



Happy 7th Anniversary Carquinez Village!

What started out as a small group of founding members with a big idea, is now a thriving community of nearly 160 members and growing. Here's to 7 successful years of operation!

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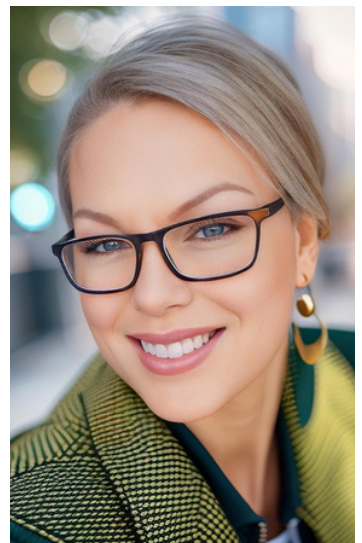
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Note from the Desk: Jennifer Hanley, *Executive Director*

Greetings Villagers! It's hard to believe that it's already May. The beautiful Northern California Spring weather is upon us with warming temperatures and blooming wildflowers; a perfect time to celebrate National Older Americans Month! We have a calendar full of events and activities, but one event is of particular importance. Carquinez Village along with Benicia Vice Mayor Terry Scott will be hosting a ['Listening Session' for the Solano County Master Plan for Aging \(SolCoMPA\)](#) on Tuesday, May 28th, 1pm at the Benicia Library. Both Vice Mayor Scott and I serve on the SolCoMPA Advisory Committee. This will be a unique opportunity to let your voices be heard regarding critical Solano County issues in aging such as affordable housing, healthcare, senior services, transportation and more. This session is open to all Solano County older adult residents, so bring a friend. I look forward to seeing you there!



Welcome NEW MEMBERS

Sue Fross

Sue moved to Benicia in 2020 during the pandemic to be closer to friends. Sue lived in Emeryville for 33 years while working in the hospitality industry serving in hotels, restaurants, and colleges. She once worked at the Geneva Hilton! Sue enjoys traveling and speaks Italian, French, and Spanish. When she's not traveling, you can find her at Jazzercise or woodworking in her garage. Sue is considering volunteering with the Village, and we'd be delighted if she did!

Jennifer Austin

Jennifer has lived in the Bay Area most of her life. As a lover of water, she was smitten when a house came up for sale on Lighthouse Drive in Vallejo. With a background in property management and real estate, she enjoys serving on her Homeowners Association board. She was often seen at the Yacht Harbor rowing and kayaking, but for now, she stays relatively occupied at her job in the Benicia Industrial Park. Welcome to the Village, Jennifer!

Sharon Emes

Sharon grew up in the Richmond/ Berkeley area. Her father worked for Standard Oil. She and her husband Will were married in 1977 and had a son named Matt and the three of them moved to Benicia 1993. Sharon has a long history of helping others. She worked as a Special Education assistant at Benicia High School for 20 years. Sharon has been a valuable Village volunteer since 2017 and she also distributes food in Vallejo through the Food Bank. We are delighted that she has finally chosen to become a member.



Meet Our Villagers: *Gary Vostry*

Gary Vostry is the perfect example of why Carquinez Village was created. Grieving the loss of Sarah, his wife of fifty years, Gary heard about the Village in 2023 from a flyer at the Benicia Library. He became a member and joined the 'Grief Group' run by Janice Magner, Chair of Member Services and licensed therapist, and slowly, he began to pull out of his pain. "There were tears shed," he admitted, smiling at the sad memory. As his spirit began to lift, he joined other Village activities, a remedy to help ease Gary's feeling of loss with a sense of belonging. "I am so grateful for the Village," he said.

A pharmacist since 1965, he now works one day a week making medicinal compounds for hospices and nursing homes. "Compounding isn't taught in schools anymore, so I also mentor Touro pharmacy students," he explained. Gary has become one of the Village's most active members and regularly attends bocce ball, lectures, excursions, and he leads the Friday Walking Group; a sharp contrast to the dark days of his past.

