

June Newsletter



Programs

Get to Know the Village Information Meeting

Thursday, June 11, 11:00 – 12:00 pm, an online Zoom meeting

Especially in this time of sheltering in place, many older adults are dealing with social isolation, which may continue for some time. We are responding to this crisis by creating new ways for members and volunteers to continue connecting with each other, build new friendships, and offer mutual support as we navigate the opportunities and realities for older adults in this historic time.

Village membership now offers online wellness programs and interest groups as well as volunteer services including grocery shopping, prescription pick-ups, phone friends, computer help, and personalized referrals to community resources. When the shelter in place order has lifted, we hope to gradually begin offering driving and in-person friendly visits, computer help, and minor home repairs again.

This is an online or phone meeting for potential members (ages 50+), their adult children, and those interested in volunteering. To receive the Zoom online link, please RSVP to the Village office at 707-776-6055 or email info@VillageNetworkofPetaluma.org. Those with no computer can participate in the meeting by phone.

Online Workshops, Classes, and Interest Groups

Our weekly workshop **Shopping Online**, which offers assistance with Instacart and other delivery options, has been transformed into individual consultation for members.

Our workshop **Staying Connected with Zoom**, which helps you understand how to operate Zoom effectively, has also been transformed into individual consultation for members. Village members can email info@VillageNetworkofPetaluma.org or call the office at 707-776-6055 to set up consultation sessions.

To join us for any of the online programs listed below, please RSVP to the Village by emailing us at info@VillageNetworkofPetaluma.org or call the office at 707-776-6055. We will then send you the link for that class and instructions for how to get in. If you are a member needing Tech Help you can make a request and one of our Tech volunteers will call you.

New! Online Art Workshop

Friday, June 12, 1:00 – 2:00 pm.

One way of coping with a lack of connection in this challenging time is by creating art, even if you have never considered yourself artistic. Shifting our focus away from the finished product to the process of creation frees us to enter a flow with the art materials and express emotions that may be difficult to verbalize. The instructor will act as a guide and resource, providing structure and space for you to explore your own process. Appropriate for established artists, beginners, and everyone in between.



Suggested supplies include thick white paper (preferably watercolor or mixed media paper, 9 x 12 inches or larger, although regular printer paper is adequate), and drawing implements such as oil pastels, colored pencils, colored markers, or crayons. If you do not have art materials, a few complementary supplies can be

delivered to you prior to the workshop. This workshop is limited to six Village members or volunteers. RSVP by Friday, June 5 to info@VillageNetworkofPetaluma.org or 707-776-6055, and indicate if you need art supplies delivered to you. *Dana Goldstein is a graduate student in art therapy at Notre Dame de Namur University. She has a passion for both creating art and facilitating artistic expression in others. In addition, she is the daughter of the Village Network of Petaluma co-founder, Anne Greenblatt. (Note: this workshop does not provide art therapy, as the facilitator is not yet licensed to do so; it is intended as an opportunity to create art in a facilitated group.)*

Gentle Chair Yoga – Stay Healthy During Stressful Times!

Mondays and Thursdays, 11:00 am – noon.

We practice yoga asanas, Eden Energy exercises, breath work, and meditation to improve strength, flexibility and inner calm. Beginners welcome. The class is currently conducted over Zoom. You also have the option to be seen or only heard, if you choose. Please RSVP for the class to

info@villagenetworkofpetaluma.org or call 776-6055. We will get back to you with the instructions for getting into the class online. Donations by non-members welcome.

Pat Martin, CMT, EEM-CP, CYT, is a State Certified Massage Therapist, Eden Energy Medicine Certified Practitioner, and Certified Yoga Teacher.



Finding Gold in the Midst of Crisis

Tuesdays, 2:00 – 3:00 pm.

In every difficult time there are extraordinary veins of gold that appear — if we can see them.

Class content will include:

- Spiritual lessons that lift us up and make us stronger.
- How to access your inner wisdom, and resources to light the way for you and your loved ones.
- Making lemonade when there so many lemons — mindset, mindfulness, and willpower.
- Start a project that gives you a sense of light at the end of tunnel.
- Activate your healthy energy through sitting Qigong and Body Awareness.
- Ways to stay connected within social distancing — reach out and touch with warmth and kindness.

Elad Levinson is a certified level 1 and 2 teacher trained by Teja Bell. He has practiced mindfulness meditation and Qigong for over 17 years.



