

CARQUINEZ VILLAGE

CONNECTING, SUPPORTING, and INSPIRING OLDER ADULTS

NEWSLETTER

March 2024

Page 1



Rain or shine! Our Vallejo members met for their monthly picnic under the gazebos at Highland Park last week where they were joined by the Carquinez Village Executive Director to discuss various ways to enhance the Vallejo villager experience and expand Vallejo membership.

Issue Highlights

[Solano Master Plan on Aging](#)

[Welcome New Members](#)

March Happenings

[Cyber Tips: Password Security](#)

[Speaker Series: End of Life Options](#)

[2024 New DMV Rules for Seniors](#)

[Medicare Advantage Open Enrollment](#)

[FREE Tax Help for Seniors](#)

[Classifieds and Help Wanted](#)

“Pardon Our Dust!”

UNDER CONSTRUCTION

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Jennifer Hanley, Executive Director

Greetings Carquinez Village! As we welcome the Spring of a new year, we’re giving our newsletter a little polish by adding more content and information for our members and our broader readership. I’ll be partnering with our new volunteer editor, Greg Plant, to bring you interesting articles and important updates in aging, while at the same time enhancing communications with the village. Thank you in advance for your patience as we navigate how best to connect the older adult community in Benicia and Vallejo through our monthly publication. If you haven’t already, be sure to like and follow our [Facebook](#) and [Instagram](#) pages where we regularly post event photos, our weekly [Voice of the Village](#), local info and interesting articles. It’s a great way to stay connected and updated throughout the month. Greg and I hope you like some of the new additions, and look forward to improving it throughout 2024.



Solano Master Plan for Aging



On January 30th, President Jane Keene, Executive Director Jennifer Hanley and Board Member Linda Chandler attended a Solano county conference that provided an update on the California Master Plan for Aging. In attendance were leaders from both public and private organizations, elected officials, and a few private citizens. Table groups were posed with questions and scenarios. Our workgroup was joined by Benicia Vice Mayor Terry Scott and Solano County Supervisor Monica Brown.

Serious infrastructure needs such as housing, transportation, caregiving and healthcare are becoming more necessary as approximately 25% of the population reaches age 60. As a response, counties are partnering with organizations on aging to identify what is working, and to design solutions by seeking input from their respective older adult communities. Publicly held events called "Listening Sessions" will be scheduled in April and May. Older adult residents are invited to share thoughts, concerns and questions. Carquinez Village will be partnering with Benicia Vice Mayor Terry Scott to host a listening session for Benicia, and plans for a session in Vallejo are already in the works. Event details will be shared once they are finalized. Click below to learn more about the Master Plan.

[California Master Plan on Aging](#)



National Nutrition Month



2024 NATIONAL NUTRITION MONTH

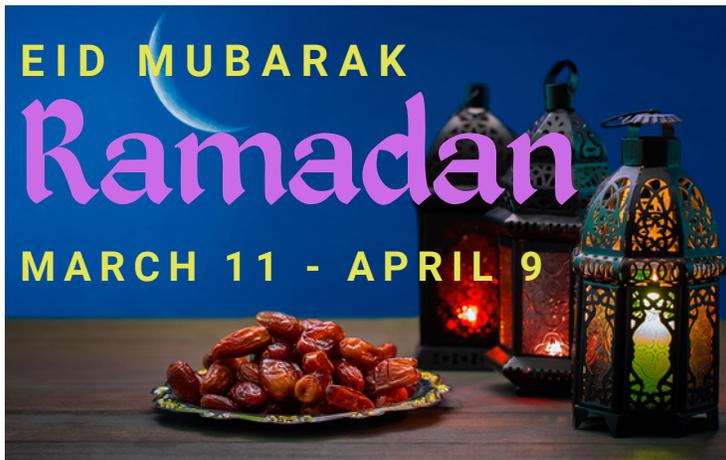
National Nutrition Month focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Click the link below and learn how to make the meal eaten every single day by the world's longest living family; nine siblings with a combined age of 851!