"I made wine from grapes I grew by the side of my house...but it wasn't very successful!" Gary shared with a wry smile. "Then I heard about the winery in the CV newsletter." Gary now helps fellow members Greg, Alan and Gerry with the '3 Old Guys Winery' with pressing and bottling. Perhaps a name change to '4 Old Guys Winery' is in order? It's safe to say that Gary's life would look much differently had he not come across that flyer last July. "Joining Carquinez Village has been more beneficial than I ever could have imagined."

APRIL SPEAKER SERIES RECAP

Housing Options for Seniors

By Mary Kienitz

When aging loved ones need more assistance than we are able to provide, where do we start looking? At our April Speaker Series, "Housing Options for Seniors, five Village members shared their experiences searching through options to locate the best choice. Costs vary greatly but facilities' rates can rise from 3% to 10% each year, so the longer you stay, the more you pay.

Janice Magnier recommended contacting the [Home Care](#) Department at your hospital for a list of resources. They can refer you to services that meet your specific needs. Although many older adults are uncomfortable with having strangers in their home, it may be their only option if family members are unavailable or simply unable to meet their needs.

[The Village at Rancho Solano](#) in Fairfield met the needs of Diane Delaney's parents. The assisted living facility specializes in memory care and offers studio apartment options. She noted that some residents choose to move in before they need extensive help to avoid having to move again.

Village member Joanne Rosenthal moved to [Cogir of Vallejo Hills](#) a few years ago and she and her new friends are having great fun! Cogir offers independent and assisted living, but no memory care. The group environment helps to reduce isolation and depression that many older adults who live alone face. Residents can engage in a variety of activities offered, and services such as cooking, cleaning and home maintenance are all provided by the facility.

Joy Innes struggled to keep her ailing husband at home after dealing with unreliable in-home caregivers. When back pain became too severe for her, she opted to move him into a board and care home. Joy highly recommends that you [check the home's license and credentials](#) and inspect the kitchen for cleanliness. Homes typically assist about six residents and lack the social activities of a large facility, so they cost less. Local board rates start at around \$2,500 per month and up. Barbara Engdahl also added "These are usually in a private home with '24/7' staffing. Costs vary depending on the care needed." She recommends clients asking about staffing ratios, training of staff, and whether they support the California's Right to Die Law.

If you are an independent adult and require no assistance, the [Benicia Housing Authority \(BHA\)](#) offers decent, safe, attractive housing at multiple Benicia properties for low-income older adults. Villagers Pat and Greg Plant love living at Casa de Vilarrasa where sliding-scale monthly rents are \$300 to \$1200.

Whatever your needs are, the panel recommends researching your options extensively. Be sure to check Medicare, Medicaid and hospice thoroughly because rules are everchanging.

Carquinez Village hosts a Speaker Series on the Thursday of every month, 10:30am-11:30am at the Benicia Public Library, 150 E L St. These informative events are FREE and open to the public. Check our [event calendar](#) for details. Follow us on [Facebook](#) and [Instagram](#) for announcements.



Hooray for Volunteers!

By Kathy Monroe, Volunteer & Services Committee

As April's national volunteer month comes to a close we want our community to know how much we appreciate our volunteers, not only every day of the last month but also every day of the year. Our volunteers embody the best of the national spirit of community kindness, and a can-do attitude. They are the weft and warp in the weave of our togetherness. The Board, the committee members, the activity leaders and the direct service providers are the engine that motors our ongoing programs.

As the Co-chair of the Volunteers and Services committee, I am constantly impressed by the sense of selflessness our volunteers bring to their tasks at the same time that they often describe that doing things for others is part of their self identification. Often they attribute their contributions to their belief that we work best together when everyone who can has a sense of paying it back or paying it forward. Several have said that by helping others they are at the same time helping themselves feel good about their purpose in the world. Thanking a volunteer for their help is always in season. Better yet, since each of us has a gift, consider what you might have to give to our Village, and become a volunteer yourself. We will help you find your joy in working with others. If you would like more information on becoming a volunteer, [click here](#) or email our volunteer team at volunteer@carquinezvillage.org or call (707) 297-2472.

Village Tech Tips: Laptop Maintenance & Care

By Josh Dean, Tech Volunteer & Cyber Security Expert

Proper laptop maintenance will extend the life of your device and protect you from losing your files should something go wrong. Here are some essential tips to help maintain your laptop and data, and keep things running smoothly.



