



June 2020

Next Steps

By Susan Neuhaus, President

Happy June. Thank goodness the weather is beautiful. We can work in our gardens or go for a walk. All around us people are itching to get back to life as we knew it. Carquinez Village has been thinking and trying to anticipate the future of the Village—not just long-term strategic planning, though we have been doing that, as well. We are thinking about how to be the best Village for you right now. We have been trying out new activities on Zoom.

Recently we've tapped into some county resources for the health department talks and laughter yoga, as well as our own new programs, such as, a classic movie discussion group on Mondays. Check out our events page on the website and let us know if there is something you would like us to add. You also have been getting phone calls from other members and volunteers checking in with you about what you need and want from us. The CDC guidelines, the State's phase 1, 2, 3, 4, and Solano county's roadmap all speak to recovery, listing categories of low, medium, and high risk for reopening.

What they all say—seniors and people at high risk should still stay home as much as possible only going outside for exercise and for essential errands. We also respect that everyone will make their own decision about what that means to you and your household. We are not alone in trying to figure this out. We belong to a larger statewide group; the Village Movement of California, where we have been participating with other villages to figure out what we should be doing next while keeping you safe.

Solano County Launches Older Adult Resource Phone Line

By Judie Donaldson

I was stunned today when I received a message on my phone from a pleasant person who was calling to ask how I was doing and inquiring whether I needed any assistance or support. I've never had a call like that before!

Later in the day, I learned that Solano County, in partnership with each of its seven cities, has launched a county-wide COVID-19 Older Adult Resource Phone Line. Volunteers are

placing outreach calls to check on older adults and individuals with disabilities and are eager for older adults to contact them with their needs and concerns during this pandemic.

The phone line is staffed entirely by volunteers, many of whom are nursing students. They are making outreach calls all day every weekday. When they reach a senior, they typically ask about an individual's health and well-being. They are interested in providing information, solving problems, and directing seniors to community services such as food, housing, and mental health services.

Do you have a question or concern and don't know who to call? Well, now you know! The Older Adult Resource Phone Line. Put this number in your phone book: **707-748-1607**.

Announcements

Fun Stuff by Carquinez Village! Check your email each Tuesday or Wednesday. We've scouted out some activities to bring a smile, entertain you, and challenge your mind!

A New Carquinez Village Member Directory! Go to www.carquinezvillage.org. Pull down the "Member" tab and click on "Member Directory." It's easy to read and use. In addition, you should have received a hard copy of the directory in the mail. Thanks for your patience.

Don't Forget to Check the Event Schedule Each Week. You may be surprised at what you find. We're trying out some new ideas!

A Great Way to Stay on Top of Local Coronavirus News. Roger Straw, one of Benicia's most active citizens, has developed an online newsletter, *The Benicia Independent*. I have found that he provides the most thorough and immediate information regarding everything and anything related to the coronavirus in Solano County. You can subscribe by visiting www.beniciaindependent.com. Toward the top right of the page, there is an invitation to subscribe. Just fill in your email address.

Activities

Watch a Movie and Talk About It

By Helen Hughes

Join the movie group by signing up on Carquinez village website. The group watches the Saturday movie on KQED at 8 pm. Then we meet on the following Monday to discuss it on Zoom at 11.30 am. Check what movie is playing at 8 pm the following Saturdays in June: 6, 13, 20, and 27, or call **Helen at 707-766-4717**.



Cooking for an Audience: Calling All Julia Child Wannabes

By Janice Wagner

We are putting together a cooking show and are looking for a member or volunteer who would like to teach a favorite dish on Zoom. It can be anything you would like to share. A family favorite, your favorite, your kids favorite, etc.

We would do it in your kitchen with one tech person to hold the camera while you cook. **Call Janice Wagner 747-9228** if you are interested.

Wanted! A tech person able to Zoom a cooking demonstration in another person's kitchen, using all safety precautions, such as wearing a mask and maintaining social distance, etc. **Call Janice Wagner at 747-9228** if you are interested.



Meditation

Members are invited to join a quiet, peaceful hour once a week in our meditation class. During this time of stress and anxiety, this is one way we can soothe ourselves and learn new tools to manage our anxiety. We meet on Zoom at 3 pm each Thursday. Please register for this event.

Bridge Anyone?

Members interested in playing bridge online, please let us know. If we get enough interest, we will try to set up a game. **Call Janice 747-9228**

Other Activities?