[RECIPE: Blue Zone Minestrone Soup](#)

Women's History Month



Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the United States since 1987. The actual celebration of Women's History Month grew out of a weeklong celebration of women's contributions to culture, history and society organized by the school district of Sonoma, California, in 1978. The 2024 theme is: ["Women Who Advocate for Equity, Diversity, and Inclusion."](#)



Ramadan is considered one of the holiest months of the year for Muslims. In Ramadan, Muslims commemorate the revelation of the Qur'an, and fast from food and drink during the sunlit hours as a means of drawing closer to God and cultivating self-control, gratitude, and compassion for those less fortunate. At the end of Ramadan, Muslims celebrate one of their major holidays called Eid ul-Fitr or the "Festival of the Breaking of the Fast." Children traditionally receive new clothes, money or gifts from parents, relatives and friends.

A special prayer and sermon are held the morning of Eid day, followed by a community celebration usually in a park or large hall. Food, games and presents for children are important parts of the festivities, as friends and family spend the day socializing, eating and reuniting with old acquaintances. The greeting Eid Mubarak means "blessed holiday!"

Want to learn more? Watch the YouTube episode below, "What is Ramadan?" or visit the [Ramadan Information Sheet](#) featured on ING.com.



Welcome

NEW MEMBERS

Bonnie Charyn

Bonnie grew up in the Midwest. She is quite accomplished in many areas, including a Public Health investigator and then she recreated her career to become a technical editor. She loves music, architecture, local history, and environmental stewardship. She is recovering from medical issues but hopes to soon get involved with the village.

Mary Julia Pendergast- Klimenko

Mary Julia has lived in Vallejo most of her life. She surely has seen a lot of changes. She taught creative writing at SFSU for several years and then she went back to school to become a Psychotherapist and still has an active practice. In addition to being a therapist she is a writer and poet. She also collaborated with Manuel Neri for many years.

Liane Fountain

Liane has been a Benicia resident for the past thirty-seven years. She has had quite a variety of jobs, including volunteering and working at Rossmoor. Liane spends a lot of time with her grandkids and is very involved in their lives. However, she is looking forward to making new friends in our village and participating in activities.

Cynthia Scoggin

Moved to Glen Cove with her husband after closing their architecture firm in Mill Valley. She subsequently went to work for the City of American Canyon in their Capital Projects department. Cynthia has jumped right into the Village activities, such as the Friday walking group, and the Memoir class, and is organizing the new CV Gardeners group.



The Carquinez Village Friday Walking Group took a ferry trip to San Francisco! The next SF Ferry walking trip is scheduled for Friday, March 22nd meeting at 9:15am. Otherwise, the walkers meet every Friday at 11am in Vallejo. Check the [events calendar](#) to confirm location, or email Susan Neuhaus at susan@carquinezvillage.org.

MARCH HAPPENINGS

- 3/5 - [Trader Joe's Group Shopping Trip](#), 11:30am
- 3/5, 12, 19, 26 - [NEW! Memoir Writing Class](#), 1:30pm
- 3/6 - [Carquinez Village Board Meeting](#), 1pm
- 3/6, 13, 20, 27 - [Boy-O-Boy! Bocce Ball Group](#), 10:30am
- 3/21 - [Speaker Series: End of Life Options](#), 10:30am
- 3/22 - [Friday Walking Group: SF Ferry Trip](#), 9:15am
- 3/22 - [Benicia Library Persian New Year Event](#) (non-CV)
- 3/23 - [Monthly Member Potluck](#), 5pm - 7pm
- 3/27 - [Men's Group](#), 12pm

For a full [list of events](#), click the calendar >>>



March Lifelong Learning Series: *The Nature of Consciousness*

What is the nature of consciousness? Is there consciousness outside of brains? Does it exist after death? These are questions and ideas about consciousness we will explore for three weeks, every Wednesday starting March 13th @ 3pm via Zoom. Check the [events calendar](#) to register, or call the information line at (707) 297-2472.

Cyber Tips with Josh: Password Security

By Josh Dean, Carquinez Village Volunteer & Cyber Security Expert

Why Password Security Matters

Passwords are the keys to your online accounts. If hackers get your passwords, they can steal your money, identity, and personal information. Create strong passwords and keep accounts safe.

How to Create Strong Passwords

A strong password is hard to guess and easy to remember. Here are tips to create strong passwords:

- Use at least 12 characters, including uppercase and lowercase letters, numbers, and symbols.
- Avoid using personal information, such as your name, birthday, or pet's name.
- Avoid using common words, phrases, or patterns, sequential (123456), or qwerty.
- Avoid using the same password for multiple accounts.

