



President's Letter

Hi,

It's very hard for me to concentrate on writing this to you while sitting under a date palm in one hundred degrees of heat in the Sahara Desert with flies bothering me! I am on a Discovery Tour of Morocco, which has been very enjoyable so far. Tonight, I am spending the night in the Desert in a tent under the stars.

Enough about me. I hope you are all surviving this heatwave we have had recently. Rumor has it that the rains are coming at long last!

I hope that you have been able to attend some of our potlucks this. Thank you, Pat and Greg, for hosting us at your place.

Have you returned the survey? We want to know members' concerns.

Isn't it great news that Valero gave us gas cards for volunteers who are taking members to places that are further away. Also, Ace Hardware donated carbon monoxide boxes for "safety month." We are putting alarms in members' homes.

We have a new activity—a walking group.

I hope to see you at coffee and all the other events we have arranged for next month.

Helen



Senior Options Seminar

By Linda Chandler

On Saturday, November 5, Benicia Lutheran Church is hosting an event focused on topics of interest to older adults in the communities of Benicia and Vallejo. A host of speakers will talk about finance and Insurance, caregiving options, estate planning, and health and safety, among other topics. Carquinez Village will be a featured part of the agenda as well as having a resource table.

Besides the presentations, there will be a resource bag of information, networking, and door prizes. Lunch will be provided. The event will conclude with entertainment spotlighted by international performer, Ken Moderna.

Doors open at 8:30 a.m., with program beginning at 8:50 a.m., and ending with the performance around 2:30 p.m. The location is Benicia Lutheran Church, 201 Raymond Drive, Benicia (From Military, turn up West 2nd Street).

The event is FREE but requires an RSVP prior to October 31. For reservations and RSVP, call 925-586-2575 or email blcpastor@sbcglobal.net.

Carquinez Village is pleased to participate and partner with organizers in pre-planning events. We appreciate this partner organization focused on supporting our older adult population. We hope you attend for the information and to help spread the work of Carquinez Village to other attendees. See you then!

Senior Options Day
Saturday, November 5, 2022
Doors open at 8:30 am • Hours: 8:50 am -2:30 pm
Benicia Lutheran Church
201 Raymond Drive, Benicia
RSVP required: Call: 925-586-2574 or email: blcpastor@sbcglobal.net

AARP Fraud Hotline

Is that message a scam? What do we make of all the email, text, phone, or other communications we get? If you want to check on the legitimacy of anything, the number to call is AARP's fraud hotline number 877-908-3360 or go to the [website](#).



Welcome to our new members:

Karen Kreider is retired, with an educational background. An active person, she likes to garden, hike, and paint watercolors. She might want to volunteer, but primarily wants to make new friends and enjoy our cultural and educational programs. In September, she started a walking group for the Village.

Sophie Elliott lives in Rancho Benicia and has lots of friends there who help her out. She wrote on the top of her application “I am 97 years old.” She uses a cane and a walker when outside and climbs the half dozen steps up and down from her unit a half dozen times a day.

“I should have joined the Village a long time ago,” Sophie remarked. She joined for all the things we

do. In the short term, she is hoping someone will come over and help clean out her spice cabinet.

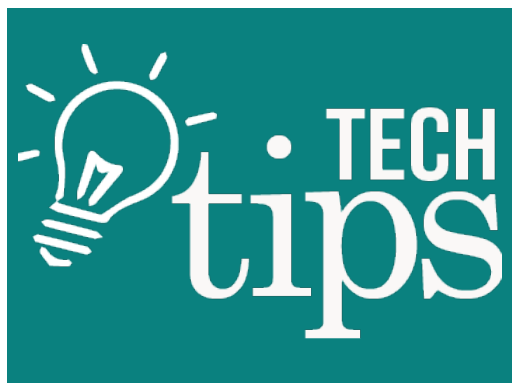
Jane Piereth has rejoined the Village. Interested in horses, sailing, reading, and gardening, she’d like to meet new people and enjoy the cultural and educational programs. When she was a member

before, she attended Tuesday coffees and participated in the meditation group.

