



February 2021

President's Message

By Susan Neuhaus

We start a new year with a lot of possibilities, some rain, and a vaccine. Those are some things I feel especially grateful for as we enter February. “Gratitude creates more space for happiness and joy in our lives,” Pete Wilson said, when talking about a “gratitude jar” in the Florence Douglas Center newsletter. I realized that while I do not have a jar, every night before I go to bed I try and remember three things for which I am grateful.

The third Tuesday in January I received my first Covid-19 vaccine and that has given me real hope. Of course, I will still wear a mask and maintain social distancing, but I finally feel like there is a light at the end of the dark tunnel. My experience was easy, and I had no side effects. The slight soreness where I received the vaccine only lasted two days. Hopefully, you have been able to follow the news in Solano County regarding the vaccine and have a plan if you choose to be vaccinated.

Solano County has a grid of numbers to call by provider type.

https://www.solanocounty.com/depts/ph/coronavirus_links/covid_19_vaccines.asp

Remember that if you need a ride to a doctor's appointment or to get your vaccine that our volunteers are happy to help.

In February we have some great programs coming up. The Issues on Aging series' last two sessions are on pain and hospice. I have learned so much from this series. We also have some new programs this month. Member Greg Plant is going to be talking about wine and the new TED talk program will be “Price of Shame”, with Monica Lewinsky. Check them out.

Did you know that some of our programs are open to the public? So, if you know someone who has been curious about the village, encourage them to attend either our Tuesday @ 10 Carquinez Café or join in on our monthly Speaker Series. Our new Mayor, Steve Young, will be our speaker this month on Feb 18th at 10:30 am. Non-members can register for these events from our website carquinezvillage.org or by calling 707 297 2472

Where Eligible Individuals Can Get Vaccinated

Healthcare System	Who's Eligible Now (Confirm with your healthcare provider)	Schedule an Appointment
Kaiser Permanente	Kaiser members who are: <ul style="list-style-type: none"> Phase 1A Healthcare workers, long-term care patients & staff, emergency medical services Age 75 and older 	People 75 and older will be contacted directly with instructions on how to make an appointment www.kp.org/covidvaccine
NorthBay Healthcare	<ul style="list-style-type: none"> Phase 1A Healthcare workers Patients 65 and older 	Please do not call your healthcare providers for an appointment Those eligible for the vaccine will receive an email or text message to schedule Patients 75 and older will be contacted by phone www.northbay.org/COVIDVaccine
Sutter Health	Sutter patients who are: <ul style="list-style-type: none"> Community healthcare workers Age 75 and older 	Eligible patients can schedule by phone or online (844) 987-6115 www.sutterhealth.org/covid-vaccine
Community Medical Centers (Vacaville)	Community Medical Centers will vaccinate: <ul style="list-style-type: none"> Limited Phase 1A, Tiers 1 and 2 individuals Patients age 75 and older 	Eligible patients will be notified via text message (707) 359-1800
Family Health Services	Family Health Services will immunize eligible patients and those who are uninsured: <ul style="list-style-type: none"> All phase 1A tier 1 and 2 Residents age 75 and older 	Fairfield FHS: (707) 784-2010 Vacaville FHS: (707) 469-4640 Vallejo FHS: (707) 553-5509
La Clinica de la Raza	<ul style="list-style-type: none"> Established patients in phase 1A, Tiers 1 and 2, including 75 years old and older Uninsured patients who meet county eligibility criteria 	Qualified established patients are being contacted directly via phone and letter
OLE Health	OLE Health will send their patients a text message when they become eligible for vaccination	(707) 254-1778 www.olehealth.org

Village Guide Program

By Janice Magner

Our village is starting a VILLAGE GUIDE PROGRAM. The purpose is to support new members, introducing them to other members, describing events, keeping in contact with them, and generally helping them to feel comfortable.

We are looking for members who would be willing to support new members and help them transition into our village.

The job would entail the following:

1. Initial phone call welcoming the new member
2. Exploring their interests possible pointing out some event that might share their interests
3. Explain the various events and how to get on with zoom. If they need help with zoom let me know and we will get help.
4. Keeping in touch by phone (face time) or zoom for approximately 3 months
5. Go to the same event with them at least the first time and asking the host to introduce new members

It probably entails mentoring one member per year especially during the pandemic.

If you are interested, please call Janice Magner, Member Services Committee Chair, 707-747-9228 or cell 707-980-1781.

Patriotism and a Prayer for Peace

By Joe Athey

For me, the events of January 6 were destructive, violent, disheartening, and depressing. To lift my spirits and strengthen my resolve for a brighter future I turned to Lady Gaga's rendition of the national anthem done in 2016 and to the Cleveland Symphony Orchestra Chorus singing the final words of the Bach B Minor Mass. *Dona nobis pacem* (grant us peace) done online in December 2020. The links follow. I hope you enjoy them.

<https://www.youtube.com/watch?v=UjbolhVVCYU>

<https://www.youtube.com/watch?v=qa3f8jW5yKw>

Help! I have forgotten how to request a Supportive (Essential) Service

By Helen Hughes

During this time of Covid restrictions, our volunteers are still helping with essential services like rides to appointments, talking about computer issues, getting on to Zoom or any safety issues you might have in your home. However, don't forget to follow the Covid outline of wearing masks and safe distancing.

