

Newsletter for November 2020



The Village Welcomes an Executive Director!



We are delighted that Millie Anderson has accepted our offer to become the half-time Executive Director for our Village community. Millie, a native Californian with roots in Petaluma, brings with her long experience in marketing, community outreach, and project management. Her career has involved many years of working with older adults and their families and with senior residential organizations. Her volunteer experiences have included work with Marin Villages for four years, serving as President of the Rotary Club of Terra Linda, and photo-journalism and fundraising with Rotaplast International, where she worked with children and adults undergoing repair of cleft lips and palates. Earlier in her life, Millie also volunteered with young people through Project Amigo in Mexico.

In her words, "I have been volunteering and fundraising my whole life. My strongest values are care, relationship-building, and community." She is also a member of the Alzheimer's Association and the Marin Section on Aging. As the Hiring Committee affirmed, "Millie's in-depth experience, contagious enthusiasm for the Village model, and demonstrated devotion to serving older adults has impressed all of us, and we are excited to begin work with Millie in this new leadership position."

"Creating Connections in the Time of Covid"

We are beginning our year-end campaign! Contributions to the Village are welcome - to support expanded outreach and programs to connect older residents facing extended social isolation, scholarships for those living on limited incomes, and our new iPad Lending Library.

Petaluma's Age-Friendly Survey has launched!

Please help us make Petaluma a place where older adults can thrive

English: <https://www.surveymonkey.com/r/AgeFriendlyPetEnglish>

Spanish: <https://www.surveymonkey.com/r/AgeFriendlyPetSpanish>

The survey is for Petaluma residents who are age 55 or older or provide care and support to someone 55+. Please take the survey ASAP and forward this email to family and friends who are qualified to participate. As the City is working on a new General Plan, we want to have a voice in its development!

Earlier this year Petaluma committed to becoming age-friendly when it joined [the AARP Network of Age-Friendly Communities](#). What's age friendly? Age-friendly communities are great places to grow up and grow old in!

If you want to receive/pass along hard copies of the survey, please contact Sandra Kraus at 707-778-4349, or skraus@cityofpetaluma.org.

SPECIAL PROGRAMS for NOVEMBER AND DECEMBER 2020

Online calendar at www.villagenetworkofpetaluma.org

To join us for any of the online programs listed below, please RSVP by calling the office at 707-776-6055 or emailing us at info@VillageNetworkofPetaluma.org. We will then send you the online link for that class and details 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. Programs on Zoom can be joined by phone for those without computers.

Village Thanksgiving Celebration for Members and Volunteers!

Monday, November 23, 4:00 – 5:30 pm.

Bring your favorite beverage, meet Millie Anderson, our new Executive Director, and re-connect with Village friends. We will gather on-line for a fun celebration of Thanksgiving to share something each of us is grateful for. Our celebration will also include singing and a short series of movements with a new volunteer, Sue Oaks. To register and receive Zoom information to join online or by phone, **RSVP by November 20** to info@VillageNetworkofPetaluma.org or 776-6055.



Get to Know the Village Information Meeting

Thursday, November 12, 11:00 – 12:00 pm.

We are responding to the pandemic by creating new ways for members and volunteers to connect with each other, build new friendships, and offer mutual support as we navigate opportunities and realities during the pandemic.

Village membership now offers online wellness programs, interest groups, educational and social events, as well as volunteer services including grocery shopping, prescription pickups, phone friends, computer help, and personalized referrals to community resources. When the shelter-in-place order has lifted, we hope to gradually begin offering in-person programs, 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 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.

Medicare Choices & Changes

October 15 thru December 7, Mondays at 10:30 am and Thursdays at 3:00 pm.

Get your Medicare questions answered by a state-certified counselor trained to provide free, up-to-date, and unbiased information. Offered throughout Medicare's annual enrollment period, this online seminar will cover options for original Medicare, Advantage Plans, and Part D Plans taking effect in January 2021. To reserve a space on the date of your choice and receive the link to access this presentation, visit the Senior Advocacy Services website at <https://senioradvocacyservices.org/event-calendar-public/>. Free and open to the public.