How to Keep Your Passwords Safe

Creating strong passwords is not enough. Here are tips to keep your passwords safe:

- Never share your passwords with anyone, even your family or friends.
- Never store passwords on your computer or phone.
- Write your passwords down and keep the list in a safe and private place.
- Never enter passwords on public or unsecured networks, such as library computers or free Wi-Fi.
- Never click links or open email attachments that ask for your passwords, login, or personal information.
- Change your passwords regularly and immediately if you suspect a breach.

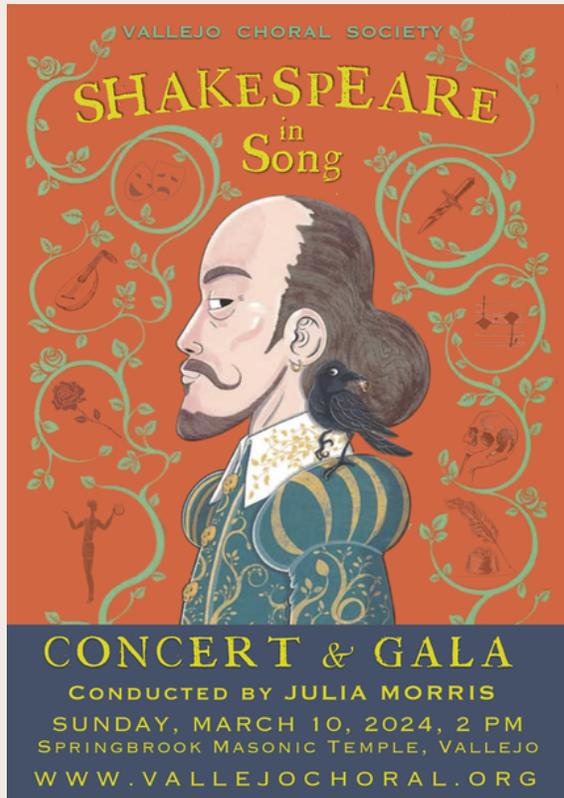


How long
does it take for
a hacker to crack
your password?

[CLICK HERE](#)



If you suspect you may have been hacked, or you have a question or concern about a suspicious email or text, log into [Helpful Village](#) and [submit a service request](#) or call the service line (707) 741-1656. A village tech volunteer will assist you!



Vallejo Choral Society Concert & Gala

By Barbara Engdahl

The Carquinez Village Singers will be featured with the over one hundred-year-old [Vallejo Choral Society](#) at their Concert & Gala, “Shakespeare in Song”. There will also be a raffle and an auction and tickets include hors d’oeuvres and a glass of wine.

WHEN: Sunday, March 10th, 2pm-4pm

WHERE: Vallejo Springbrook Masonic Temple, 101 Temple Way

TICKETS: \$40, include food & drink

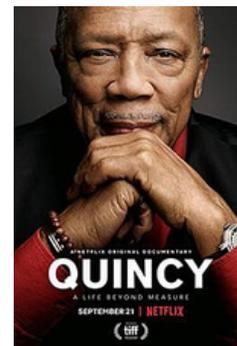
[CLICK HERE](#) to purchase tickets

The program is unique: music written by jazz pianist George Shearing, words by Shakespeare – of a promised ribald and bawdy nature!

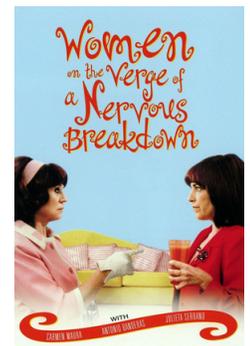


“Get Reel”: Afternoon Movie Zoom Club

Do you enjoy watching movies? Our Carquinez Village Movie Club meets on Zoom every Monday, 4pm-5pm. All members welcome! Each week, a movie is chosen, then discussed and rated (1 to 5) the following Monday. [REGISTER HERE](#) or contact movie club organizer Alan Plutchok via email at aaplutchok@gmail.com. Check out the the latest films and their ratings!



4.5 ★★★★★☆



3.3 ★★★★★☆☆

Finding “Lost” Money

By Linda Chandler

Here may be a welcome surprise: you may have state-held funds or property because an error occurred when you made a change, such as moving to a new address or changing your name! Visit [California State Controller’s Office Unclaimed Property](#) and search for your property; enter your name and associated addresses to see if anything comes up.

[CLICK HERE](#) to start your search!



The Carquinez Village Gardeners Have Sprouted!