1. Log into our website: www.carquinezvillage.org
2. Choose the word "Members" on the menu bar at the top.
3. Choose "New Service Request" on the drop-down menu. You will have an opportunity to use drop-down menus to provide information about your request (specific request, date needed, time required etc.)
4. Don't forget to click "Save" at the bottom.
5. A volunteer will be allocated, and they will contact you to make any further arrangements.
6. If you make a mistake, no problem call 707-741-1656
7. If you don't have a computer, then use your phone to request for a supportive service at 707-741-1656.
8. If you need to CANCEL a supportive service call 707-741-1656 ASAP. If you get a message machine, please leave specifics of the service you are cancelling plus your name and number.

Feb. 24, 7:00 pm

Join this Zoom event: Feeding Hungry People in Troubling Times

By Pat Plant

Learn about local solutions to hunger in Solano County by hearing from three organization leaders of groups that provide food for hungry people throughout our region. The three are: CEO **Joel Sjostrom** of the Food Bank of Contra Costa & Solano County; **Heather Pierini**, Chair, Food Is Free Solano; **Paula Schnese**, President of the Cultivate Community Food Coop, a group planning to open a local resident-owned Community Coop Market in Benicia or Vallejo in the next few years. To take part in this important event, email betterworldbenicia@gmail.com by Jan. 26, and a Zoom link will be emailed back to you.

This program is one of the monthly Heritage Presbyterian Church *Better World* events planned for the Benicia/Vallejo communities which are planned by a team led by Carquinez Village member Pat Plant. These events aim to provide education and inspiration which lead thoughtful people to meaningful action towards a better, safer, more peaceful world. All upcoming events and helpful information can be found at: www.hpcbenicia.org/community.

Jade

By Marty Stockard

I am hunched over a table in a back room on the second floor of the Shanghai Museum. On the table are antique carved white jade pieces, across from me, an older Chinese man. All are illuminated by an industrial fluorescent light. I am the only customer in the room. The others in my group are in the large, well-lit modern gift shop on the first floor.

The man watches me as I examine each carving, feeling the coolness of the jade, and the intricate carvings.

After a while, the old man breaks the silence, “Where you from?”

I look up at him and slowly respond, “San Fran Cisco.”

His eyes light up and a smile reveals his broken teeth as he says proudly, “Diane Fein Stein”. We are bonded! I make my purchase and head to the waiting bus. I take my seat next to a former ambassador to China. He asks to see my purchase, knowing that I had rejected the traditional gift shop. Upon seeing my carved medallion, he nods and declares that I have done well.

Falling Apart; a story about aging

By Pat Plant

I was pretty healthy until I turned 47 years old. Between 47 and 55 I had a series of health problems, including breast cancer, a mastectomy, chemo, a hysterectomy, gall bladder surgery, and disc repair.

One day during the end of this dark period, I found myself seeing a new doctor. In he comes, Dr. Clark I think was his name: tan, youngish, in terrific shape. “Good morning, dear (*DEAR?*). “How are you today?” he asked, smiling. “I’ve been better,” I said, meekly.

“Well,” he said, smiling broadly. “As we get older (**We?** ... Me maybe, definitely not *him!*), we start to fall apart,” he said, continuing to smile. I felt like punching him. Maybe I did feel like I was falling apart, but he didn’t know me really, or need to be so condescending! I got through the appointment and mentally chalked him off my list of doctors, but his words that day, and even his face, were burned into my psyche.

Over the years I repeated this story to others as they complained about their age-related maladies. I have pondered “falling apart,” but now I realize: YES! at 73 I’m still capable of creative thought! Aging may slow my body and mind, BUT life goes on, with hope for the future, and energy to not just carry on, but to “shine.” Twenty years later, take that, Dr. Clark!

Here's a fun Valentine-y thing to do:

By Greg Plant



Pick a robust red wine, like a Cabernet or Zinfandel (email me, greg43.plant@gmail.com if you need suggestions. Add a Tillamook Sharp Cheddar Cheese (or another favorite), and several pieces of Dove (or your choice) Dark Chocolate and you are set.

Pour a glass of wine and take a sip; note its aroma and flavor. What does it remind you of -- berries? What kind -- raspberry or black currant? Maybe it is like vanilla or buttered toast (from oak aging)? Anything else? (There is no wrong answer.)

Now taste the cheddar and sip more wine. Do they go well together? Anything change in the wine flavor?

Finally, take some chocolate, then sip more wine. How does the chocolate change the wine? Think about what happens in your mouth. Is that a compatible taste? Awful or amazing?

If you are zooming with friends or sharing with a (safe) companion, it is time to compare, contrast, argue, retaste. Now *this* is a Valentine's party!

(Note: for a tasting using milk chocolate, try Prosecco and Brie with the milk chocolate.)

Notes from the Editor

By Lois Requist

Thanks to this month's contributors—Joe Athey, Pat and Greg Plant, Janice Magner, Helen Hughes, Marty Stockard, and our always active president, Susan Neuhaus.

As always, thanks to our regular contributors—Joe Athey, Molly Barr, and Greg Plant.

Barbara Fredericks does the newsletter layout and maintains our website, so important to the communications arm of the village. We also appreciate Rachel Ann LaRosa Brown maintains our Facebook page and posts the newsletter there.

Here's to a healthier and less stressful 2021!