



President's Letter

by Helen Hughes

Happy summer days!

Can you believe that this week we have had over 100 degrees of heat everywhere in America, with hurricanes in California as well as earthquakes? Who said something about climate change?

As usual, Carquinez Village has been very active in events for our members, from Trader Joe's trips to bocce ball games, meditation, and brain enrichment programs. Don't forget, if you would like to start a group, just talk to Cynthia Hellmuth.

As many of you know, our new Executive Director, Jennifer Henley, is working hard and is looking forward to the upcoming events being planned.

Potlucks are always popular—none more so than the August potluck at Alan and Alice's home. As you all are aware, one of our members came down with Covid the day after. I must thank all the people involved in getting the word out to everyone who attended that evening, as well as those in the Friday walking group. Fingers crossed that no one else gets ill! I haven't heard of anyone else catching it, but you never can be sure. However, we are ready to help one another, and we proved that in this crisis.

Cheers for now! Keep cool.
Helen Hughes

Dedication of Memorial Bench to Judie Donaldson

by Barbara Engdahl

Carquinez Village, in cooperation with Pointe Benicia Homeowner's Association, where Judie lived, will dedicate a memorial bench in her honor on **Sunday, September 10, at 3 p.m.**, on the corner of B Street and East 2nd Street. You are invited to this brief ceremony. If you need a ride, call Barbara Engdahl at 707-747-5112.



Interview with Jennifer Hanley

by Greg Plant



What makes Jennifer Hanley tick? She says it without a beat, “I was raised in the spirit of community and public service and have always been happiest and most successful when I was doing something that made a difference.” Jenn’s new role as Carquinez Village Executive Director aligns well with that spirit of giving and community involvement.

She spent her early childhood in Healdsburg. Her family moved to Benicia when her father became Fire Chief in 1990. After going through the Benicia school system and going off to college, she returned to the town she’s called home for 34 years.

Jenn started out as a 911 Dispatcher and Training Officer. “It was a very fast-paced, challenging, and rewarding career that taught me a great deal,” she remembers. After nearly a decade in law enforcement, she worked in various jobs such as finance, executive office administration, and program management—even working as a professional costume designer and running her own art business!

A tip of the hat to her love for and immersion in arts like painting, photography, and costume design. “Well,” she admits, “I’ve been an artist my whole life.”

Jenn has also given back to the community. She volunteered to teach art at her son’s elementary school and did that for six years. She also started and managed a fundraising campaign that replaced and rebuilt the once run-down laundry facilities at the Humane Society of the North Bay. “See a need, fill a need!” she says is an ongoing mantra in her home.

Most recently, she distributed over 1,200 bike safety helmets to Benicia and Vallejo children through her work as a Safe Routes to School program coordinator. “Helping to keep kids safe was extremely fulfilling.”

Assuming a role in the non-profit space seemed like a natural fit at this point in her life. She was attracted by the service Carquinez Village provides for older adults and loved the Village concept.

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Interview with Jennifer Hanley continued...

She adds, “Carquinez Village is such an asset to Benicia and Vallejo, and their service is so important, now more than ever.” Jenn didn’t hesitate to accept the executive director position.

But Jenn does take a deep breath occasionally –and it is usually outdoors. “I love being outdoors,” she says with a very big smile. “My family spends a lot of time camping and being in nature. I’ll take a tent and campfire over Las Vegas any day!”

Jenn is married to Josh Dean, who will speak to Carquinez Village about cyber security in September. Her son, Logan, is a chess whiz who beats his dad consistently and will play any CV member who would play him at a park.

She likes to unwind with friends. “We love to support local businesses like Bruehol and Mare Island Brewing Co.,” she explains. “Both have done a great job at creating community through activities like trivia nights, board games, and corn-hole for the kids.”

About Carquinez Village, she admits, “There is a lot of work to be done, but thanks to the dedication and hard work of its founding members and volunteers, I have a strong foundation to work with!”

Welcome!

Our Newest Members

by Susan Neuhaus

Gary Vostry: Gary has lived in Glen Cove for many years. He still travels to Santa Rosa one day a week to work as a pharmacist. A former pilot, he has been quite active in the Northern California Aviation Museum. He has jumped right into the Village and has already checked out the bocce Ball group and led a Friday walk on Mare Island.

