

# CARQUINEZ VILLAGE

CONNECTING, SUPPORTING, and INSPIRING OLDER ADULTS

NEWSLETTER

April 2024

Page 1



**Annual Daffodil Days** - Thanks to your support, volunteers make deliveries of fresh spring daffodils to our 150+ Benicia and Vallejo members each Spring. This annual tradition serves to brighten up our villager's day with a little bit of seasonal sunshine!

## Issue Highlights

**Welcome  
New Members**

**Volunteer Spotlight**

**Meet Our Villagers:  
Jane Piereth**

**April Happenings**

**Parkinson's Expo &  
Memorial Walk**

**Emergency  
Contact Update**

**Cyber Tips: Credit  
Card Skimming**

**California Connect  
Phone Services**

**Speaker Series:  
Housing Options  
for Seniors**

**Classifieds and  
Help Wanted**

## Note from the Desk: President Jane Keene

It looks like Spring has sprung! I am so enjoying the warmer weather and all the blossoms and bulbs that are flowering. Talking of flowers, I was delighted to receive my daffodils from our Village. They really brightened my day. I hope you all enjoyed yours, too. Many thanks to all the volunteers, members and donors who made this possible. Our Village continues to amaze me with all the great events that are available to us. We have some new groups beginning, like the gardening group and the wonderful new education program. This month it was "Exploring Consciousness: Rethinking Death." Our speaker series this month was an informative talk by our own Barbara Engdahl, on options at the end of life. The potluck hosted by Pat and Greg Plant, Tony Failla, and Barrett Vogel, was well-attended and lots of fun as usual. Please mark your calendars for our seventh [Anniversary Party](#) on Thursday, April 25 at 1pm. Members will congregate at Highlands Park. I am looking forward to seeing you there.





# Welcome NEW MEMBERS

## Shawn “Princess” Hanson

Shawn, known by her friends as Princess, was born in Wisconsin. She has lived in the Benicia area for 40 years. In her early years, she made her living as a cook, and loved working at music festivals and fairs. These days she is working on becoming a vegetarian. She worked the early morning shift in the Admitting department at Kaiser in Vallejo for over twenty years. Though she now uses a walker, she loves getting out and could teach us a lot about using public transportation!

## Jim Scoggin

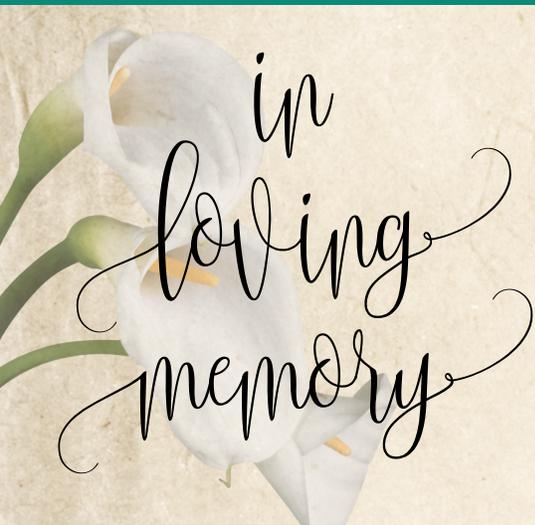
Jim, a resident of Glen Cove, grew up in Richland, WA outside of the Hanford atomic project. He fell in love with drawing in high school and then went on to study architecture at Harvard. He taught at UC Berkeley and the Bartlett School of Architecture in London. He maintains his passion for art and stays in touch with his artist friends. He and his wife Cynthia opened an architectural firm in Mill Valley where they raised their two sons. Jim has already joined the Carquinez Village Men’s group!

## Leslye Asera

Leslye was born in Oakland, CA and moved around throughout childhood as a member of a military family. She lived in Benicia in the 1980’s and worked with the Benicia Old Town Theatre Group as a stage director, and a lighting designer, and helped found Arts Benicia. Later she worked for the City of Concord and was in charge of community relations. She has been a long-time friend of the Village and we are glad she finally decided to join!

## Barbara Laconsay

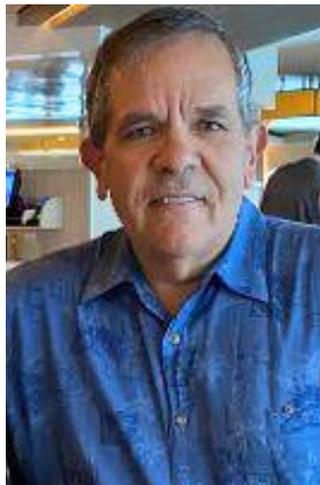
Barbara grew up in Chicago where after graduation she worked as a Bid Analyst for Baxter. Later, she moved to San Francisco where she worked as a commodity importer and exporter. She and her husband moved to Vallejo in 1987, raised their daughter and became very involved at St. Pat’s high school. Since her husband’s death five years ago, she has become an avid traveler. Barbara looks forward to utilizing our services to help with transportation and home maintenance needs, attending our events and making new friends!



