

# CARQUINEZ VILLAGE

CONNECTING, SUPPORTING, *and* INSPIRING OLDER ADULTS

## President's Letter

by Helen Hughes

Hi,

There always seems to be something going on at Carquinez Village: visits to our favorite store in Concord, Trader Joe's; an outing to look at metal sculptures; participating in Bocce Ball; or taking a walk with friends. We at CV really hope you don't feel isolated or alone. If you do, please go to Raleys any Tuesday and join us for a cup of coffee.

What a great BINGO Fundraiser we had the other Sunday. Thanks to all you brave people who ignored those dark rainy clouds and came out to support us. Looked like everyone had a fun time, and a cash prize of \$270 was won, besides all the other lovely prizes members won also. Thank you, Jenn, for organizing this event.

Hope you all didn't eat all your candy at Halloween, so you can enjoy Thanksgiving in November!

Whatever you do, remember "you only live once," so why not enjoy it!

Helen Hughes



Alice & Alan Plutchok admiring metal art



Metal sculpture



Cynthia Hellmuth & Pat Plant enjoying BBQ & music during the sculpture exhibit



Another sculpture



Group studying Bingo cards:  
John Feth, Helen Hughes &  
Kathi Cardin - who won the big prize!

# SENIOR SERVICES FAIR

## Wednesday, November 15, 10 am to 4 pm

### Benicia Senior Center

Carquinez Village is partnering with Touro University of Vallejo, Benicia Lions Club, and the City's Senior Center to bring our Older Adults a fun and informative affair, full of services and freebies!

#### COME - LEARN - ENJOY - TAKE HOME

(If you need a ride, RSVP on the website)

#### We need volunteers!

We need 4–5 people each of three shifts (or part of one shift): 9:30 am–12 pm, 12–1:30 pm, 1:30–4 pm.

Set up after 9 am

Work the booth and greet visitors at the door.

We may also need drivers to pick up one or more members on the hour throughout the day.

If you can help, please email Kathy Monroe at [kmonroe77@msn.com](mailto:kmonroe77@msn.com) or call 908-334-7024.

The following organizations will have booths:

- Carquinez Village (of course) with volunteers to explain our program and offer guidance to fair participants.
- Fairfield Lions Club—free vision screening for 7 eye diseases
- Free Diabetes testing—Touro University (October was World Diabetes Month)
- Free Flu Shots—Touro University
- Meals on Wheels—info on their programs
- Community Action Council—info on their programs
- Medicare planning—by a private consultant
- Kaiser Foundation—info and free Narcan packets
- Solano County Older and Disabled Program under County Health and Social Services—info on free technology and services
- “Pick and Pack”—free fruit and vegetables for participants

## Help us reduce costs

**If you are getting this newsletter  
as a paper version and could receive it online,  
please let us know to help us reduce costs.**



# Everything you ever wanted to know about Soltrans

by Barbara Engdahl

Mandy Renshaw from SolTrans spoke to us at the Benicia Library. We learned about local bus travel. For instance, did you know that Sol Trans runs all the way from Walnut Creek BART up to UC/Davis and the Mondavi Center, and that another line goes from Vallejo over to the Ferry Building in San Francisco?

If you have difficulty accessing the regular bus or getting to a bus stop, you can call 707-541-7184 for information about SolTrans ADA Paratransit, which can take you to where you want to go or a bus stop. If you are over 80, you ride everywhere FREE! If you are (alas!) under 80, you can pay with a paper pass purchased for exact change on the bus or use a senior clipper card. And, what's more, you can call and get help with planning your route. Call customer service at 707-648-4666.

For travel in and around Benicia there is a subsidized LYFT program. Seniors pay \$4 (or \$3 if you qualify) for a one-way trip within Benicia. So, the most you will pay for round-trip transportation to the store or to a local appointment is \$6 or \$8. For eligibility details, call 800-535-6883. Call that same number for medical trips "concierge services," which can include wheelchair-accessible vehicles.

There is also guided travel training for one or a group to help you learn to use the bus. Sol Trans is committed to making sure our local seniors can get around even if they can't drive anymore. Give them a call and find out how you can get to where you want to go.

## A Place for Dog Questions

By Greg Plant



Raina Hellmuth is a "dog listener." She specializes in paying attention to and changing difficult behavior. She will be writing an occasional column for Carquinez Village newsletter on all things related to dogs!

So, if you have a dog question, send it to Raina. She will reply and we will print your question and her response!

Raina is the daughter of CV Activities Chair Cynthia Hellmuth. We look forward to wise tips for all our dog-loving CV members. You can contact Raina at [gooddogs@gmail.com](mailto:gooddogs@gmail.com).



# What is a Knoxbox?



Can the paramedics enter your locked home if you fall and can't get up, but can reach a phone to call 911?

