



MARIN VILLAGES WEEKLY UPDATE

April 20, 2021

Dear Marin Villages members and volunteers,

There's new news, there's old news, and there's a healthy dose of good news in this week's update! Read on for the whole mix...

COVID-19 UPDATE

What's new in the county since last Tuesday?

Last Thursday, Marin County relaxed some of its previous restrictions on gatherings, even though we were still in Tier 3, or orange status. The new guidance allows outdoor gatherings of up to 50 people while maintaining standard precautions such as the wearing of face coverings and social distancing. Indoor gatherings are still strongly discouraged, but may occur with up to 25 people or 25% of the stated capacity of the indoor space (whichever is fewer), so long as windows and doors are open for ventilation and guests follow guidance for mask wearing, physical distancing, and food consumption.

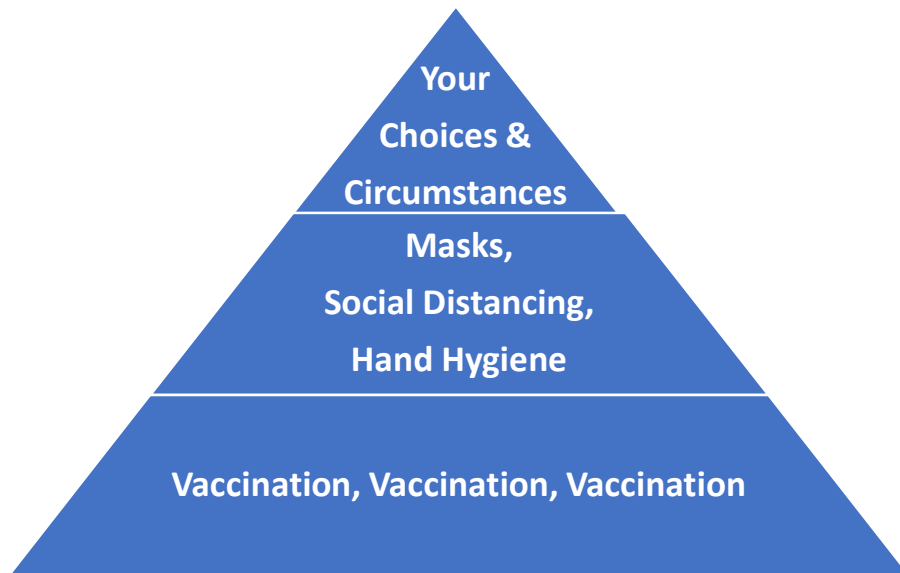
Marin may enter the yellow Tier 4 this week or next if numbers continue to improve. That would allow greater numbers to gather both indoors and outdoors. But, according to Dr. Matt Willis, Marin's public health officer, we appear to be "stuck" in the orange tier because we are currently experiencing a slight increase in new cases, and even if we move into the yellow tier, we have not reached "herd immunity." Take a look at Dr. Willis's most recent video which explains our ongoing vulnerability until we reach the level of "herd immunity." <https://www.youtube.com/watch?v=II8uAPCljkh>

What about Marin Villages?

We made some adjustments to our services and activities last week and, for the moment, we are sticking with them. After all, almost all of our members and volunteers are in the "most at risk" age group. So our local villages aren't yet hosting gatherings of more than five – six people outdoors. But stay tuned; as we get back the responses to the questionnaire we sent out last week on member and volunteer preferences, and assuming Marin's experience with "opening up" proves successful, we will also consider expanding opportunities for Marin Villages in-person gatherings. Please check our website for a full list of activities and services that are available now.

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

Remember the pyramid. Make safe choices!



The most basic and important layer of protection is to be vaccinated. After that, our choices—to mask, to social distance, to keep washing hands, to travel, to dine indoors at a restaurant, to shop when stores are crowded, to attend a concert, wedding, funeral or a party—all affect the degree of risk we are taking and how we are helping, or not, protect against the spread of the virus. Let's be careful out there!

Need help with getting vaccinated? Everyone over the age of 16 is now eligible for vaccination in Marin. If you need help scheduling a vaccination, please call the office. We may be able to help. (415) 457-4633

GOOD NEWS ABOUT GETTING OLDER

Too often we focus on the bad news these days, whether it's about aging, the dangers of COVID, or the state of the world in general. But there actually are some good things to remember about aging and some of them may even help as we reflect on COVID or the state of the universe. Here are nine things to contemplate, at least according to an article posted on the *Center for Story and Symbol* website. The complete article can be found here, and it's well worth a read and some thought.

<https://folkstory.com/articles/goodnews.html>. Here's an excerpt to get you started!

"Here are some things that get better as we age. On our best days, we have a kind of grace. We are works-in-progress and even in later life new qualities surface. Some aspects are coming along faster than others. Other features come and go. In general, we can see certain emerging attitudes seem to unlock the rewards of getting older.

1. We can enjoy life
2. We can make the most of what we have

3. We can appreciate people
4. We can accept our flaws
5. We are at home in the world
6. We have less to prove
7. We have strong priorities
8. We accept our moods
9. We take time to reflect"

MANY HAPPY RETURNS!



And speaking of things that get better as they age, quite a few members in the 90+ club celebrate birthdays this month, and we even have one member turning 101!



Happy birthday to Frances Kelly, who is celebrating her 101st birthday this month. And to Chris Vonk and Patricia Garlan, who turn 95; Laurel Feigenbaum, who turns 94; Mary Levin, who turns 93; and Mary Vezie, who turns 91. Happy, happy birthdays to all!

MARIN VILLAGES PROGRAMS

Finding Your Roots—A Personal Journey with Marin Villages Volunteer Colin Crawford

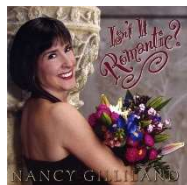
Wednesday, April 21, 3:00pm



Ever wonder if you are related to someone you've never met? Come hear the fascinating personal story of Colin Crawford's 30-year journey, as the adopted child of a loving family, piecing together his family history, skeletons and all! To receive the Zoom link, please RSVP directly on our website at <https://marin.helpfulvillage.com/events/2799-finding-your-roots-with-colin-crawford>, or call the office. (415) 457-4633

Marin Villages Donor Recognition Event

Sunday, June 6, 5:00pm



Join us for a short program and a wonderful performance by Nancy Gilliland, who will entertain with songs from the Great American Songbook. Please RSVP here: <https://bit.ly/MVDonorEvent> This will be a really fun event!

COMMUNITY PROGRAMS

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. Register on our website: <https://marin.helpfulvillage.com/events/2855-age-friendly-marin-forum---emergency-preparedness-for-aging-adults>

Or use the Zoom info below.

<https://us02web.zoom.us/j/87522017040>

Meeting ID: 875 2201 7040

One tap mobile (669) 900-9128 87522017040#

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. Register now for this great free webinar: https://zoom.us/webinar/register/WN_kDIhuf8mSW-NIb0AaSrTDA

THANKS TO OUR DONORS

Our spring solicitation is still on! Many thanks to those of you who have already contributed. Your support means a lot! https://marin.helpfulvillage.com/fundraising_campaigns/8-annual-fund-spring-2021-campaign

CLOSING THOUGHTS

The orange trees are starting to blossom, so how about this rendition of *Orange Blossom Special* with Johnny Cash and Roy Clark to get the blood flowing!

***Orange Blossom Special*—Roy Clark/Johnny Cash:** <https://www.youtube.com/watch?v=4mnct2zWl4s>

Cherie Sorokin, President

Marco Maina, Executive Director