Pat Dwelley: Pat has lived in Benicia since 1999, first in Portside Village, and now in Rancho Benicia. She made her way here by way of Santa Inez and, before that, was an Alameda Public Health Nurse for 30 years. She enjoys good conversation, reading, and walking.

Marcia Cary: Marcia heard about the Village from her neighbors Gun Landwehr and Constance Beutel. She was an ER nurse for many years. After retiring from the County, she kept quite busy helping with her grandchildren. She finally decided to join and is looking forward to making new friends and connections with other members and volunteers.

Todd Long and Gina Padilla: Long-time partners Todd and Gina had heard about the Village and all the great things we do. Todd recently turned sixty, so now they are eligible to join. They are looking forward to meeting our great members and volunteers and checking out our programs.

Warning about ATMs



by Thomas Chock

Please do not use an ATM to deposit cash into your account. The ATM at US Bank had a glitch, taking my money but not acknowledging my deposit. It took me a week to have the deposit credited to my account. It could have taken up to ten business days. I posted this issue on Next Door and over twenty people responded with the same issue at their banks over the years. It might take more time, but bank in person with a teller.

The problem was that I deposited it on July 21. The manager said that the ATM would not be serviced until the twenty-six. Then it could take up to 10 business days for the issue to be resolved. Fortunately, the credit was made to my account on July 28. One of my friends deposited over \$11,000 into an ATM and had the same issue.

Transportation

by Barbara Engdahl

First Aid Transport is available for medical transport. The telephone number is 510-760-2953. They provide vans that can service wheelchairs, and gurneys and can even offer basic life support services such as oxygen. They are managed locally by Omar Oller who tells me that his mother is always asking him if he is still "treating those seniors right.

Call him to inquire about costs and services.

Terry Scott

by Barbara Engdahl

On Thursday, Terry Scott, Benicia City Council member and Vice Mayor, spoke to us about an idea he would like our support on. He is promoting a Benicia Commission on Aging, a round table that would encourage collaboration between public agencies, commercial organizations, and elected officials. It would be a clearinghouse for all information and advocacy for seniors on issues such as housing, parking downtown, accessibility around town and parks, securing financial resources from county, state, and even Federal governments. Questions and commentary following his talk was lively. Look at the Carquinez Village website to add your opinions on the Village Movement California survey about these matters.

Napa

by Greg Plant



Napa is all about wine, as it should be: the valley is deservedly famous for its world-class wines, from Cabernet to Chardonnay.

On the way, there is a stop worth making: downtown Napa, along First Street, by the meandering Napa River. The street is alive with wine-tasting bars and restaurants. We recently sought out the Culinary Institute of America at Copia, on First Street, just by the river, next to the Oxbow Public Market.

To get there drive up Highway 37, then 29 (which becomes 12), and finally Highway 221 (which becomes 121 in Napa). Turn left on First Street. Check out the beautifully restored Victorians throughout the neighborhood. Parking is a bit tough, so go mid-week to avoid mobs.

Once parked, hurry to CIA at Copia, which has a spectacular museum of culinary wares, both historical and eye-popping!

For variety, move on to Oxbow Public Market, filled with so many eating and drinking choices! And it is a true market, with vegetables, books, wine, and exotic spices for sale.

After that, you can take your lunch outside to a table—or cross the bridge to picnic on the grassy banks of the Napa River.

Then—go wine tasting!



Editor's Note

In a few months, we'll be changing editors. Please let me know what you like or don't like or what you miss that you saw here before. I miss Carolyn Fallon's book reviews and other stories from members. If you have something you'd like to see in the newsletter send it to me, anytime. My email is Lois@requist.com.



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, and able to problem solve

Carquinez Village will be teaching this free class for Safety Awareness Month in conjunction with the Benicia Community Center

Location: Benicia Senior Center

Dates: Sept 19 – Oct 12, 2023 Classes meet Tues and Thurs for 4 weeks

Times: 1:00 pm - 3:00 pm

Scan to register



Register online or in person at the Benicia Community Center 707.746.4285