The NEW Carquinez Village Gardening Group had a great first meeting! Members discussed future topics which included flower and vegetable gardening, container spaces, member garden tours, field trips and more. The Gardeners meet once a month on the first Friday, 12:30-2:00pm. Bring a lunch and something to share. For more info, contact group organizer Cynthia Scoggin at (415) 652-4601.

[REGISTER HERE](#) and view event details.



March Speaker Series: End of Life Options

Hosted by Barbara Engdahl

Although it is inevitable, death is not a subject we often discuss. We actively avoid thinking about it, mentioning it and usually don't believe we can do anything about it! It is assumed it just happens to us and we don't have much control over how it occurs. But that isn't true. It does deserve thinking about and planning for. We can influence, even decide, how our death happens to us.

Join me Thursday, March 21st, 10:30am-11:30am at the Benicia Library where we will discuss the topic of End of Life Options.

Unable to attend? View Barbara's [Options for the End of Life page](#).

Safety First: Using Ladders

By Kathy Monroe

Volunteers and Services Committee



"Safety first!" is an important remark we hear often, and it is certainly true when we consider the possible risks of climbing a ladder. As we grow older, we need to realize that balance may not be as it was earlier. But we are also wiser and know when we can take reasonable risks.

- Ladders should be in good condition with the stairs clear of any slippery material, a solid connection to the floor or ground, no broken rungs, and sturdy side rails. Never stand on the top step of inverted V ladders. All four feet should remain solid on the ground, and fully extend the horizontal brace bar so that it locks.
- Single-side ladders should extend at least three feet beyond your workspace. Both feet should be solid on the ground, and have someone brace the base of the ladder and spot you below. The helper should also hand you items, and take them from you before you ascend/descend.
- Use three points of contact when on the ladder (ex: two hands, one foot) Do not carry things on the ladder. Place tools on the platform when standing securely on the ground, then ascend. Use a strap/pulley to transfer items when using single-side ladders.
- Most of our volunteers are older adults, so they only take on tasks they can operate safely. We recommend volunteers inspect ladders first and do not climb higher than when their shoes are five feet off the ground.
- If volunteers need to access items from a high spot, assist them by handing or taking items from them so they have both hands free to brace themselves. Volunteer assistants are available if needed.
- Some tasks require professional assistance. Be sure to hire one who is bonded and insured.

IMPORTANT INFORMATION

AB 1606: 2024 Law Restricts Senior Drivers in California

One of the more relevant California law changes that could affect Carquinez Village members involves renewing a driver's license.

AB 1606, "Driver's License Renewal Alternatives," authorizes the Director of Motor Vehicles to establish a program to evaluate renewing driver's licenses by virtual or other remote processes such as "eLearning" on the DMV website. However, once you've renewed virtually, you are required to appear in person for your next renewal date. Drivers must take an in-person test if their previous renewal was done online. In-person testing is required for all drivers over the age of 80. The bill also mandates that all drivers over the age of 70 must submit to an eyesight test. The YouTube video below gives a great overview.

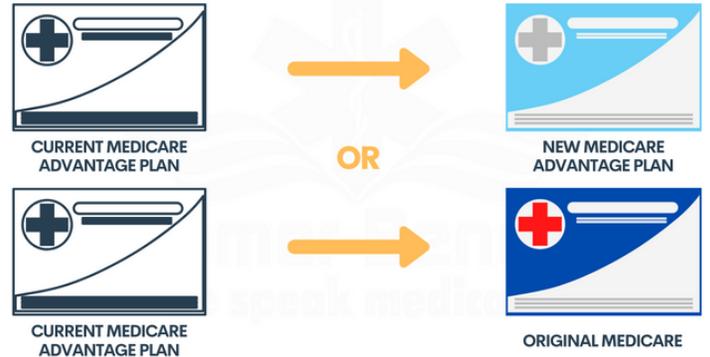


For information regarding renewal information for older adults, visit the following DMV links for easy-to-follow guides and resources.



MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

January 1st - March 31st



Medicare Advantage (MA) Open Enrollment continues through March 31, 2024. MA is coverage for things original Medicare does not cover, such as fitness programs, gym memberships, vision care, hearing, and dental services.

Before the deadline, you'll have the opportunity to make one change from the below options:

- Switch between Medicare Advantage Plans
- Switch to Original Medicare with or without Part D (prescription drug coverage)

Changes to your plan will take effect on the first of the following month.

For more information or for advice, contact the Health Insurance Counseling and Advocacy Program (HICAP) at (800) 434-0222 or follow the linked [Medicare website](#).