For more information, contact the HICAP office at (707) 526-4108, and ask to speak with a HICAP counselor.

Navigating the Holiday Season in Difficult Times

Thursdays, December 3, 10, and 17, 5:00 – 6:00 or 6:30 pm, depending on size of group

How do we find peace and contentment amidst the holiday season, especially during these unprecedented and difficult times? This three-part series will provide a safe space to:

- share our thoughts and feelings,
- discuss self-care strategies for coping with "holiday blues," and
- explore ideas for making this holiday season enjoyable despite prevailing challenges.

Open to 12 Village members and volunteers. To register and receive Zoom information to join online or by phone, **RSVP by November 23** to info@VillageNetworkofPetaluma.org or 776-6055.

Facilitator Tammy Cotter is a retired educator. A Hospice volunteer for 12 years, Tammy co-facilitates Spousal Loss Bereavement Groups and provides one-to-one support. Co-facilitator Sarah Fleming, a retired psychotherapist as well as a Village member and volunteer, has extensive experience facilitating and participating in groups.

NEW INTEREST GROUPS

Bocce Ball Returns!

Wednesday, November 18, 4:00 – 5:00 pm, Leghorn Park (Meets third Wednesday of the month.)

The game anyone can enjoy. We have a lot of fun, and our new venue means you can have a beer or other refreshments while playing! No experience necessary. Newcomers welcome; feel free to just show up and join the fun. RSVP to

George Beeler at agbcomm@sonic.net. Besides wearing mandatory masks, gloves would be a good additional precaution. George will bring latex gloves for anyone who does not bring their own.

Mindfulness-Based Meditation Group

Consecutive Saturdays, October 17 through December 19, 10:00 – 11:30 am.

This series is now full, and a new one will be offered in January. Our goal is to foster compassion, equanimity, gratitude, and non-judgmental awareness through guided meditation and shared insights.

Facilitator Freeman Humphrey is a retired psychiatric social worker who has led mindfulness-based, guided meditation groups for over twelve years.

ONLINE EVENTS AROUND TOWN

Thursday, November 12 & December 3, 9:00 am.

OLLI Coffee Hour. Zoom Link available at www.oli.sonoma.edu.

Sunday, November 15, 3:00 pm.

Live from Weill Hall at the Green Music Center, the Santa Rosa Symphony performs Beethoven's Second Symphony online. Beginning at 2:00 pm, conductor Francesco Lecce-Chong offers an enthusiastic discussion of the program. Tune into the YouTube SRS@Home channel on your smart TV, computer, or other device for this and other virtual performances. For more information and quick links, go to <https://www.srsymphony.org>.

Online Workshops, Classes, and Interest Groups

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, and you will have the option to be seen or only heard, if you choose. 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.

The Joy of Writing Group

Tuesdays, 10:15 – 11:45 am.

 We write for fun, in fiction, 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.

Qigong Online

Teja Bell, Zen Master and committed practitioner of Qigong, offers a 12-minute guided Qigong practice at <https://vimeo.com/qigongdharma>

Men's Discussion Group

Alternate Tuesdays, 11:00 am.

We get together with other men via Zoom to discuss our lives in a spirit of fellowship. The group is limited to eight Village members and volunteers. Let us know if you want to be on the waitlist.

The Village Garden and Chat Group

Tuesday, November 10 and 24, 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.



Retired Nurses Group

Wednesday, November 4, 10:15 – 11:45 am.

We discuss our nursing practices, education, and favorite stories, among other things – and get to know one another.

TED Talks Discussion Group

Friday, November 13, 11:00 am – 12:00 noon.

