



President's Letter

by Helen Hughes

Hi Everyone,

I hope everyone is having a wonderful summer and is keeping cool during these hot spells we keep having. It's not just us. It's all over the country and all over the world.

Seems like everyone is enjoying the walking groups, as well as the very popular Bocce Ball. That's great exercise for us. Don't forget to sign up for the Brain enhancement class starting soon. It's exercise for the brain!

Once again, Pat and Greg Plant will be putting on a wonderful monthly potluck where you get to socialize and hang out with other members, as well as have some very tasty food that members share.

A last-minute addition to our activities is the August 5th House Concert. The professional group of Fletcher Clark and Bill and Mary Muse are on tour in the area. Some of you may have seen them several years ago when they performed for us. Get your reservation quickly!

In our speaker series at the library this month, the presentation was "Village the Filipino Way," which gave us the opportunity to learn about another culture.

For some shopping therapy, don't forget about our monthly trips to Trader Joe's which remain popular. Also, go grab a coffee at Raleys every Tuesday morning and meet other members or take a lunch and meet others at one of our picnic lunches.

What a great turnout for the 4th of July Parade! Thanks to everyone for showing up, especially the men's group.

I hope some of you have met our new Executive Director. The Board is very excited to have her here with us. I know she will be coming to events to meet you all over the next couple of months. See you at some of the upcoming functions.

Helen,
Your President



August House Concert: Bill and Mary Muse with Fletcher Clark

From the legacy of Guy Clark, Townes Van Zandt, and Willie Nelson, Bill Muse was a featured performer at the 51st annual Kerrville Folk Festival, fronting a band that featured Fletcher Clark and other Texas musical royalty. Bill, Mary, and Fletcher bring with them decades of songs and experiences— guaranteed to be an evening of pure entertainment!

Some of you may remember that Fletcher entertained us in 2016 as the Village's very first House Concert.

August 5, 6:30-8:30, tickets \$20 for members, \$25 for nonmembers. Occupancy is limited to 40.

Speaker Series: Vice-Mayor Terry Scott

by Cynthia Helmuth

On **Thursday, August 17th, at 10:30 a.m.**, Vice-Mayor Terry Scott will speak to us about his tenure on the City Council and his interest in building a collaboration of various groups and individuals that can help provide direction and insight directly to city government.

Mr. Scott will discuss his desire to establish a city-wide senior commission on aging as a proactive step towards addressing the unique needs of older residents. He envisions a roundtable platform for representation, advocacy, resource allocation, community engagement, and planning for age-friendly infrastructure and special needs.

Coffee and doughnuts will be served!

Caregiver Group?

by Janice Magner and Susan Neuhaus

We are reaching out to our members to determine whether there's interest in creating a monthly caregiver support group. Several of you are currently caregiving and may benefit from the shared experience and camaraderie that such a group may provide.

If this sounds like something you have interest in and would consider attending, please contact Janice Magner, our membership chair, at 707-980-1781 to share your thoughts.

Age 100 – Helen Jacks

by Greg Plant



On July 15, Helen Jacks turned a very young 100 years old, fresh as a flower that never wilts. Always fastidious and well-groomed—"I get my hair professionally styled and nails polished," Helen says proudly—she is ready for the next 100 years!

Helen has always been active and outgoing. "I'm a people person," she says. Raised in Vallejo, she and her husband joined the war effort on Mare Island. She ordered submarine parts and he drove them.

The Jacks started a family, eventually having four sons, two granddaughters, and three great-grandkids.

They worked at Mare Island for 35 years, retired in 1976, and moved to Oroville for 29 years. "I volunteered at the local hospital," Helen says.

The Jacks spent time as well in Germany, where Helen collected Hummel statuettes. "I loved our time there," Helen remembers.

Recent New Members

by Susan Neuhaus

Linda Lux had known about the Village for a while from her good friends, Cynthia and Armand Seguin, and finally decided to join. She lives in her home in Vallejo and has for 38 years. Her interests include gardening, art history, and museums, and she's studying French. Linda would like to volunteer, and has already joined the Friday walking group.

George Grunwald moved to Benicia 32 years ago to shorten his commute to Vacaville, where he practiced as a Psychiatric Social Worker. He leads a very busy life, including studying French, but is interested in meeting new people and checking out our activities. Maybe someone will start a French Conversation group in the Village.

Thank You, Gun

Let's hear a shout-out for Gun Landwehr, who has been donating some unique stamps from her stamp collection to help with the mailing of newsletters to our members. They are unusual stamps, some long out of print and others celebrating holidays. Thanks to Gun for her contribution.

Editor's Note

If you'd like to see your writing in this newsletter, send me a few words about whatever is on your mind. Questions? Ask Lois Requist, 707280-0588.

Senior Living Summer 2023

Meals on Wheels announces tablet program

by Cynthia Helmuth

Meals on Wheels of Solano County has dedicated over 45 years to ensuring the safety, health, and well-being of seniors by providing services to help them live nourished lives with independence and dignity. As the needs of seniors grow and evolve, so do the services this organization provides, and that means delivering more than just a meal.

The Rosey Tablet Program by Meals on Wheels of Solano County is a new service designed to connect seniors to their friends, families, and communities through technology. Those who join this program will receive a free tablet, Wi-Fi, training, and technical support, all provided by Meals on Wheels of Solano County.

Each tablet is configured for the individual user's wants and needs—equipped with anything from games, video-calling, wellness checks, and even medication reminders.

The Rosey Tablet Program allows seniors to learn and explore technology with ease, especially with the comfort of knowing that Meals on Wheels is there to help guide users along the way. This program is open to any senior age 60 or older and permanently disabled adults. Unlike most of the programs and services they offer, you do not have to be a Meals on Wheels client to sign up!

If you or someone you know could benefit from the Rosey Tablet Program, visit:

www.mealsonwheelssolano.org/rosey and fill out an inquiry form, or contact our Program Coordinator, Cassandra Connors, at cconnors@mowsc.org or 707-806-0164 today!

Rides available as a Kaiser Member

by Barbara Engdahl

As a Kaiser Permanente Medicare health plan member, you can get a ride to and from your appointments at no cost. Your plan covers up to twenty-four one-way trips (50 miles per trip) per calendar year.

To schedule a ride for rideshare, taxi, or private transportation service, call 1-877-930-1477 (TTY 711). You can also schedule online at medicaltrip.net or download the MTM Link Member app. To download the app on your device, visit the App Store (Apple) or Google Play (Android) and search for MTM Link Member App.

For wheelchair van or gurney van transportation service, call 1-833-226-6760.

Request your ride at least 3 business days (Monday through Friday) before your appointment. If you have an urgent, last-minute appointment, call as soon as you can.