



MARIN VILLAGES WEEKLY UPDATE

March 9, 2021

Dear Marin Villages members and volunteers,



More signs of spring! Diana McClure took this picture of daffodils a week ago on the Coastal Trail on Mt. Tam. She reports seeing some California poppies along the way, too.

COVID-19 UPDATE

Vaccinations. It's getting easier to make appointments for vaccinations, although there are still some hurdles, and of course, vaccinations are still subject to deliveries of the vaccine to Marin. Typically the best times to search for open appointments are late Friday or early Saturday, as providers tend to find out about the amount of vaccine they will receive for the following week sometime between Wednesday and Friday.

As of Monday, more than 66,000 people in Marin have received at least one vaccination shot, 30,000 plus have received two shots. Those of us 75 and older without computers or without reliable internet connection can now call (833) 641-1988 to get assistance in scheduling COVID vaccinations from a real live human being. This phone line operates Monday through Friday, 8:00am to 5:00pm and is designed to help those do not have internet connectivity or an at-home computer, tablet, or smartphone. So far it is proving easy to use and wait times have not been long.

If you have email and are 65 or older (and a Marin resident), it is also quite easy to sign up for appointments at the Larkspur Ferry drive-thru facility. You can do so by clicking on this link: <https://coronavirus.marinhhs.org/vaccine/P1Bsignup>. Even if you don't have email, it appears that someone who does can help you with registration and use their email address for receiving

confirmations and notices, etc. Scheduling is available a week at a time, and again, looking for appointments on Friday or Saturday offers the most flexibility.

For additional information on other providers of vaccinations in Marin (e.g., Marin Health, Sutter, Kaiser, Rite Aid, CVS, Walgreens, and other facilities operated by the Marin Public Health Department) and new providers that are joining those already in service, check out the County's website.

<https://coronavirus.marinhhs.org/vaccine/status>

If you haven't yet been able to get an appointment for your vaccination, keep trying. If you get discouraged or need help, Marin Villages volunteers may be able to help. Check with the office. (415) 457-4633 or info@marinvillages.org

Need some encouragement? Check out this promo video from Dolly Parton!

<https://www.youtube.com/watch?v=OjbSWebA3Ko>

The current \$64,000 question. If we have received two doses of Moderna or Pfizer vaccines and it is now two weeks past the second shot, can we party? Maybe, but caution is advisable. The vaccines aren't 100% protection (though close), and we still don't know if a vaccinated person can be a carrier of the virus and infect someone else who hasn't been vaccinated. There are also new variants and we aren't yet sure how existing vaccines will work to protect against them. The risk of infection is really low if you are hanging out only with other people who have been vaccinated, but we still have lots more people to vaccinate.

The CDC just yesterday issued interim guidelines which are based on the risk of infection being low when you are with others who are fully vaccinated—fully vaccinated meaning two weeks after your second shot of the Pfizer and Moderna vaccines, or your single shot of the J&J vaccine.

For visits between fully vaccinated and unvaccinated people, the guidelines are more complicated.

A fully vaccinated individual can visit indoors and without masks with unvaccinated individuals in a single household as long as none of the unvaccinated are at high risk of serious infection because of age or underlying medical conditions. If any of the persons are at risk of serious infection the visits should be outdoors, with everyone wearing masks and social distancing. Bottom line: visits with your children and grandchildren are likely to fit in this category.

A fully vaccinated individual visiting with unvaccinated people from multiple households should in all cases continue to limit visits to outdoor situations, with masks and social distancing. Bottom line: visits involving big family reunions, parties, or Easter and Passover celebrations, are likely to fit in this category.

The new guidelines also caution that all persons, vaccinated or not, should avoid medium and large indoor gatherings.

So perhaps keep those party shoes in the closet another month or couple of months for now. And don't forget that, at least for now, wearing masks, social distancing, avoiding indoor gatherings, and washing your hands remain important whether or not you are vaccinated!

CONGRATULATIONS TO SUE TORRES—CVNL VOLUNTEER OF THE MONTH!



Our fabulous volunteer Sue Torres has been selected as Volunteer of the Month by Marin's Center for Volunteer Nonprofit Leadership. Watch for the announcement in the IJ. Sue is a true "rock star" who goes above and beyond the call of duty. She has helped over 160 of our members with doctor's appointments, rides, picking up groceries or prescriptions, and handyperson requests. This equates to over 422 hours of volunteering since she joined us a volunteer! She even handles last-minute requests, including round trips to SF for members with doctor's appointments in the city. Thank you, Sue, for your dedication to Marin Villages! We are so fortunate to have you as part of the Marin Villages team.

MARIN VILLAGES PROGRAMS

Scams and Other Nefarious Doings!

Friday, March 12, 3:00pm



Human nature being what it is, there's always someone nefarious out there trying to cheat. Come learn what to watch out for! Members of the Marin Financial Abuse Specialist Team will join us for a program on the latest fraud schemes and scams we need to know about. RSVP to the office at (415) 457-4633 or info@marinvillages.org. Or use this URL to register directly: <https://marin.helpfulvillage.com/events/2703-scams-and-other-nefarious-doings>

COMMUNITY PROGRAMS

Healthy Aging Workshop on the Benefits of Vitamin D

Wednesday, March 17, 12:30 – 1:30pm

A program from Seniors at Home. Learn how vitamin D and calcium work together and their effects on osteoporosis and healthy bone formation. Free event. Register here: <https://www.eventbrite.com/e/a-healthy-aging-workshop-the-benefits-of-vitamin-d-tickets-141344734907>

CLOSING THOUGHTS

Here's a little ditty you can dance and sing along to by yourself at home! Some Perry Como nostalgia, too.

Perry Como, *Papa Loves Mambo*: <https://www.youtube.com/watch?v=iBKaeqL-6I>

Cherie Sorokin, President

Marco Maina, Executive Director