We're looking for activities that spotlight your interests and talents! We each have learned so much in this lifetime, and we don't always get an opportunity to share those interests. What would you like to learn about from other members? Can you offer a small group activity that shows your interests, something you'd like to do with other members? It can be a one-time invitation, or longer. It's all about your interests!

We have a wide range of ages in our membership, many lifestyles. What can you add? Here are some thoughts:

- Organize a book club, maybe for a specific book, or type of book?
- Cook something you can share/teach with others?
- Trips you'd like to take with a few others, either long or day trips?
- Flower arranging, or medicinal uses of common local plants?
- Update many of us on an aspect of computers? (you specify the topic)

So many talents exist in this group! So much to share and learn. Can you help? That's it! This is a person-to-person activity. **Rose Sonnen 372-7643**

Masks

By Joe Athey

Today, we don't know if, or when, we'll meet a COVID-19 positive person. Until everyone can be tested, there is no way to tell if someone we meet is COVID negative or positive. Without adequate testing the most prudent act is to wear a mask. Not to protect ourselves, but to protect others. Let's be responsible citizens and neighbors.

What Can We Do with Our Time?

by Judie Donaldson

The coronavirus epidemic is challenging each of us to find satisfying ways to use our time. Some of us have been getting together using Zoom technology, to share their coronavirus experiences. Others are meeting online for "coffee," and some are gathering for Zoom meditations.

Everyone is also creating activities to occupy their alone time. Carquinez Village members Helen Hughes and Ellen Kolowich are examples.

Helen was born in England, grew up in Barbados, and has lived in India and Spain. So, traveling comes easy to her. But she's been doing a different form of traveling during our lock down. She's riding her electric bike up and down the Southampton Hills and over

the bridges to Vallejo and Martinez! Here's Helen's secret. Although you must pedal an electric bike—the bike does all the hard work of getting you up the hills!

Ellen gets exercise, too, through a Zoom jazzercise class and, like Helen, she has also lived around the world and is quite a traveler. But what distinguishes Ellen is her passionate drive for learning. She takes course after course at the “OLLI” Institute at UC Berkeley and at the Buck Institute on Aging in Marin County. What courses does she like to take? Everything. Iranian film making, Charles Darwin, history of wine making, research on aging, politics, history of the Beatles, and the global pandemic, just to name a few!

I hope that you are finding some enjoyable activities as well.



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Have you heard of Foodisfreebenicia?

By Susan Neuhaus

Heather Pierini, a local woman, with a garden has created a phenomenon here in Benicia. It started at her home at 430 W K St. with an overflowing garden. She put a food stand out front to share the abundance. With the Covid-19 pandemic and people being cautious about going to grocery stores, food stands are opening around town to reduce the last mile to food.

Currently, Benicia stands are hosted by volunteers at:

- 504 Capitol Dr.
- 91 Riverview Terrace, E J St/ 1st St (in front of St Paul's)
- Avant Gardens, Thursday's 4-7pm, Corner of D and First Street
- E J St and E 5th (by St Dom's)
- 430 W K St.

Food Stands in Vallejo are also going up soon.

Last week there were lots of greens that had just been harvested. Churches are donating can goods. Books, toiletries, and even toilet paper are available! You can check out #Foodisfreebenicia on Facebook to see what is available today. Later on this summer, if you have excess in your garden or fruit trees that need harvesting, contact Heather on her Facebook page or call [415-948-3131](tel:415-948-3131) to find out how to donate your produce.

Kaiser info about symptoms

<https://khn.org/news/seniors-with-covid-19-show-unusual-symptoms-doctors-say/>

Notes from the editor

By Lois Requist

Several people make this newsletter happen. I'd like to recognize **Barbara Fredericks**, who formats and sends out this publication! She also takes care of our website. What a contribution! Writers Joe Athey and Molly Barr contribute regularly. Molly's piece this month will appear as a column in the Benicia Herald. Susan Neuhaus, Janice Magner and her team on the Member Services Committee, Helen Hughes, and Judie Donaldson all write articles.

Do you have something to say next month? You can send it directly to me, lois@requist.com. In the subject line, please say "newsletter."

Our website contains a list of preferred providers, local businesses that Carquinez Village members have used and recommend. Whether you need a gardener, an accountant, or something else, check this list for reliable help.