Wednesday Get-Together

Wednesday, June 10, 2:00 – 3:00 pm,

The topic changes each week, as we discuss what we are reading, watching, cooking, etc. See online [Program Calendar](#) for details. Share with us and hear what other people have been finding fun or interesting in the book, movie, or TV world. This is a great time to discover new recipes, literary genres, or streaming services to explore. *This workshop is led by Joanne Martin Braun, Village Manager.*

Village Social Hour

Friday, June 19, 4:00 – 5:00 pm

This has been a success, so mark your calendars for this fun way to relax and enjoy each other's company at the end of the week. Grab your favorite beverage and join us as we explore new interests and moments of fun and inspiration we've found. We might also try an online trivia game! Members and volunteers are welcome. RSVP to 707-776-6055 or info@VillageNetworkofPetaluma.org. *Hosted by Paul and Anne Greenblatt.*

TED Talks Online Discussion Group

Friday, May 29, 11:00 – 12:00 noon, June date(s) to be determined – contact the office.

We will watch one or two Ted Talks and talk about what they talked about — anything from current politics, elements of a spiritual life, how our language changes, science in everyday affairs, why we travel, what is happiness. Open to members and volunteers. *Led by Jane Merryman.*

The Joy of Writing Group

Tuesdays, 10:15 – 11:45 am, Village office.



We write for fun, in fiction, in nonfiction, memoir, poetry, etc. We write original stories in a noncritical environment. Come have fun with us, whether you are a veteran writer or a nervous beginner. All are welcome. Members free, non-members \$5 donation. To get on the waiting list for this group call 776-6055 or email info@VillageNetworkofPetaluma.org.

The Village Garden and Chat Group

Tuesday, June 9 and 23, noon – 1:00 pm. (Meets on alternate Tuesdays.)

Let us know if you want to join this group interested in gardening and many other topics. Call us at 707-776-6055 or email info@VillageNetworkofPetaluma.org



Retired Nurses Group

Tuesday, June 3, 10:15 – 11:45 am.

We will discuss our nursing practices, education, and favorite stories, among other things – and get to know one another. RSVP if you're interested in joining: 707-776-6055 or email info@VillageNetworkofPetaluma.org.

Men's Discussion Group

We get together with other men on Tuesdays at 11:00 am in alternate weeks to discuss our lives in a spirit of fellowship. The group is limited to eight Village members and volunteers, and not currently open. Let us know if you want to be on the waitlist at 776-6055 or info@VillageNetworkofPetaluma.org.

Volunteer Support for Using Your Smartphone or Tablet

Do you have a smartphone, tablet, or computer, and have questions about how to use it to stay more connected to your community? The Tech Workshop's tech-savvy volunteers have generously offered to help Village members by phone. Call us at 707-776-6055 or email info@VillageNetworkofPetaluma.org to request a phone session.

Would you like to start a group for sharing your interest in cooking, reading, poetry? Let us know!

"The only time we ever know what's really going on is when the rug's been pulled out and we can't find anywhere to land. We use these situations either to wake ourselves up or to put ourselves to sleep. Right now — in the very instant of groundlessness — is the seed of taking care of those who need our care and of discovering our goodness."

— Pema Chödrön

Gardening During the Pandemic

When we began sheltering in place, I soon recognized a familiar feeling...with so many choices for how to spend my time, I felt down, like I was drifting in space. And the fresh fruits and vegetables we loved to eat became harder to get. So I realized that the flower gardening for birds and bees that had interested me for many years no longer did so. I wanted to grow a victory garden, but had very little experience of growing vegetables.

Sadly, our new home's small but sunny front yard had been covered with bark, then cardboard, then gravel by the previous owner. So I found some pieces of scrap wood and hired my handy housecleaner to build several raised beds instead of cleaning the inside of our house. She loved the opportunity to try something new and did a great job. Since I didn't have very long boards, the beds are 3 ft. x 3 ft. square. And the squash can just clamber over all the gravel.

Using curbside pickup at the local nursery, I bought 4-inch pots of tomatoes, pole beans, zucchini, Swiss chard, squash, peppers, cucumbers, and strawberries, as well as four big bags of compost and a bag of organic fertilizer for tomatoes and veggies. I also sprang for a half oak barrel and some tomato cages for a tomato plant, because I had learned that tomatoes need very deep roots to thrive and strong support to climb. Planting was so satisfying, because my garden started to look quite promising!



Since my garden space was so limited, I started watching YouTube videos on more ways to grow vegetables vertically, while I cycled on my newly acquired exercise bike. For the pole beans, which need to climb, we repurposed a shepherd's hook using nylon cord attached to the raised bed.

An old expandable stairway gate was converted onto a cucumber trellis with two bamboo



poles and zip ties. Collecting grass clippings from neighbors' lawns became a bigger project but has slowly provided mulch to keep moisture in the soil.

