



**HAPPY NEW YEAR to everyone.** I do hope that you all had a wonderful time during the Holidays and rang in the New Year. (Who stays up with champagne till midnight? Not me these days!)

I hope you are excited about the new year and all the activities we are hoping to bring to you. Please let me know if you would like to help start a new activity and we can help you get it set up.

It was so nice of you all to come to the Carquinez Village holiday party in early December. It was a great success and thank you all for braving the cold, wet weather. We had good food, good wine, good singing, good music, and even dancing by our members!

Below are some pictures of the event. Also, pictures of giving our money to “Adopt-a-Family.” They were so grateful for your donations. I know it made a difference in their lives.

At this moment, I am in the UK visiting my family after three years. The first week here was so cold! The temperature never rose above zero! Today is sunny and all the snow has disappeared. So again, Happy New Year to you all!

Helen  
President Carquinez Village



*Holiday Party 2022, Adopt-a Family, Ferry Ride to SF, and Happy Birthday to Cynthia Sequin!*



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

## **Q: What is A Matter of Balance?**

**A:** It is an evidence-based fall prevention program designed to reduce the fear of falling and increase activity levels among older adults. Areas the evidence-based fall prevention program addresses include: (1) participant understanding that falls and the fear of falling are controllable, (2) the setting of realistic goals for increasing physical activity, (3) the modification of hazards in the participant's environment to reduce fall risk factors, and (4) understanding how exercise can increase strength and balance. Essential program components and activities that validate these changes include: (1) group discussion, (2) problem-solving, (3) skill-building, (4) assertiveness training, (5) exercise training, (6) sharing practical solutions, and (7) cognitive restructuring—learning to shift from negative to positive thinking patterns. There is a 12-person participant maximum per class.

## **Q: Who should attend A Matter of Balance classes?**

**A:** Anyone who:

1. Has concerns about falls
2. Has sustained a fall in the past
3. Has restricted their activities because of concerns about falling
4. Is interested in improving flexibility, balance, and strength
5. Is 60 years of age or older, is ambulatory, is and able to problem solve
- 6.

Carquinez Village will be teaching two classes this winter. The cost is free. Register with the centers directly.

**Location:** Florence Douglas Center  
**Dates:** Jan. 9, 2023 – Feb. 6, 2023  
**Times:** 1:00pm – 3:00pm  
Classes meet Mon & Wed for 4 weeks.  
No class on Jan 16th.

**Location:** Benicia Senior Center  
**Dates:** Feb. 5 – Mar. 22, 2023  
**Times:** 1:00pm – 3:00pm  
Classes meet Tues & Thurs for 4 weeks.

## Member Spotlight - Meet Our Newest Members



**Elaine Eisner**

**Elaine Eisner**—You may have met her on our recent ferry trip to San Francisco. Elaine has long been a friend of Carquinez Village, and we are delighted she has finally decided to join us. She served Benicia on the Arts Commission for many years. Before that, she had a career in banking and worked internationally for years.

**Laura Melton** has been a long-time resident of Benicia. She loves to exercise and walk, read and cook. I am looking forward to her attending a potluck! She is hoping to make new friends in the Village and is looking forward to getting rides to places that are farther than she can easily walk.

## Volunteers for Tuuro University Program

By Linda Chandler

Touro University has once again asked us for volunteers to assist in the geriatric practical training for PAs (Physician Assistants). This year, 50 students are eager to take our medical histories and vital signs. This exercise helps prepare young medical students for better communicating with older patients and understanding some of the health issues that we experience.

The event will be held on **Friday, January 27, from 12:00 pm–3:00: pm**. We will meet in person at the Mare Island campus and will organize any needed rides. All students and volunteers will be expected to wear K95 masks, and students will be Covid tested that day before the interviews begin. The students need to practice taking vital signs, so you may want to wear clothing that can be unbuttoned for heart monitoring. We each will be asked to sign a standard waiver, since we are entering a private campus.

Both interested members and volunteers are invited to participate. Students will work in pairs to interview each of our Carquinez Village participants by three different teams: a 30-minute interview followed by a break, a second 30-minute interview and a longer break, and then a final interview session. We are asked to bring a list of our medications and share our birth year and actual medical histories. To ensure privacy, no real names or contact information will be collected.

We are pleased to be included in this important aspect of care and attention to better ensure responsiveness of the soon to be practicing students. **Please call Linda Chandler at 707-344-3042 by January 15 to ensure you are on the list of participants.** Those who helped last year had a great afternoon and enjoyed getting to talk with interesting and invested young professionals. Hope you will join us.

## Special Free Phones/Devices For Individuals Who Are Hard Of Hearing

Submitted by Cynthia Seguin, Carquinez Village member

California Connect, also called the Deaf and Disabled Telecommunications Program (DDTP), is a public program that distributes specialized telecommunications equipment to persons with disabilities; provides a dual-party relay system called California Relay Service; and supplies assistance for speech generating devices, subsidized by the State of California, removing any financial barriers.

Call 1-800-806-1191

Email: [caconnect@cpuc.ca.gov](mailto:caconnect@cpuc.ca.gov)

For more information: <https://californiaphones.org>

Note: The California Connect website has an application that needs to be signed by your doctor/nurse practitioner/hearing aid dispenser. I am delighted with the improved hearing clarity of my “California Connect” phone.