Jim and Nancy Schroeder are our newest members. Aware of the village since its inception,

they have friends who are members, and finally decided to join. Meeting new people and checking out our cultural and educational programs are things they’d like to do.

*“I should have
joined the Village
a long time ago.”*



Cleaning Out

By Barbara Fredericks

Cleaning out your inboxes, documents, photos, and other digital junk can reduce stress and improve your personal productivity. Keep your digital space clean & tidy by decluttering periodically. Try picking three things from the list below to do this week.

1. Back-up important files!

2. Organize documents into folders
3. Rename documents so the title makes sense to you
4. Clear your desktop
5. Delete your downloads
6. Sort important emails into folders
7. Get inbox to zero
8. Unsubscribe from email lists that are no longer of interest
9. Turn off social media notifications
10. Check and install updates
11. Organize apps into folders
12. Delete unused apps
13. Delete duplicate or poor-quality photographs
14. Rename photos so they are easier to search
15. Back up your photos!
16. Unfollow people who no longer interest you
17. Delete social media apps that negatively impact you
18. Clear browser history and cache
19. Delete no longer needed bookmarks
20. Clean out your contacts list.

ARE YOU “RED CROSS READY” FOR A DISASTER? What happens when “what if” becomes what “now”?

By Barbara Engdahl

Here is some info we got from Red Cross volunteer John Williams in his recent talk for Village members. First, working smoke detectors and smoke alarms are vital. The Red Cross will come to your home and install them; call 707 438 7054 to schedule this. They will also drop off preparedness materials and assess your home safety generally. If you are internet savvy, go the website ready.gov for preparedness info.

In case of a fire in your home, Red Cross advises DROP (smoke is dangerous) and get out immediately before calling 911. You will do this more quickly if you know all your escape exits. Get to a safe place that you may have agreed on with neighbors or family. For seniors, it may be wise to make up a kit containing medications, vital assistive devices (glasses, phone, car keys and the like) that we can grab and go.

For earthquakes, the advice is DROP, COVER and HOLD ON. For a possible widespread interruption

of services, your kit might include flashlights, food, can opener, water, candles, pet food, a 3-day supply of medications, some cash in small bills, spare keys for house and car, hearing aid batteries; anything you might need for three days or so. For heat emergencies, being prepared can mean knowing where cool shelters nearby are. Radio stations 740, and 810 provide disaster information. Dialing 211 can also provide information.

For a medical emergency, create a list of medications, your emergency contacts, your diagnoses, and put them on the fridge. Pointing them out to paramedics when you call 911 could save your life! Include your ICE (in case of emergency) phone numbers, labelled as such. Ask for help if you don't know how to do that. Keep a card in your wallet with emergency contacts, medical info, etc. Think ahead and be prepared!

October “Better World” Event



by Pat Plant

Join a frank discussion on gun control with “Moms Demand Action” California Lead Organizer Alex Navarro, Wednesday, October 26 at 7 pm over Zoom.

Email betterworldbenicia@gmail.com for the link. This event is a “*Make the World a Better Place*” monthly Zoom program provided by

Heritage Presbyterian Church and organized by Carquinez Village member Pat Plant.

MOMS 
DEMAND
ACTION
FOR GUN SENSE IN AMERICA

Moms Demand Action is a national project to give people ideas about what they can do to reduce gun ownership, increase citizen safety, return calm, and end gun violence in our country. The organization was begun by a mom saddened by the Sandy Hook School shooting that took her son and classmates.

Overview, Mission, and Philosophy of Carquinez Village

Excerpted from the Member Handbook

Carquinez Village is a charitable nonprofit organization founded in 2015. Created by older adults for older adults, the mission is to assist older adults where they live as part of a vibrant network with choices of services and activities, and educational, social and cultural programs. Just as it takes a village to raise a child, we believe that it takes a village to connect, support, and inspire older adults.

People are healthier and happier when connected to others and the community. Our goal is to create a caring and respectful community characterized by compassion and kindness—a community where older adults can thrive. When our members are faced with challenges, they don't face them alone; a caring community surrounds them. We ask members to join us in creating a friendly and welcoming environment.

