

# CARQUINEZ VILLAGE

CONNECTING, SUPPORTING, *and* INSPIRING OLDER ADULTS

February, 2024

Carquinez Village News

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## CV Director Jenn Hanley Appointed to Village to Village Network Board

I am delighted to share some exciting news with you—I have recently been appointed to the Board of Directors for Village to Village Network a) dynamic organization dedicated to empowering communities and promoting aging in place. This new role provides me with a unique opportunity to represent Carquinez Village on a national stage. By serving on the VtV board, I can bring attention to the strengths and qualities of Carquinez Village that make us a model for successful aging in place. Additionally, being part of a national network enhances our visibility, potentially attracting resources and partnerships that can further enhance the support and services available to our community members.

Village to Village Network is a national nonprofit organization that supports the development and management of nearly 300 Villages nationwide.

## Village Network (con't)

Through VtV, village leaders can connect, collaborate, learn from and inspire one another. Individuals can use the VtV map feature to search for and locate villages located in their area. To learn more about Village to Village Network, visit their website.

I am truly honored to have this opportunity to contribute to the national dialogue on the village movement and to showcase the excellence of Carquinez Village on a broader stage.



**Jennifer Hanley**

*Executive Director*



## Lifelong Learning



Cynthia Seguin spent her career as a teacher, so it is no surprise, then, that she heads “An Armchair Travel Adventure in Lifelong Learning ... World Heritage Sites.” This series idea came from Linda Barron.

All February, via Zoom, Carquinez Village travel fans can go, virtually, to Persia; Asia and Africa; Europe; and Australia and California. Each “trip” is from 3 pm to 4:30 pm. You can get the zoom link by registering on the CV website.

*Continued*

## LIFELONG LEARNING (continued)

The hosts for the World Heritage series will be for: February 7, Cynthia Seguin; February 14, Linda Lux; February 21, Diane Coquette; and February 28, Linda Barron.

The episode titles are listed below:

- February 7: Middle East — Persepolis, The Great Persian Capital; Mesoamerica — Teotihuacan, Largest City of Mesoamerica.
- February 14: Central Asia — Samarkand, Crossroads of Central Asia; Africa — Virunga National Park, Gorilla Sanctuary.
- February 21: Iceland — Great Assembly at Thingvellir. Europe — Paleolithic Cave Art of Spain and France.
- February 28: Australia — Great Barrier Reef.; “Back Home” — California’s Redwood Forests.

And: Another Lifelong Living series is UC Berkeley Osher Institute for Lifelong Learning. [Click here.](#)

## In memory of Judie Donaldson 1938-2023



Carquinez Village is honored to have been part of Judie’s story.

Judie Donaldson was always passionate about education. Before moving to Benicia, she spent over 20 years as a faculty member, program director, and dean for many institutions.

In 2014, after retiring to Benicia, Judie and co-founder Lois Requist brought together a group of passionate, like-minded individuals to create Carquinez Village. The Village became a non-profit in 2017. She remained an integral part of the Village. from that day forward.

“She was diligent and studious in all that she did, never looking for shortcuts but doing what she did with a full heart, ready to give it everything she had,” remembered Lois Requist in a “Voice of the Village” Benicia Herald column.

She had a particular passion for empowering older adults to return to education and working with Carquinez Village to support life-long learning.

This year we are establishing the Judie Donaldson Educational Fund. May this serve as a continuing tribute to Judie’s memory. The fund helps the village to create educational programs.

To donate to that fund, click [here](#) and scroll down to Judie's Fund.

“Beautiful young people are accidents of nature,  
but beautiful old people are works of art.”

- *Eleanor Roosevelt, author, activist, former first lady of the United States,  
1933 to 1945*

# National VILLAGE DAY

Celebrating the nearly 50 villages across the state that empower over 5,000 older Californians to continue living lives of purpose & promise while remaining in their own homes.



THURSDAY  
February 15, 2024



## National Village Day

February 15 is National Village Day, celebrated by villages like Carquinez Village throughout America. There are 45 Villages in California connecting older Californians to the local community, with program, volunteering, and expertise offered to help fellow seniors keep living lives of purpose and promise while remaining in their own homes.



Hello, everyone!

Well, January sure went by at breakneck speed! I hope that 2024 has started well for all of us. Here at Carquinez Village we had some interesting things going on.

Several of us went to Touro University to help train Physician Assistants to take medical histories and do routine checkups. It was a fun day, apart from the cold weather!

The Vallejo walking group, which meets on Friday and is open to everyone, is planning every third Friday to take the Ferry and walk in San Francisco. I for one am excited about that.

Our first potluck of the year was held at the home of Diane Delaney and was a lot of fun, even if it did coincide with the 49ers game!

Just a reminder that the Board meeting is being held on the first Wednesday of the month and you are all welcome to attend.

Stay warm and dry!

*Jane Keene*

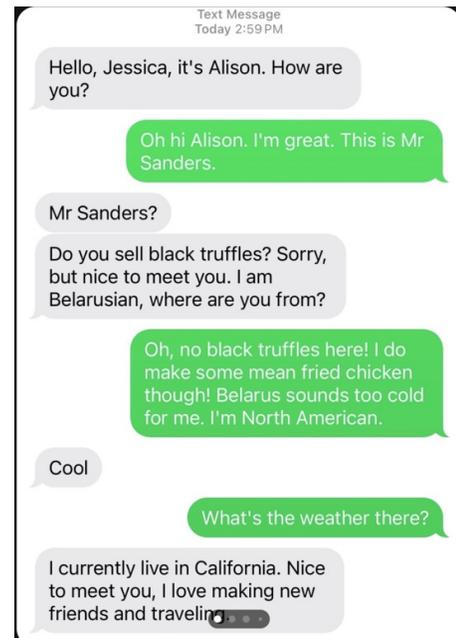
## Cyber Security Tips with Josh Dean, IT Security Expert