For the months of November and December, we will meet on the 2nd Friday to watch a TED Talk and discuss it. The subject will be announced a week ahead of time. To receive the Zoom info to attend online or by phone, **RSVP** to info@VillageNetworkofPetaluma.org or 707-776-6055.

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Shopping Online: Individual consultation for members needing assistance with Instacart and other delivery options.

Staying Connected with Zoom: Individual consultations for members on how to participate in programs via Zoom.

Holiday Gifts That Keep on Giving

If you sign up to use AmazonSmile (<https://smile.amazon.com>) for your Amazon gift purchases, selecting the Village Network of Petaluma as your charitable organization of choice, Amazon donates a small portion to the Village.



Village iPad Lending Library Project

We are starting to build our iPad Lending Library. A donation of your old (or new!) iPad would be very welcome, and gladden the heart of a Village member who can't afford one and wants to connect with friends, family, and the Village!

Survey for Petaluma General Plan

The world is changing and our City needs your collaboration and involvement to shape its future! Petaluma is embarking on a process to update its long-range plan, called the General Plan, which sets a collective vision and guides how Petaluma will grow and develop as a community into the future.

To begin the General Plan process with our best foot forward, **the City wants your help** in shaping the planning effort so that Petaluma can continue to thrive and grow equitably and sustainably in a way that benefits the entire community. Our first step as a city is to identify major themes to cover in the General Plan so we can bring on the right consulting team to provide technical analysis, guide facilitation, and draft a plan that that reflects Petaluma.

This is where you come in! Please fill out this [survey](#) to contribute your perspective on how to make Petaluma even better. Your response will be anonymous and it should take about five minutes to complete. Survey results will help determine the areas of particular focus for this 2+ yearlong citywide planning process. Make sure to keep in touch - this is just the beginning of the process!

Thank you for your help in making sure Petaluma continues to be a great place to live, work and play!
- City of Petaluma

Book Review: *What Retirees Want: A Holistic View of Life's Third Age*

by Ken Dychtwald, PhD, and Robert Morison

The explosion of the baby-boomer population combined with increased longevity in developed nations has engendered a new paradigm of retirement. This model suggests greater options for older people and important ramifications for society in general. Authors Ken Dychtwald, PhD, and Robert Morison explore the implications of these changes on healthcare delivery, consumer markets, government, business, and on individual's lives and well-being. Dychtwald, the founder of Age Wave, a company that guide businesses and government agencies in in serving mature adults, refers to

60 and older as the “third age.” He believes that this stage of life offers opportunities for people to reinvent themselves by learning and trying new things and engaging fully in relationships and experiences. Retirement is not only a time to relax and enjoy leisure activities, he contends, but an opportunity to grow and perhaps find new purpose. With retirement generally lasting much longer now than in the past, the authors emphasize the importance of remaining current with technology and contemporary culture and bolstering relationships within family, organizations, and community.

Based on interviews with more than 100,000 older people, Dychtwald and Morison assert that our demographic is profoundly changing the perception and reality of retirement in positive ways. Their conclusions that today’s “third agers” expect retirement “to be more interesting, active, passion-filled, and exciting” and “a time of opportunity, adventure, exploration, and personal reinvention” serve to summarize the book’s encouraging takeaway message.

- Kathy Lawrence

Covid’s Impact on Life

Since March when Covid-19 hit and we went under shelter-in-place rules that restricted travel, social gatherings and almost all aspects of waking life, I’ve come to realize how important routines are. As one who generally dislikes doing the same thing the same way twice, I eliminated early-on professions like file clerk, nurse, accountant, statistician, scientist, mathematician and more. Thanks to Covid-19, I’ve found that a couple fields really match my inconsistent tendencies while held captive at home.

Baking and cooking, always enjoyable activities, are now greatly enhanced by the amount of time available and the interesting variety of edible bits in the pantry that I can combine for new, sometimes spectacularly scrumptious or disastrously dreadful, results. Having a husband who willingly eats anything I offer and never complains, even when the fare is of dubious quality, helps greatly. Add to cooking the world of Zoom, and a whole new window of opportunity has opened for on-line cooking sessions. Yesterday I Zoom-cook no-bake cookies with my nine year old great niece in New Jersey. Next week – who knows? It’s always an adventure!