## Sophie Elliott

Carquinez Village member, Sophie Elliott, passed away in March 2024 just shy of her 100th birthday which would have been in May. She joined the village in August of 2022 and lived in Rancho Benicia along with many helpful friends and neighbors. Sophie moved here a few years ago from Oroville, where she had raised her family. During the pandemic, she would often find care packages on her porch steps from one of her neighbors who suggested she explore joining the village. Sophie had a very positive outlook on life and will be missed by those who loved her.

in  
loving  
memory



## Volunteer Spotlight: John Furtado

Volunteer John Furtado was nominated for being a “[Rockstar Volunteer](#)” for his exceptional service assisting one of our villagers with a broken laptop. He has been a valued Carquinez Village volunteer since 2021. When asked what calls him to service, he said that he enjoys spending his retirement, “being engaged, getting to know more residents, and giving back to the community.” He enjoys working with Carquinez Village due to the many programs offered to the aging adults we serve.

John has lived in Benicia since 1997 and is a retired IT executive for Bank of America and Kaiser Permanente. He is very active and enjoys playing golf, bocce ball, bicycling, kayaking, walking, gardening, and volunteering!

One of John’s many talents is playing the trumpet, and plays in four bands including the Benicia/Vallejo and the Diablo Regional concert bands, the Contra Costa Jazz band and the Cal Poly alumni band. John is also a member of the [Benicia Ham Radio Club \(BARC\)](#) and served on the Benicia Open Space Commission.

If John’s story inspires you to get involved with the village movement, start a conversation today by emailing or volunteer team at [volunteer@carquinezvillage.org](mailto:volunteer@carquinezvillage.org) or call (707) 297-2472.



## Meet Our Villagers: Jane Piereth

Villager Jane Piereth is a unique and adventurous member of Carquinez Village since she joined in 2019. She owns and boards a horse in American Canyon, served as a reserve for the Coast Guard on Mare Island, and she founded and runs [Sailing Education Adventures \(SEA\)](#); a Bay Area business that teaches people how to sail.

“I founded Sailing Education Adventures in 1984 to teach sailing,” she said over coffee at Raggs Cafe. SEA has youth and adult sailing camps in the winter and has won honors for excellence.

Originally from the East Coast, Jane comes from a long line of sailors, so sailing is in her blood. “My grandfather, father, and brother were all sailors or boat owners,” she said. Marriage brought Jane to the Bay Area in 1973, then she joined the Coast Guard in 1978. Originally stationed at Fort Point in San Francisco, she eventually transferred to Mare Island which introduced her to the beautiful bayside community of Benicia. “I fell in love with Benicia,” she said, smiling. Jane moved here in 2012. She also loves her two-year-old granddaughter, Makaia (that means, “towards the sea”), who lives in Grass Valley.

Now widowed, Jane keeps herself busy riding and tending to her horse and serves on the SEA Board of Directors. Jane often attends Carquinez Village “Tuesday’s Cafe”, a weekly coffee meet-up in the Benicia Raley’s cafe. This weekly meet-up is a public opportunity to meet a few members and learn more about becoming a Carquinez Village member. “I really like the Village.” Jane added, and she thinks you would, too!

Do you know, or are you a Carquinez Village member with an interesting story to tell? We’d love to feature you in our newsletter! Contact [editor@carquinezvillage.org](mailto:editor@carquinezvillage.org) or call (707) 297-2472 to tell us more.

## APRIL HAPPENINGS

- 4/3 - [Carquinez Village Board Meeting](#), 1pm - 3pm
- 4/13 - [Parkinson's Expo & Memorial Walk](#), 9am - 1pm
- 4/18 - [Speaker Series: Senior Housing Options](#), 10:30am
- 4/19 - [Friday Walking Group: SF Ferry Trip](#), 9:15am
- 4/20 - [Benicia 3rd Annual Diversity Festival](#), 12pm - 5pm
- 4/20 - [Monthly Member Only Potluck](#), 5pm - 7pm
- 4/24 - [Men's Group](#), 11:30am - 1:30pm
- 4/25 - [Carquinez Village Anniversary Party](#), 1pm
- 4/28 - [SCC Theatre: "Anything Goes"](#), 1pm - 5pm

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



Stop by and visit the Carquinez Village table at the [Benicia Diversity Festival!](#) Learn all about the village movement and our mission to transform the experience of aging in Benicia and Vallejo.