Then I started watching videos on plant pests and realized I needed marigolds near all the plants (the scent deters insect pests) and basil, which not only repels insects, but improves the taste of tomatoes and makes great pesto. So back to the nursery.

As I awakened the next morning, I realized this was exactly what my beloved father had been passionate about at my age. It would have been wonderful if I had learned from him while he was still alive, but my gardening is helping me feel surprisingly closer to him. And now I welcome each new day as the intriguing conversation between Mother Nature and me deepens and my garden nurtures me in even more ways than I had hoped.

- Anne Greenblatt

Take a Closer Look and Make a Sketch



When people are encouraged to do art of any kind, their response is often "I can't draw" (or paint or sketch). It's normal for habits or long-standing opinions to form when we try something creative and a critic (inner or outer) discourages us. But we're at a stage in life now where we're not doing an art project for a classroom grade and maybe not for any other audience at all. This can be freeing and can help release our creativity.

Start with something that catches your attention. It could be just one bloom or branch in the yard, or a simple arrangement of some fruit in a bowl. You could choose a photo of a favorite vista, or decide your subject is just one leaf, or an acorn. A pencil and paper is enough equipment to get started. If you're feeling bold you could try using a fine line marker or even jump in with watercolors if you have them.

A key reminder is, "This is for FUN. It might even be freeing to plan on giving your project away in the form of a birthday card when it's finished. You might need to remind yourself several times as you make your sketch that a familiar voice of judgment is just something to recognize (maybe with a lighthearted "There it is again") and then keep going. It can be almost magical to pay close attention to something as you take in details you've never noticed and then try to put them on paper.

The rest is fairly simple: look closely at the form of what you're drawing. Start with a few lines, straight or curved, and maybe a few basic shapes like a circle or triangle. Take another look, make a few more lines, and repeat until you have something that pleases you. Add shading and perhaps play with color -- crayons or colored pencils work fine. If you decide to give it to someone, remember that the recipient will most likely be touched by your thoughtfulness and *not* be evaluating whether your gift deserves a spot in the Louvre! A good phrase to keep in mind is "Enjoyment, not perfection." Then try another one!

Reference book: *Keeping a Nature Journal: Discover a Whole New Way of Seeing the World Around You* by Charles E. Roth and Clare Walker Leslie.

Helpful materials: Strathmore Watercolor cards and envelopes, <https://www.strathmoreartist.com/cards-greeting/watercolor-cards.html>



- Jeannie Bendik

How to Cut Your Own Hair During the Pandemic

Jeannie's first watercolor card



Just because we're not going out much, doesn't mean we're not being seen— and for most of us our hair is getting shaggier. This article from Consumer Reports makes it look more do-able. [How to Cut Your Own Hair](#).

How the Covid-19 Pandemic is Impacting Older Adults

An excellent presentation by John Newman, Asst. Prof, Buck Institute on Aging, & Asst. Prof., Geriatrics, UCSF School of Medicine: [John Newman](#)

When Can I Be with My Grandchildren?

Adapted from [When Can I See My Grandkids?](#)

Tara Parker-Pope, founding editor of [Well](#), the New York Times' award-winning consumer health site, offers useful advice for reuniting your family's oldest and youngest generations. It has become clear that the biggest worry is being together in

an enclosed space with someone who has the virus but doesn't yet know it, so it's vitally important to first create a "quarantine clock" for each family member.

All of us like to think we are being super-safe, but each person's perception of risk may be different. The gold standard test question is "How many human contacts has each member of your household had over the last two weeks?" To set your family's quarantine clock as close to zero as possible, these steps are extremely important:

- Eliminate outside visitors in your home
- Reduce shopping trips to once a week
- Wear a mask (except for children under two), observe social distancing, and improve hand sanitation.

Once you're confident that you've closed the biggest gaps in your protective bubble for 14 days, you've set your quarantine clock closer to zero. At that point, it's less risky to visit an older family member, but do so with a plan.

The safest strategy is to spend time together outside, where it is becoming clear that the risk of transmission is far lower. Avoid sharing food or drink, as utensils can carry viruses. Bring your own food.

Don't panic and create fear if a young child breaches the social distance. A child giving a grandparent's legs a short hug is probably not that risky if the grandparent is wearing a mask and keeps his/her face as far away as possible. And even young children can understand the need to keep their grandparent safe.

Summer will be the safest time for visits, as we can all be outdoors. It makes sense for older people to plan for stricter quarantine recommendations in the fall and winter, given the likelihood of a surge in virus transmission then.

Updated Community Resources from the Village Network

GENERAL

The Sonoma County Emergency website: [Sonoma County Emergency Coronavirus](#) or call 565-4700.