Carquinez Village Values Statement: Carquinez Village envisions all older adults living in a diverse and inclusive community with dignity, purpose, and well-being. Individual and societal change is required if this vision is achieved and that this will entail the uprooting of institutional racism and its climate of social and racial inequity.

We are a part of the system in need of change. Our commitment is to strive to find ways to deepen our understanding of the role that we play, endeavor to erase inequities, and increase the diversity of our membership.

We encourage members to participate in the Village to the extent that they wish, to recommend different types of services, and form different kinds of groups and activities. Our goal is to have Carquinez Village reflect the needs and interests of our members.



Every year **EVERYTHING** changes in Medicare.

Oct. 15 to Dec. 7 is the Annual Election Period to review what is changing in 2022 with the Part D drug plans and Advantage managed care plans and make changes to your Medicare healthcare.

Companies change, coverage changes, prices change, formularies change, contracted pharmacies change, co-pays change, Provider networks change, everything changes. Don't pay more than you have to or realize too late that parts of your healthcare have had major changes in coverage.

HICAP does not sell anything and is the only source authorized by the CA Dept. of Aging to provide Medicare education.

Make an appointment at <https://senioradvocacyservices.org/hicap/> or call 707.526.4108

Member Spotlight: Jean Coppock

By Greg Plant



Jean Coppock lived the show “Finding Your Roots” as she unearthed her own family roots and published her results — shared in a family gathering last month.

“I’ve been working on this family history for 30 years,” Jean explained before her trip back to see family. Doggedly, she asked questions, researched, and looked up all levels of government records on U.S. and Irish websites.

Ireland is where the maternal side of her family originated. “So, I interviewed my mom and her sisters and got them to introduce cousins,” Jean said—for example, a third cousin with Montanan roots. Jean is from Minnesota.

Finding census records helped; they were like “little diamonds of information.” Jean added that “all of a sudden DNA testing found more people.”

She was well on her way when a hemorrhagic stroke stopped her book’s progress—“it has been my passion, really.” She was stalled, Jean said with a sigh.

Physical therapy and support from partner Jack Weaver got Jean back to work, ending with a published book. Its 374 pages are beautifully designed, with Jack’s help—he’s a graphic

designer—and filled with lovingly restored photos and stories from as far back as the 1700’s.

Jean is just getting started. She has three more family lines to research!

JUST IN!

Benicia City Manager, Eric Upton has asked that Carquinez Village partner with the city in the Be Kind Community project.

Many of you may have received a flyer in the mail announcing the Be Kind Community program. The weekly initiatives aim to influence the public to have a greater consideration for each other and to look for opportunities to intentionally add value to others through simple acts of kindness.

Visit www.bekind.city for more information on participation in weekly initiatives and watch for more information from Carquinez Village on this exciting initiative.



Member Spotlight:

Burt Mahoney, Carquinez Village Charter Member

by Judie Donalson

I was stunned a week or so ago when I saw Burt Mahoney arrive at the Village's September picnic. Why was I stunned? Because Burt is driving a mobility cart over some rough, uneven terrain and, in addition, he is carrying a lawn chair and a folding table! Have you ever seen anyone carrying a couple of items like this? Oh, and by the way, I learned that, as Burt negotiates all of this, he is legally blind. I learned from Nancy, Burt's wife, that what I saw Burt doing at the picnic was just the beginning. Burt is amazing in his determination to remain as independent as he can be.

I went over to visit Burt and his wife, Nancy, to observe Burt in action doing his weekly chore—

taking out the trash! You can see him in the photos. He uses a rope, which he systematically wraps around the trash can and the mobility cart. Just picture what a balancing act this requires. Burt also showed me how he manages to mow his lawn. In addition, Burt carries a basket of tools near the handlebars of his mobility cart. This isn't for show, by any means. Burt wants to be prepared to take on whatever tasks he can.

I'm going to refer to Burt as "the determined 85-year-old handyman." This contrasts with my former image of Burt, which had been solely related to his health. This man whom I observed doing some amazing household chores has overcome bladder cancer and endured open heart surgery. He looked pretty darn robust to me!



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