Mobile phone text scams, spam and phishing<sup>1</sup> have been on the rise! Recently, an uptick in fake Medicare messages have been used to phish victim information. Scammers often target older adults and will ask you questions to gain pieces of personal data, such as your name, your age, your address or birthday in an attempt to gain the information to extort you at a later time or steal your identity. Clever thieves will also comb your information on the internet to piece together what they need to commit their crimes. Scammers will also ask you to click on what may appear to be legitimate links, like a “bank website” or a “fraud alert”. At first glance, the text messages may seem like innocent “wrong numbers” disguised as innocent. **DO NOT BE FOOLED!**

### Follow these best practices for unusual text messages:

- Never answer ANY questions from unfamiliar phone numbers.
- DO NOT respond and BLOCK the number by clicking on the unknown number, and selecting “BLOCK” on your mobile phone.
- NEVER click on any link from unverified sources.
- Always VERIFY requests (even urgent requests) by someone claiming to be a friend or family member through trusted means like saved, known phone numbers.
- Always call banks direct or log into your accounts through verified websites and phone apps.



As part of your membership, Carquinez Villagers can submit a service request if you suspect you've become a victim of cyber theft or crimes, or if you have any questions regarding your digital security.

1. “**Phishing**” is the term used to describe a fraudulent technique used acquiring your sensitive data, such as personal identification, bank account numbers, passwords, etc.

## Carquinez Village Board Meeting

Ever wonder about what your Board is up to? Who is on the Board? What plans and direct We invite all members and v person. Our Zoom connection have changed to in-person.



Board meetings of the village ar on the first Wednesday of the month from 1:00 pm - 3:00 pm, in the conference room of the Benicia Community Center. Please register ahead of time on the event calendar. If you have something you would like the board to address, please contact any of our board members beforehand.



The CV Movie Group meets every Monday at 4:00 pm over Zoom. Everyone is welcome. To find the movie before it's

discussed, go to the CV website "Event List." Each week the next week or two's movie is selected. We rate the movies after we discuss them and vote; "5" is the best, "1" is the worst (we try to pick great films!)

Because holidays cancelled CV movie review group meetings, we only reviewed two movies:

**"Oppenheimer"** (4.5) about the controversy over the man who created the atomic bomb.

**"Good Grief"** (4.1) about a man dealing with the death of his husband.

## CV Classifieds



**Bright blue Iris-flower rootstock** (or rhizomes) for free. Contact Barbara Wood, Email Barbara at: [phinkkudo@gmail.com](mailto:phinkkudo@gmail.com).



## Elder Initiative Report: Your Utility Bill

We are looking at issues that could well affect Carquinez Villagers: this month, increased utility rates and how you can make your voice heard.

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In 2022 the California Legislature passed a law (AB 205) that would add an uncapped Utility Tax of \$30-\$70 a month to everyone's electricity bill, with unlimited potential to grow. The California Public Utilities Commission (CPUC) will set the amount this year.

This law has brought protests from environmental and housing groups, because the legislature passed the increase in three days without any public hearings.

There are discounts available through PG&E, but the income maximum is \$40,000 for two.

Here are things you can do:

1. Write a protest letter to the CPUC and demand a hearing to justify rate raise. [Click here](#).
2. You can also protest to your state legislators, Bill Dodd (707-551-2389) and Lori Wilson (707-438-7359), as well.

## Our Volunteers are WONDERFUL!



**Susan Neuhaus** and her grandson who is a new CV volunteer help **Pete Vaughan** pack up and store Christmas decorations in his attic.

## Villagers Play Bocce Ball

What *is* bocce ball? It is trying to roll your team's balls closest to the small yellow "pallino" ball, rather like horseshoes.

Or, as Carquinez Village team leader Barbara Feth said with a big grin, "our emphasis is on having fun!"

The CV team meets on Wednesdays, 10:30 am at the city Bocce ball court behind the Benicia library, playing on traditional hard packed sand courts.

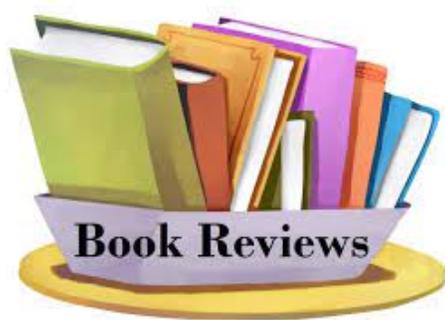
Barbara explained that 4-8 people on a court can form two opposing teams to get points for rolling their balls closest to the pallino. They can knock opponents balls away or tap their own balls closer. Since there are 4 courts our CV team can accommodate 32 players. Currently we have around 12 regulars, and we would love to have more, says Barbara.

"We all deal with various physical/visual/hearing/cognitive challenges," she adds, "but that doesn't stop us from having a great time."

The team discourages bringing food or drinks, but players often go out to eat afterwards.



**Pete Vaughan and Gary Vostry**



### "Small Things Like These"

By Carolyn Fallon

It is always a mad-cap delight to discover a new author. For us obsessive, compulsive book nuts, it beats winning the lottery or losing fifty pounds.

So let me introduce you to Irishwoman Claire Keegan. She writes little novels with such skill that you can smell the air, experience all the seasonal twists.

Her novel "Small Things Like These" takes place during the Christmas season, in an Irish country village. Merchant Bill Furling makes a delivery to the local convent — but "as he goes round the houses making deliveries, he feels the past riding up to meet him---" And so it goes.

Recently this book was on the San Francisco Chronicle best-sellers list — and the Benicia library now has copies of Keegan's works. ENJOY!!!