CAUTION CAUTION CAUTION

Medicare scams are on the rise! Criminals claiming to be Medicare representatives, or similar organizations, have been calling beneficiaries to attempt to trick them into sharing their Medicare and personal identifying information. Never give out any personal information over the phone unless you have called Medicare direct on a verified number.

AARP® FOUNDATION FREE TAX HELP @ the Library

Need some help preparing your 2024 taxes?
[AARP Tax Aide](#) offers FREE assistance for older adults in Benicia and Vallejo.

Benicia Public Library

150 East L Street, Benicia, CA 94510

Every Friday @ 12pm

Reservations required. Call (707) 746-4343.

[Click here](#) for more information.

Florence Douglas Senior Center

333 Amador Street, Vallejo, CA 94590

Mondays & Wednesdays

9am-12pm and 12:45pm-2:15pm

Reservations required. Call (707) 643-1044.

The Village Has Helping Hands!

Small Task Service Requests



Carquinez Village Volunteers offer much more than rides. Those small tasks that are difficult for you to do, such as carrying a heavy object into your home, changing an awkward light bulb, installing electronics, hanging a new curtain, fixing a drawer pull, replacing toilet parts, changing an air filter, putting air in your car tires, and many other minor challenges are easy for some of our volunteers. These are tasks that are too small for a contractor and don't require a license, training, special tools, or insurance/bonding. Instead, think of Helpful Village! Don't struggle or risk getting hurt.

Sometimes there are major tasks that may take one or more volunteers to assist with, such as removing a very large area rug, or packing up for a move from one place to another. In those cases, calling Louis is better than putting the request in yourself because he knows how to input special requests for volunteers. Louis can be reached directly at our Service Request Line (707) 741-1656.

-- *Volunteers and Services Committee*

CALL FOR VOLUNTEERS

Would you like to become more involved with our village? Visit our [Volunteer page](#) for details.

We are currently seeking volunteers for:

Volunteer Coordinator

Help recruit and train new volunteers.

Email jane@carquinezvillage.org

Member Services Committee

Help recruit and welcome new members.

Email susan@carquinezvillage.org



CLASSIFIEDS

Want to place an ad in the classifieds?
Click the submit button below!
We allow member listings for:

- Rooms for Rent
- Large Sale Items
- Help Wanted
- In Search of a Friend
- Garage Sale
- General Info/Miscellaneous

**** (CV members only. No small sale items.)**

SUBMIT NOW

NEWS & LINKS

- [CDA: LGBTQ+ Survey for Older Adults](#)
- [Business Insider: Villages Address Loneliness](#)
- [Live to the Beat: Healthy Heart Tools](#)
- [AARP's Helpful Guide: Tax Breaks for Caregivers](#)
- [Eat This, Not That! 3 foods to Increase Longevity](#)
- [NPR: 7 Habits to Live a Healthier Life](#)
- [FREE Covid-19 Test Kits Mailed to Your Home](#)

What number do I call?

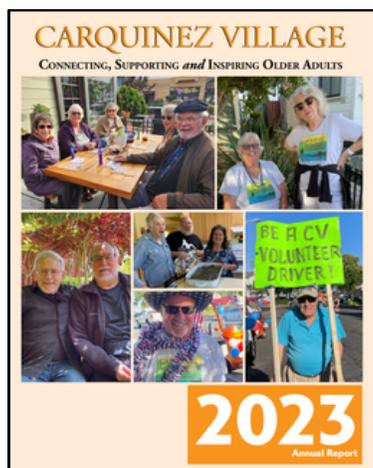


General Information
(707) 297-2472

Service Request
(707) 741-1656

We ♥ our Volunteers

Carquinez Village wouldn't be possible without our dedicated volunteers. We would like to recognize volunteers that make our village so special. Click the button below to nominate a [Rockstar Village Volunteer](#) you think deserves some extra recognition.



View 2023 Annual Report

View this newsletter as a [website](#).

For an archive of our newsletters, [click here](#).

For news related questions: editor@carquinezvillage.org

[Carquinez Village](#) is a charitable non-profit 501(c)(3) organization. Our mission is to build a community that provides social connection, personal support services and lifelong learning to older adults living in Benicia & Vallejo, California.



For information, call: (707) 297-2472

info@carquinezvillage.org

77 Solano Square, #279, Benicia, CA 94510