Cordless phone



Cell phone amplifier . . . plus many other options

## New Hiking Group

By Karen Kreider

The last day for the Wednesday Walking Group was Wednesday, December 28. Many thanks to the kind and warm-spirited walkers who made this event special.

We are going to try out a new hiking group beginning **Wednesday, February 1, at 10:00 am**. We are still in the planning stage and would like your input.

The average distance will be around three miles. It may be on a multi-use path that allows bikes, hikers, and horses. An example of a hike would be walking from Turner School to Lake Herman. Destinations will change each time for added interest and varied scenery. They will be posted on the website.

**If you might be interested in joining the Hiking Group, contact Karen Kreider @ 925-324-7705.**

## Member Spotlight - Susan Neuhaus



By Greg Plant

If it seems like Susan Neuhaus is everywhere, it's because she is: enjoying Carquinez Village events, leading CV events, and now introducing CV to new people!

“Thirty-nine people have joined just in 2022,” she said. One reason is that Carquinez Village representatives have been talking to groups, she explained. “People are coming out of the pandemic, looking either for services or social events and community.”

In meetings with potential members, Susan explains how CV works and answers any questions. “I really enjoy meeting new people and introducing the Village to them,” she added.

Our past president, Susan has always been involved in community, whether in early-on community meetings when CV started, or in work as statewide manager for Kaiser healthcare.

Now retired, she still helps people to understand the benefits of Medicare and assists with claims and rights counseling.

Susan and husband Mark moved to Benicia in 2012 from Oakland. While one daughter lives in Seattle, the other is nearby in Lafayette. Susan and Mark have five grandchildren!

She is an avid hiker and last summer hiked all over Scotland with her granddaughter!

Susan also paints watercolors, gardens, and sews, “a little,” she admitted with a smile.

## Transportation Information

By Kathy Monroe

The Benicia Mayor, Steve Young, is the new chair of the Solano Transport Authority. He would like us to be aware of two programs for your use when you do not have enough advance time to request a ride on Helpful Village.

**FIVE BENICIA:** Benicia residents with destinations within Benicia can get a \$5 Lyft ride every day until 9 pm. Go to the Lyft app on your device. Under the payment page, go to “add Lyft pass.” Type in “5Benicia.”

**FIRST MILE/LAST MILE:** Solano County residents can take a Lyft to the ferry terminal or bus stops. The program pays 80% of the cost of your Lyft ride up to \$25. You must pre-register at [SolanoMobility.org](https://www.solanomobility.org).

## Monarch Butterflies

By Pat Plant

Have you heard of the Monarch Milkweed Project? There are 400 + people in Solano County who are focused on propagating Monarch butterflies and other pollinators (other butterflies, bees, and hummingbirds.) It turns out that Benicia and Vallejo are on the migration route for Monarch butterflies.

These 400 folks are growing milkweed in their gardens. Milkweed, it turns out, is the Monarch's favorite food. The Monarch Milkweed Project encourages others to plant milkweed and care about pollinators for the sake of our food growth, much of which needs pollination.

The public garden next to Heritage Church is their model Monarch Garden and a fun place to visit. I went there on Sunday and, even though most Monarchs have migrated to Southern California for the winter, a few late bloomers (see attached caterpillar photo I took) are going into their caterpillar/chrysalis stage—very interesting.

To make money for their group, they sell all sorts of butterfly shirts, journals, mugs, and planter boxes and, oh yes, milkweed seeds and instructions to get started. It's a wonderful group with an important mission. Many of us could help the cause! If you are interested, go to their website: <https://monarchmilkweedproject.org>.



*“Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values.”*

~ Thomas S. Monson

## The True Meaning of Christmas

As we enter the darkest days of the year, it's time once again to get into the spirit of the season. During this time, it's only natural that we turn towards friends and family for comfort and warmth, finding joy and connection in each other's company. But what exactly is the Christmas spirit? Is it all just a corporate ploy to encourage more retail spending, or is there more to it?

What we traditionally think of as the Christmas spirit can also be thought of as a celebration of the human spirit. More specifically, it's a celebration of the positive side of human nature. It's the time of year when we collectively emphasize the heart-based emotions, reimagining a world in which selfishness and distrust are replaced by generosity and goodwill to all.

This is also when we temporarily stop trying to make ourselves happy and focus instead on the happiness of others. As the author Toni Sorenson puts it, “The true Christmas spirit is putting others' happiness before your own and finding you've never known such joy!”

So, if you are looking for a way to get into the holiday spirit, one suggestion is to practice kindness wherever you go. A smile, a gesture, or some kind words is all it takes. In truth, any words or actions that come from your heart will likely be in line with the spirit of the season. Understand that you create the joy of the holidays, not the other way around. This is only the darkest time of year if you forget to bring your light.

Visit Our Blog Page : [Wellbeingtahoe.com/blog](http://Wellbeingtahoe.com/blog)  
Nick Hughes

## Note from the Editor



By Lois Requist

Happy New Year everyone! May it be a healthy and happy one for each of us!

In 2023, some changes will occur with the newsletter and with the column that is published weekly in the Benicia Herald. If you would like to participate in either of these activities by writing articles, please let me know. Email at [lois@requist.com](mailto:lois@requist.com) or phone 707-280-0588.