KEEP IT CLEAN

- Wipe device with a soft, dry cloth. Use compressed air to clean keyboard and vents.
- Do not use liquid sprays or wet wipes that may cause damage.

UPDATE SOFTWARE

- Install system updates monthly to keep your device running smoothly and secure.
- Update drivers for hardware like graphics cards and Wi-Fi adapters to ensure optimal performance.

BACKUP AND MANAGE FILE STORAGE

- Delete unnecessary files and programs to free up disk space and improve performance.
- Backup device regularly to external hard drive or cloud storage to prevent data loss and to save space.

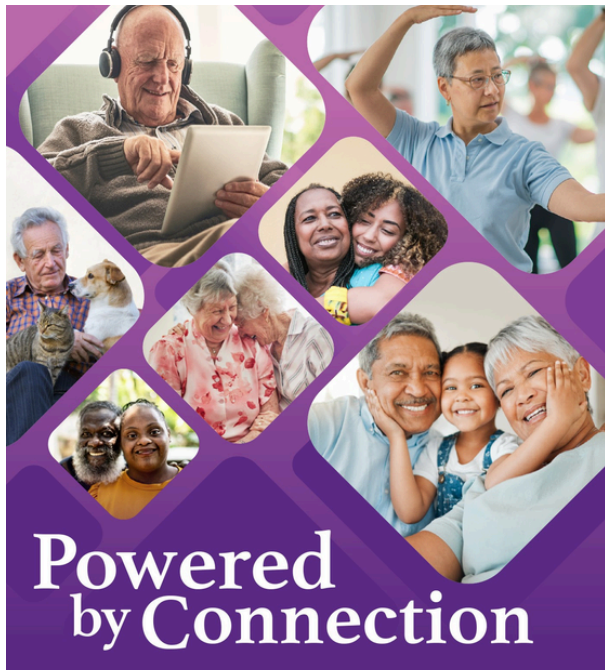
PROTECT AGAINST MALWARE

- Install and update antivirus software to protect against viruses, malware, and other online threats.
- Never click on links or download files from unfamiliar sources to avoid installing malicious software.

OPTIMIZE BATTERY LIFE & KEEP IT COOL

- Avoid leaving your laptop plugged in continuously as this can reduce battery lifespan.
- Optimize power settings and adjust brightness to conserve battery power when device is unplugged.
- Ensure adequate airflow by using your laptop on a flat, hard surface and avoid blocking vents.
- Use a laptop cooling pad to help dissipate heat during heavy use.

If you have a question or need tech assistance, log into [Helpful Village](#) and [submit a service request](#) or call the service line (707) 741-1656. A Village tech volunteer will assist you!



May is Older Americans Month: Powered by Connection

By Linda Chandler

We are proud to raise our voices in celebration of May: Older Americans Month. The core demographic of the Boomer Generation is reaching 80 now, and we find ourselves healthier, seeking new hobbies, meeting new people. To make a connection it can take a Village helping each other — and Carquinez Village is proof positive. Begun in 2017, through the energy and heavy lifting of a small band of older adults, what was a concept became a reality. We have power through our connections: first, a few people tossing up ideas; then a village; now partnering with education, other non-profits, the City of Benicia, and Solano County.

The mission has guided our growth: a non-profit organization that through volunteer efforts helps older adults in both Vallejo and Benicia remain safely in their homes and communities. The volunteer effort has grown ten-fold to a robust 60 and growing. Village membership is now at 150 and it is also growing. Support activities began with speakers and a system for providing rides. We now boast a busy calendar of classes, field trips, personal enrichment, and a loving environment for newcomers and “old” comers alike. We demonstrate how powerful older adults can be, connecting and organizing with each other and the community around us. Older, yes. But still youthful in activity and supporting our surrounding communities.

