in touch with them. The process can still be frustrating, whether by phone or online. It's hard to say which

provider is doing the best job at scheduling vaccinations, because again, appointments are subject to availability of vaccines and the amount of vaccine available to each healthcare provider can vary from week to week. As a result, scheduling efficiency also varies. Anecdotally, we've heard the best time to try to make an appointment is the end of the week—Thursday or Friday—as providers find out about their allocation for the next week on Wednesdays. We still are waiting to hear about the establishment of a central call center for people without Internet access to use for scheduling appointments.

The good news in all this is that Marin is geared up to vaccinate a lot more people than vaccine is currently available, so once the supply problem is fixed (hopefully soon!), the process should be much smoother. Here is the latest video from Dr. Matt Willis which reiterates this point, and also provides other information on how Marin is doing in comparison to other counties. Well worth a watch!



Dr. Matt Willis--vaccine updates

And, meanwhile, whether you've been vaccinated or not, keep wearing masks, maintain social distancing, avoid indoor gatherings, and continue to wash those hands! We have not moved from the Purple Tier to the Red Tier—meaning we still have widespread risk of new infections in Marin.

PERSONAL PROFILE PROJECT NEEDS MORE VOLUNTEERS

Help transform your healthcare experience if you are ever hospitalized and can't speak for yourself! We are looking for ten more Marin Villages

members to work with Dominican University Occupational Therapy students on a project to create personal profiles to help make healthcare more age-friendly. Members who participated in a similar project last spring really enjoyed working with the students. It's a great intergenerational project and you end up with a document that is an essential part of any hospital go-bag for older adults. Please sign up with the office by Thursday this week if you can! (415) 457-4633 or info@marinvillages.org

KEEP UP YOUR SPIRITS

There's so much going on around us: impeachment, arguing over how much economic relief is needed, continued racial reckoning, concerns about vaccine availability and COVID variants, difficulties in scheduling vaccination appointments--and we're still essentially stuck at home in small social bubbles. Yikes! It's enough to drive anyone cuckoo.

Fortunately, most of us are remaining sane, if not sassy. But here are some ideas that may help you feel good, or at least better, despite it all.

- **Find or reinvigorate a purpose**, a cause, something that offers you the opportunity to help others or to advance a mission or an idea, and every day do something, no matter how small, related to this purpose. Keep track of what you do every day to help you stay focused.
- **Learn something new**, whether formally in a class, or by checking out books from the library, or by asking a friend or family member to introduce you to and help you with something you've never done before. Zooming? FaceTime? Signing up for a podcast? Taking up knitting? Finally learning the Spanish that you once started in high school? Learning something new is great for the brain, as well as one's state of mind.
- **Revisit the past** by writing down key memories from your own life—maybe there's a book waiting to be written, or maybe just a letter to a friend or family member who would appreciate knowing what you remember and learned throughout your life. We each have a lot to offer. Spill the beans!
- **Create or build something**—something that not only you, but also someone else, might appreciate. Valentine's cards? An indoor garden? A Jenga tower or playing-card house? A drawing or painting? Creativity reduces stress and anxiety, and can help with problem-solving too!
- **Give away stuff!** Look again at those closets and boxes you have. Anything still there that someone could really use and that you aren't currently, or maybe ever again, in need of? Inequality is quite visible these days, so maybe you can help. Plus, it gives you more space!
- **Move about.** If you aren't into exercise, at least move around. Even

10 minutes of walking outside, or around your home, can be therapeutic and change your mood for the better.

- **Take time to breathe deeply**, and while you're at it, reflect on what you are grateful for, or what makes you happy.

Of course, it's important to differentiate between normal weariness brought about by the pandemic and the state of the universe, and weariness related to illness or depression. If you are down more than up, feeling ill, sad, hopeless, listless, not eating or sleeping well, and nothing seems to make a difference in how you feel, check in with your healthcare provider. Depression is treatable with therapy and, if needed, with medicine. Illness and aches and pains are best treated early, not after months of ignoring them because "who wants to go out to the doctor or hospital in these times!"

MARIN VILLAGES PROGRAMS

Valentine's Day Party with Ross Valley Village

Sunday, February 14, 5:00pm



Come share a love story or two with Ross Valley Village on Valentine's Day. Romantic raffle prize drawing for those who sign up! Contact Loulie Sutro to RSVP by February 12 and she will send you the Zoom link. lsutro@msn.com or (415) 453-5878

Meet and Greet with Marco Maina

Wednesday, February 17, 2:00pm



Come meet our new executive director! This is a great opportunity to

hear from Marco about his background and prior work and life experiences. Feel free to submit in advance any questions or topics that you'd like him to cover by [emailing the office](#) by February 15. Meanwhile you can also [read his bio](#) on our website. RSVP to the office to receive the Zoom link. info@mainvillages.org or (415) 457-4633

COMMUNITY PROGRAMS

Marin Health Webinar on COVID Vaccinations

Wednesday, February 10, 5:30pm

[Join webinar here](#)

Meeting ID: 146 113 6006 | Password: event)

Or access by phone: (408) 418-9388

Age-Friendly Marin Forum: *The Age-Friendly Movement—Building on Your Values and Vision for Your Life*

Wednesday, February 24, 10:30 – 11:45am

Age-friendly communities can be a great place to grow up and to grow old. Learn about recent planning at the state, county, and local levels and how your values and interests in how and where you want to live are guiding these plans. Learn why and how you can inform and participate in the development of your age-friendly community. Speakers include Sara Robinson, Age Forward coordinator, County of Marin, and Age-Friendly San Anselmo chair; Sybill Boutilier, Age-Friendly Sausalito; Sparkie Spaeth, Age-Friendly San Rafael Steering Committee and Marin Villages board member. To join and receive the Zoom link, contact Patricia Stoliar, (415) 927-0679 or agefriendlycortemadera@gmail.com.

CLOSING THOUGHTS

How about this quintessential love song in honor of Valentine's Day? May we all see the world at least a little bit "en rose"!



Edith Piaf: *La Vie en Rose*

Cherie Sorokin, President
Marco Maina, Executive Director



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