 **PETALUMA** City of Petaluma's Resources for Active Seniors: Grocery stores' senior hours, well-being support, and more at [City of Petaluma Resources for Active Adults](#)

Chamber of Commerce's new interactive map get updated often: [Petaluma Companies Open for Business](#)

Petaluma People Services Center: offers a meal pickup at its Senior café from 12:30 – 1:30 pm. Reserve a meal the day before at 707-765-8488. Pick up your meal at 211 Novak Street. The organization is also offering a program called *You Are Not Alone*. You and a volunteer can speak every day on a check-in call. Please call 765-8488 to sign up for this program.

GROCERIES



As older adults are advised to continue sheltering in place, the Village suggests that seniors use food delivery services if at all possible. Going into grocery stores or other indoor spaces continues to involve higher risk. Incoming items need to be disinfected and hands washed after handling.

Instacart: Grocery delivery from several local stores, for a relatively small fee: <https://www.instacart.com/>

MEALS DELIVERED



Petaluma Food Taxi: A local startup, delivers meals from Petaluma restaurants to homes, offices, hotels, apartments, even boats. Call 707-775-4518 or order online at <https://www.petalumafoodtaxi.com/>

Mom's Meals: Order online by Tuesday for delivery the following week. Offered to Kaiser members at a discounted price. www.MomsMeals.com or call 866-971-6667.

Many local restaurants are offering to-go ordering and delivery: The *Argus Courier* is keeping an up-to-date list of restaurant offerings and hours [HERE](#) for those on Facebook. We can help these businesses stay afloat during these trying times. However, the Village urges seniors to handle incoming food carefully.

Doordash.com: You can also order restaurant food to be delivered to you: <https://www.doordash.com/en-US>

FOR OUR WELL-BEING AS WE SHELTER IN PLACE



FOR OUR PHYSICAL WELL-BEING

Silver Sneakers: Workouts for older adults <https://tools.silversneakers.com/>

Flextogether: Short workouts tailored for older adults <https://flex2.co/>

The YMCA: Free online classes, including videos for active older adults, yoga, tai chi, and more <https://ymca360.org/>

Home Depot Rohnert Park: offers curbside pickup for DIY projects, garden supplies, repairs, etc. [Home Depot](#)



FOR OUR SOCIAL WELL-BEING

Aqus Café: Daily online Coffee Hour, 10:00 – 10:30 am. Now open for take-out! <https://aqus.com/online/>, or 778-6060.

Volunteer at the Petaluma People Services Center. PPSC welcomes people to volunteer with *You Are Not Alone* to reach out to older adults and other vulnerable individuals. Connect with the program via notalone@petalumapeople.org or call 707-765-8488.

Redwood Empire Food Bank needs volunteer food packers in Santa Rosa: [Redwood Empire Food Bank](#)

FOR EMOTIONAL SUPPORT

Sonoma County Warm Line: Call (707) 565-2652 for free and private support if you or someone you know is experiencing emotional stress and anxiety during the COVID-19 pandemic. Available 7 days/week, 10:00 am to 7:00 pm.

The Redwood Empire Chapter of the CA Association of Marriage and Family Therapists have offered 3 – 5 free video or phone sessions specifically relayed to COVID-19: (707) 583-1607 or email therapy@recamft.org. Online link: [Redwood Empire Chapter of the CA Association of Marriage and Family Therapists](#)

Care for Your Coronavirus Anxiety: a useful toolkit to help nurture calm and self-care: <https://www.virusanxiety.com/>

Jewish Family and Children's Services Critical Help Line: 415-449-3700.

FOR OUR SPIRITS

So Co Library offers many free online resources, including the NY Times & Consumer Reports: [Sonoma County Library](#)

Sonoma State's OLLI program is starting summer online classes on Zoom at \$20 each. To register: click [HERE](#)

Free telephone and online community (formerly "Senior Center Without Walls"): Phone at [877-797-7299](tel:877-797-7299), email at coviaconnections@covia.org, online at [Well Connected](#)

Books we're reading: *The Dutch House, The Woman in White, I Remember Nothing, The Argonauts...*suggestions?

Movies: *The Martian, Harriet, Becoming, Lucky Grandma, The Two Popes, Little Women, Marriage Story, The Irishmen*

TV: *Unorthodox, The Detectorists, World on Fire, Regular Heroes, Guernsey Literary & Potato Peel Society, Mrs. America...*



As part of a national movement, the Village Network is a nonprofit membership organization empowering adults 50+ to live active, independent, and connected lives as we age, In the places we call home.

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