



MARIN VILLAGES WEEKLY UPDATE

March 23, 2021

Dear Marin Villages members and volunteers,

Spring is officially here, and Passover, Easter, and a few holdovers from more pagan rituals, like colored egg hunts and chocolate bunnies, aren't far behind. It's a time for reflection and renewal, however you mark this time of year—plus a great time to enjoy the amazingly beautiful flowers, flowering trees, and plants sprouting up everywhere in Marin.

COVID-19 UPDATE



Vaccinations. We're getting there! As of yesterday, 47.5% of Marin residents over age 16 had received at least one shot of vaccine! What about you?

If you haven't yet been able to get an appointment for your vaccination, stick with it (no pun intended!). Availability of appointments changes frequently. Friday afternoons and early Saturdays seem to be the best times to schedule appointments through Marin Public Health because of the timing of when they receive information on their vaccine supply for the following week. Optimum timing for scheduling with other providers may differ. And remember, if you are 75 and older and don't have a way to schedule yourself online, you can call (833) 641-1988 to get assistance in scheduling from a live human being. Wait times have not been long.

If you get discouraged or need help, Marin Villages volunteers may be able to assist. Check with the office. (415) 457-4633 or info@marinvillages.org

Guidelines and Rules. As more people are vaccinated and the number of infections and hospitalizations declines, we are poised to move into the Orange Tier which will open up more activities. Being in the Orange Tier will mean, based on specific levels of case rates, that the COVID- 19

risk in Marin is “moderate,” a big improvement over the “substantial risk” of the Red Tier. But “moderate risk” is not the same as “minimal,” the standard for the Yellow Tier. We can’t get complacent! For that reason, Marin Villages is continuing for a while longer with the same adaptations we made to operations at the outset of the pandemic. You can check our website to refresh your memory if you are uncertain about what types of activities and services are available.

https://marin.helpfulvillage.com/editable_pages/10265-marin-village-covid-response-new

Note that CDC guidelines also specify that everyone, vaccinated or not, should continue to avoid medium and larger indoor gatherings, even though those of us who are fully vaccinated have more flexibility to visit with others who are also fully vaccinated. The CDC’s interim guidelines for people who are fully vaccinated (i.e., two weeks after the second Pfizer or Moderna shot or the single J&J shot) can be accessed here: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

How far we have come! For some reflections on how far we’ve come in dealing with the spread of the virus and the extraordinary efforts to protect everyone in the past year, check out this video from Dr. Matt Willis. <https://www.youtube.com/watch?v=ZwGt4MzGwo>

COLUMBIA SPORTSWEAR SPECIAL FOR MARIN VILLAGES MEMBERS AND VOLUNTEERS

Between March 26 and April 18, Marin Villages members and volunteers will again have the opportunity to purchase Columbia sportswear and other great products at a discount at the Columbia Employee store in Richmond: 1414 Harbor Way, near the Rosie the Riveter Museum. Email the office if you are interested and they will email you back the invitation. You will need both the invitation and the email from the office, which will serve as proof of your association with Marin Villages, in order to take advantage of the discount. Happy shopping!

MARIN VILLAGES PROGRAMS



Not Home Alone—another fun opportunity for conversation and community with Donnalee Wells
Easter Sunday, April 4, 2:00pm

Come join us on Zoom and share your favorite Easter or Passover or other springtime celebration memories. Photos to share would be fun, too. How about bunny ears or an Easter hat? RSVP to donnaleewells@comcast.net or text her at (415) 302-9244 and she will send you the Zoom link.

COMMUNITY PROGRAMS

Age Friendly Marin Forum—*Maximize Your Memory: Healthy Living for Your Brain and Body*

Tomorrow, March 24, 10:30 – 11:45am

For centuries, we've known that the health of the brain and the body are connected. But now science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Speaker: Ariana Myers, community educator, Alzheimer's Association of Northern California.

Join Zoom Meeting:

<https://us02web.zoom.us/j/8539357484?pwd=M3JXYlcyYmNvdUJlZlZFWUFZWlhsUT09>

Meeting ID: 853 935 7484

Passcode: 398715

Dial by your location: (408) 638 0968

SAVE THESE DATES!

Marin County Area Agency on Aging, 2021 – 2022 Area Plan Update

Thursday, April 1, 10:00 – 11:00am

Learn about the AAA and Commission on Aging's response to COVID-19 and efforts to advance racial equity; hear from guests about the accomplishments of the year; and collaborations and plans for the year ahead. No RSVP required.

Zoom Link: <https://us02web.zoom.us/j/86877130581>

Meeting ID: 868 7713 0581

Passcode: 803039

Age Friendly Marin Forum—*Emergency Preparedness for Aging Adults*

Wednesday, April 28, 10:30 – 11:45am

Your life might depend on being organized and ready should an emergency situation arise. Reacting as quickly as possible under pressure takes advanced preparation. Get the best advice available geared for older adults and learn how to survive. Speakers: Maggie Lang, coordinator, Marin County CERT, emergency preparedness consultant, Mill Valley Fire Department, Southern Marin Get Ready coordinator; Diana Lopez county commissioner, Commission on Aging, HICAP counselor. Zoom info to come in April or contact SRobinson@MarinCounty.org

Is There a Doctor in the House? Telehealth and Bridging the Digital Health Divide

Thursday, May 27, 10:00am – 12:30pm

This is the Commission on Aging's annual health forum—which is being held digitally this year. Stay tuned for information closer to the date on how to register for this event.

RACIAL RECKONING

The recent increase in hate crimes against Asians is deeply troubling and difficult to fathom. For many of us, prior instances of discrimination against this community have often been invisible. We've included some articles on the history of discrimination and racial stereotyping borne by Asian-Americans in the Resources section of our Things to Do list of March 22. You can access the Things to Do list here: <https://www.marinvillages.org/pages/10183-marin-villages---sip>

CLOSING THOUGHTS

It's great that we've had solid progress on the virus and vaccine fronts, but there's still a lot of stress and turmoil in our lives as witnessed by recent anti-Asian and misogynist events in Atlanta and elsewhere. Here's a lovely reminder from the younger generation on the importance of acceptance and love as well as the need to learn to live together!

Playing for Change, *Love is All*: <https://www.youtube.com/watch?v=q4T37EaW4eU>

Cherie Sorokin, President

Marco Maina, Executive Director