## Benicia Parkinson's Expo & Bill Cawley Memorial Walk

Mark your calendar now for April 13 for Benicia's Parkinson Expo, from 9 am to 1pm at the City Park, First and L by the Gazebo. The expo will feature booths, food trucks and prizes, plus the [Bill Cawley Memorial Walk](#) around the park in honor of Cawley, who died in 2022 from Parkinson's disease and was a prominent Benician (President of both Benicia Chamber of Commerce and Kiwanis Club, and Grand Marshall of the 2017 Torchlight Parade). Walk participants must register by April 4th at [www.BeniciaParkinsons.support](http://www.BeniciaParkinsons.support).

Carquinez Village will host a table and we need 10 eager volunteers to work 1½ hour shifts. Yes, there will be chairs! This is a good opportunity to give back to our community and promote Carquinez Village! Contact Linda Chandler (707) 344-3042 to volunteer. This promises to be a fun and educational community event!

# IT'S HERE!

## BENICIA PARKINSON'S EXPO

featuring THE BILL CAWLEY MEMORIAL WALK



Saturday, April 13, 2024 9:00AM - 1:00PM

Benicia City Park, First & K Street

More info at: [BeniciaParkinsons.support](http://BeniciaParkinsons.support)

WALK, PRIZES, HELPFUL PARKINSON'S RESOURCES, EXHIBITORS, FOOD TRUCKS

## Emergency Contact Update

By Susan Neuhaus, Member Services

This month Carquinez Village will be celebrating our seventh anniversary. Forty-three of our founding members still belong to the village. Imagine that! Wow, a lot has happened in my life in those seven years. My doctor has changed, and family members have moved and my husband is using a cane. I bet that many of you have seen changes as well throughout the years. If you have a new doctor or need to update your contacts you can call into our Administrative line, (707) 297-2472, and leave a message and we will call you back. Throughout the month of April, the Member Services Committee will be calling you to update our files. We want to make sure that we have the most up-to-date information so we can better serve you.



## “Anything Goes!”

Join us Sunday, April 28th for music and laughs! Solano College Theatre's production of the romantic comedy, *Anything Goes*, features Cole Porter classics such as, “*I Get a Kick out of You*,” “*It's De-Lovely*,” and the title song, “*Anything Goes*.” Actors will be interpreting the entire show into sign language (ASL) as they perform.

The event will be from 1pm to 5pm. Members must register no later than Tuesday, April 23rd. Meeting/carpool details are on the Helpful Village event page. When registering, please indicate if you will need a ride, or are willing to drive others. [CLICK HERE](#) to register. More show details can be found on Solano College Theatre's page [here](#).

## Cyber Tips with Josh: Credit Card Skimming

By Josh Dean, Carquinez Village Volunteer & Cyber Security Expert

### How to Protect Yourself from Credit Card Skimming

Credit card skimming is a type of fraud where criminals use a device to steal your card information when you swipe at a terminal. Devices are often attached to gas pumps, ATMs, or a point-of-sale machine.

### How to Spot a Skimmer

- Check the terminal for any signs of tampering, loose parts, scratches, or glue residue.
- Compare the terminal with others nearby. If one looks different, it might have a skimmer.
- Wiggle the card slot and keypad. If they feel loose, they might be fake.

### How to Prevent Card Skimming

If possible, use contactless payment, such as tap pay, mobile pay, or online banking. If you have to use a card, follow these steps to reduce the risk of skimming:

- Cover the keypad when entering your PIN to prevent a hidden camera or device from recording your PIN.
- Monitor bank statements and credit reports. This can help you spot any suspicious activity.
- Report any lost or stolen cards immediately to prevent future accounts being created by criminals.
- Use trusted terminals and avoid isolated, poorly lit areas, or terminals that look suspicious or damaged.

If you think your card may have been skimmed, contact your bank and file a police report. Monitor your credit reports, and notify [credit bureaus](#). Place a fraud alert to help monitor future suspicious activity.



**If you suspect you may have been a victim of cyber theft, 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!**



## California Connect: FREE Specialized Phones and Equipment for the Hearing and Visually Impaired

By Member Cynthia Sequin

California Connect is a public program that distributes specialized telecommunications equipment to persons with disabilities; provides a dual-party relay system called California Relay Service; and supplies assistance for speech generating devices- subsidized by the State of California, removing any financial barriers. The California Connect website has an application that needs to be signed by your doctor/nurse practitioner/hearing aid dispenser. I am delighted with the improved hearing clarity of my "California Connect" phone.



At California Connect, with the Deaf and Disabled Telecommunication Program (DDTP), the goal is to make it easier for every Californian with speech, hearing, vision, mobility, or cognitive disabilities to connect with the world around them in a way that is comfortable and convenient. Equal access to communication is not a privilege, but a right. We want to reach every eligible Californian that wants fully accessible communication. If this is you or a loved one, connect with us today! Follow the links below to apply or learn more information about this valuable program. Contact by phone at (800) 806-1191 or email [caconnect@cpuc.ca.gov](mailto:caconnect@cpuc.ca.gov).