If the Fire Department, with paramedics, receives a call for medical service, they are empowered to enter your home by any means and always have crowbars and battering rams to force entry. And what is a smashed door compared to receiving no medical aid for a life-threatening injury? However, there is an alternative.

The area fire departments of American Canyon, Benicia, and Vallejo have all approved a "secure key box" by the Knox company that will store your house key and allow the fire department to open it with a special key.

The Knox company offers both a residential box, which holds several keys, and a home box, which is designed for a single key. The residential box holds two keys and is about \$370, while the home box is about \$220. <https://www.knoxbox.com/Products/Residential-KnoxBoxes>

The Knoxbox is normally attached near the front of your home. Your local fire department may be able to offer advice on this matter. This writer attached it to the garage door frame, which is adjacent to the walkway to the front door.

After attaching the box and inserting the key, you can call the fire department, who will send somebody out to "lock" the box with their special key. They will also note the address in the Fire Department's database and report this to the 911 dispatch center. **Note:** you may shop for other such devices online or call the fire department and ask for their advice.

## Letter from the Editor

by Lois Requist

Greg Plant will soon be taking my place as editor. We've been working together the last couple of months. I'm sure most of you know Greg and his wife, Pat. They are very involved with Carquinez Village. Greg has been writing articles and taking pictures for the newsletter for a long time. He's very familiar with the organization and the newsletter. As a previous newspaper editor, he brings experience and always his humor! I appreciate that!

# Adopt a Family 2023

Dear Members & Friends of Carquinez Village,

As the holiday season approaches, it's a time for joy, togetherness, and the warmth of giving.

At Carquinez Village, we believe that everyone deserves a magical and memorable holiday. For many families, this time of year can be a time of financial strain, making it difficult to provide their children with the special moments they deserve.

Once again, with the help of Benicia Family Resource Center and Food is Free Bay Area, Carquinez Village will be “adopting” two families, and we invite you, our cherished villagers, volunteers and supporters, to join us in spreading holiday cheer! Like last year, we will be providing gift cards to families in both Benicia and Vallejo. Your gift, no matter the size, will make a difference to those in need.

To make a donation, click the link below, or visit our [website](#) and select the red “Donate Now” button at the top of the page. Checks are also accepted (see below for mailing instructions).

[\*\*CLICK HERE TO DONATE NOW\*\*](#)

## CHECK INSTRUCTIONS

Payable to: **Carquinez Village - write “Adopt-A-Family” on the FOR/MEMO line.**

Mail to: Carquinez Village: Adopt-A-Family

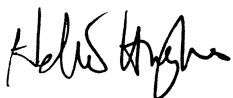
77 Solano Square #279

Benicia, CA 94510-2712

Be sure to donate within the next couple of weeks so that we have plenty of time to purchase cards and submit them by the November 30th deadline. If you have any questions, call (707) 297-2472.

Let's come together to spread some holiday magic for families in our community! Thank you for considering this opportunity to share the spirit of the season with those who need it most.

Warmest wishes,



Helen Hughes

President



## Join us for the 7th Annual Benicia Hand Up Turkey Trot Benefiting The Tim & Jeannie Hamann Foundation

Since the inception of The Tim & Jeannie Hamann Foundation in 2014, the Foundation has granted over \$900,000 to patients giving a HAND UP with rent and mortgage payments, gas & groceries, medical expenses, utility payments, and other needs. The form of support is direct to the patients' needs to help make a difference along their personal journey fighting cancer. The Tim & Jeannie Hamann Foundation continues to grow each year. This is the 7th Annual Benicia Hand Up Turkey Trot and we have various fundraising events throughout the year.

**Tim & Jeannie Hamann Foundation**



**\$25**

**KIDS 12 & UNDER FREE**

PEOPLE COSTUME CONTEST  
DOG COSTUME CONTEST

REGISTRATION : 7:30 AM  
COSTUME CONTEST : 8:00 AM  
TROT START TIME : 8:30 AM (UNTIMED)

REGISTRATION & INFO  
[BENICIATURKEYTROT.COM](http://BENICIATURKEYTROT.COM)

**7TH ANNUAL  
BENICIA HAND UP**

**TURKEY  
TROT 2023**

**BENICIA COMMUNITY PARK  
(540 ROSE DR.)**





**TEAM JONES**  
CROSSCOUNTRY MORTGAGE™



THE CONNECTIVE  
MIND—BODY—WELLNESS



**Sara Beth Skincare &  
Oncology Service**



**THANKSGIVING DAY  
11.23.23**





**HAMANN**  
—REAL ESTATE—  
& PROPERTY MANAGEMENT

GIVING A HAND UP TO PATIENTS ALONG THEIR JOURNEY FIGHTING CANCER  
Info about event contact Wendy Widhalm 707-816-7838