MAY HAPPENINGS

- 5/1 - [Carquinez Village Board Meeting](#), 1pm
- 5/2 - [Village Gardeners Group](#), 12pm
- 5/2 - [World Press Freedom Day](#), 2:30pm
- 5/4 - [Lions Club Vision Clinic - Vallejo](#), 9am
- 5/7 - [Trader Joe's Shopping Trip](#), 12pm
- 5/7, 21 - [Village Singers Group](#), 4pm
- 5/8 - [Carquinez Village Annual Spring Picnic](#), 12pm
- 5/8 - [Village Game Night](#), 6:30pm
- 5/16 - [Speaker Series: Humor and Aging](#), 10:30am
- 5/17 - [Fieldtrip: di Rosa Center](#), 10:30am
- 5/18 - [Monthly Member Potluck](#), 5:30pm
- 5/28 - [Solano County MPA Listening Session](#), 1pm

For a full list of events, check our [EVENT CALENDAR](#).



di Rosa Center for Contemporary Art

Join us Friday, May 17th for a member's only trip to [di Rosa Center for Contemporary Art](#) in Napa for a 90 minute tour of the galleries & grounds, followed by a bring-your-own picnic lunch. Space is limited.

[CLICK HERE](#) to register or call (707) 297-2472.

WE NEED YOUR HELP TO SHAPE



Solano Master Plan for Aging

We need input from older adults, people living with disabilities, caregivers, LGBTQ+ individuals, stakeholders, and community leaders to participate in "Listening Sessions."

Residents will have an opportunity to provide confidential input on what they feel are unmet needs and proposed solutions to best support residents on some of these focus areas:

- **Safety**
- **Awareness and access to services & supports**
- **Mental Health**
- **Healthcare and physical health**
- **Affordable housing and options to assist people through all stages of aging**
- **Enhancing transportation options**



listening SESSIONS

Tuesday, May 28, 2024

1:00 pm - 3:00 pm

Benicia Public Library

150 E L Street



Solano
**Master Plan
for Aging**

www.mpasolano.com



Refreshments will be provided.

Hosted by **Carquinez Village**

info@carquinezvillage.org

SPEAKER SERIES

Humor in Aging

Presented by Psychologist Dr. Miki Paul, PHD

Hosted by Carquinez Village

THURSDAY, MAY 16, 2024

10:30AM - 11:30AM

BENICIA LIBRARY 150 East L Street

FREE EVENT - Open to the public



NEWS & LINKS

[AARP: Different Bike for Different Cyclists](#)

[May is High Blood Pressure Education Month](#)

[Stroke.org: National Stroke Awareness Month](#)

[NIMH: Older Adults and Mental Health](#)

[Blue Zones: Cooking Tips for Eating to 100](#)

[NPR: Diet Swap to Reduce Longevity](#)

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 [Village Volunteer](#) you think deserves some extra recognition.



**VOLUNTEER
RECOGNITION FORM**

HELP WANTED!

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

Village Representative for Events

Looking for people to staff informational tables at events like the farmer's market to talk about our village. Email 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

CLASSIFIEDS

ROOM RENTAL NEEDED BY OCTOBER

Al Russell is seeking room for rent w/ kitchen privileges & space for potted plants. Want to share your home? Call Al (707) 747-4764 or email Greg Plant, greg43.plant@gmail.com.

FREE! NEW SAFETY GRAB BARS

Two brand new safety grab bars, brushed nickel finish, in lengths of 18" and 12". For more info, call Susan Neuhaus at (707) 373-6879.

Want to place an ad in the classifieds?

SUBMIT NOW

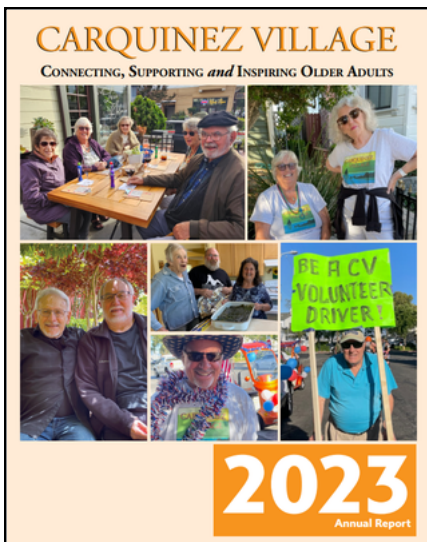




MEET THE VILLAGE
Tuesday Café

Every Tuesday @ 10am
Raley's Café, Benicia
Southampton Shopping Center

Join us for a casual chat over coffee and learn all about Carquinez Village. [Click here](#) for details!



[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

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.

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