[California Connect Program Info](#)

[Hearing Equipment and Services](#)

[California Connect FAQ's](#)



## A Fresh Alternative: The Rise of Co-Ops

By Members Greg and Pat Plant

Local residents are working on opening a grocery Co-Op (like a grocery store but community-owned), so we thought we would visit one to see how it works. We drove up to the [Davis Food Co-Op](#) at 620 G Street in Davis, about a half-mile east of UC Davis off Richards Ave, right on First Street, which becomes G Street. Why a cooperative? Davis Co-Op'ers say, "Your investment in the co-op allows us to make investments in local farmers and artisans, offering direct support to the sustainable, natural foods and products that they provide." Direct from the farm means not shipped from, say, Mexico, as national grocery stores do. It's worth the trip to see a new way of providing groceries. For more information about the local effort, visit [Cultivate Community Food CO-OP](#).

# SPEAKER SERIES

## Housing Options for Seniors

Presented by a Panel of Village Members  
Hosted by Carquinez Village

**THURSDAY, APRIL 18, 2024**

**10:30AM - 11:30AM**

**BENICIA LIBRARY 150 East L Street**

**FREE EVENT - Open to the public**



# 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.



## CALL FOR VOLUNTEERS

Would you like to help support older adults in our community? Visit our [volunteer page](#) for details.

We are currently seeking volunteers for:

### Volunteer Coordinator

Help recruit and train new volunteers.

Email [jane@carquinezvillage.org](mailto:jane@carquinezvillage.org)

### Village Representative for Events

Table staff at Parkinson's Expo (4/13) or Diversity Festival (4/20) to tell people about our village.

Email [volunteer@carquinezvillage.org](mailto:volunteer@carquinezvillage.org)

### Volunteer Driver

Provide a safe ride for an older adult to a medical appointment or trip to the grocery store.

Email [volunteer@carquinezvillage.org](mailto:volunteer@carquinezvillage.org)

## CLASSIFIEDS

### FREE! - MEDICAL EQUIPMENT

Few pieces of medical equipment for physically handicapped. Walker, commode, etc. Free if you will pick up. Contact Greg Plant (408) 702-7183 or email [greg43.plant@gmail.com](mailto:greg43.plant@gmail.com).

### FREE! - NEW GRAB BARS

Three brand new safety grab bars, brushed nickel finish, in lengths of 36", 18" and 12". Call Susan Neuhaus for more info (707) 373-6879.

Want to place an ad in the classifieds?

**SUBMIT NOW**



# NEWS & LINKS

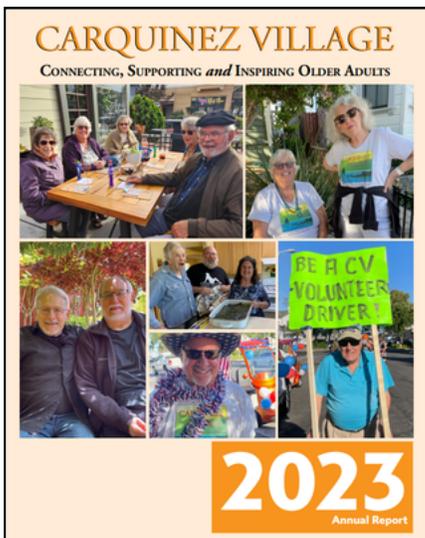
- [NPR: Boomers Want to Age in Their Own Homes](#)
- [Mayo Clinic: Social Connections Healthy Aging](#)
- [Blue Zones Project: Petaluma Launch Party](#)
- [Have a "social snack" and fill your social cup!](#)
- [Blue Zones: 5-minute True Happiness Test](#)
- [Gardening Boosts Mood as Much as Exercise](#)

**What number do I call?**



**General Information**  
(707) 297-2472

**Service Request**  
(707) 741-1656



[View 2023 Annual Report](#)

[Subscribe](#) to our monthly newsletter.

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

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

For news related questions: [editor@carquinezvillage.org](mailto:editor@carquinezvillage.org)

Carquinez Village is a charitable non-profit 501(c)(3) organization made possible by our generous donors and partners. Our mission is to build a community that provides social connection, personal support services and lifelong learning opportunities to older adults living in Benicia and Vallejo.

We are proud and active members of

[Village Movement California](#) and [Village to Village Network](#).

For more information, call (707) 297-2472 or email [info@carquinezvillage.org](mailto:info@carquinezvillage.org).

Follow  
-US-