The pandemic has provided endless time to read. With libraries closed, all those inherited boxes of books in the attic are now a boon. Unless the pandemic goes on for another year, I should not be reduced to reading catalogs or junk mail thanks to my current supply of worthwhile books. In addition, I’ve ordered some books through Amazon that I might have waited endlessly to get from the library. One, Beyond Contempt by Erica Etelson, discusses how liberals can communicate across the great divide with conservatives – a timely subject just before the 2020 presidential election.

With time now an amorphous blob of 12 – 14 hours each day, having a few place holders like Zoom meetings with friends, family, and groups, and scheduled TV programs like Washington Week and 60 Minutes along with regular daily news before dinner helps keep the days from melting into a meaningless mass. Yoga in the park with socially distanced women or the sit-instead-of-walk Village Network meeting in the park helps me see others, even if they’re masked. Keeping a little diary with the day, date, and number of steps I’ve logged on Fitbit, helps me track the passage of time and celebrate big days when I manage to walk over 8 miles. The pain from this activity also convinces me I’m not dead yet.

Given the absence of family gatherings, dinners with friends, church and club meetings, meals and movies out, and air travel to far-away places, Covid-19 is both annoying and worrisome. However, by practicing the safety protocols, finding positive things to do each day, and discovering that I still can find excuses not to dust and vacuum or organize all those family photographs, I don’t think the pandemic has proved as difficult for me to adapt to as it might have been. Maybe my appetite for change and variety, coupled with a new appreciation for consistency and routines has made this possible.

- Mary Alden, member Village Writing Group

Air filtration systems and HEPA filters are important!

We recently learned that the Red Cross will come and install the latest 10-year battery for you in the smoke detector in your home – free of charge. They also have a smoke detector device which will alert you if you are hearing impaired. Contact your local Red Cross chapter in Santa Rosa to learn more. [Red Cross](#)

Sonoma Responds: A Community Memory Archive

Residents of Sonoma County are invited to share their experiences during these unusual and difficult times. Their stories will be available as a primary resource through Sonoma County libraries. Full info on the website. [Sonoma Responds](#)

More Ideas for Thriving at Home

Valley of the Moon Music Festival, just over the hill in Sonoma, offers past performances as well as a series called Fermata Fridays, in which they spotlight various artists and their music <https://valleyofthemoonmusicfestival.org>.

Google Arts and Culture Collections. From the MoMA in New York to the Van Gogh Museum in Amsterdam to the Musée d'Orsay in Paris, the exhibits and artwork are amazing. : [Virtual museum tours.](#)

The Japanese consider turning 60 to be an honor. They call it “The Kanreki” and view it as a rebirth. They believe when a person turns 60, they have gone through the Chinese zodiac cycle a total of five times and are now back at their original birth zodiac. The word “Kanreki” derives its meaning from the words *kan* (return) and *reki* (calendar). Simply put, turning 60 is viewed as your chance to start over again. [Modern Elder Academy: Wisdom Well](#)

More books Village people are reading:

Whitney Houston's memoir, Robin Crawford; *Bark Skins*, Annie Proulx; *Remembering Jim Crow*; *The Warmth of Other Suns*, and *Caste*, Isabel Wilkerson; *The Yellow House*, Sarah Broom; *My Grandmothers Hands*, Resmaa Menakem; *The Murmur of the Bees*, Sofia Segovia; *The Island of Sea Women*, Lisa See.

*“May I live this day compassionate of heart, dear in word,
gracious in awareness, courageous in thought, generous in love.”*

- John O'Donohue, Irish poet and author



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

info@VillageNetworkofPetaluma.org · 707-776-6055 · www.VillageNetworkofPetaluma.org

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