

## Newsletter for October 2020



### VILLAGE NEWS



Fire season continues in October. Check your grab-and-go bag, stay connected with friends and family, and be safe! Sonoma County Emergency Management has a useful evacuation timeline:

[https://socoemergency.org/wp-content/uploads/2020/06/BeReady\\_v4.pdf](https://socoemergency.org/wp-content/uploads/2020/06/BeReady_v4.pdf)

**UPDATE!** Petaluma People Services Center has opened evacuation centers in Petaluma! Please fill out [this form](#) to let them know how you can help! (Please fill it out even if you have volunteered with PPSC before). Once you fill out the form, you can sign up for [volunteer shifts here](#). They need volunteers ASAP!

### Village Update

We thank all of you in our Petaluma community for your support, especially during these past six months. The Village is thriving during these trying times because we came together in creative ways to ways to offer each other support, a spirit of resiliency, and continuing well-being. In March it was clear that our programs needed to move outside our walls, so we quickly pivoted to online programming. This meant working with many Village members and volunteers to offer tech help by phone so that we could stay connected using Zoom technology. We have been especially pleased with Village members who stepped up to learn this technology, moving past their lack of confidence. We also matched many more people in the Village community as phone friends to call each other on a regular basis. We held a successful funding campaign to expand our reach to more older adults facing long-term isolation, and began an effort to expand out scholarship program as well. We are now seeking additional support for an iPad lending program, for those who can't afford iPads.

## PROGRAMS

### SPECIAL PROGRAMS FOR OCTOBER

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](mailto: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.

### Get to Know the Village Information Meeting

Thursday, October 8, 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](mailto:info@VillageNetworkofPetaluma.org). Those with no computer can participate in the meeting by phone.

## Connecting from the Heart: Communicating with Loved Ones with Cognitive Impairment



**Monday, October 12, 1:00 – 2:00 pm.**

Gabriella Ambrosi, CEO of Sequoia Senior Solutions, Kelly Sturgeon, co-owner of Creekside Cottages in Petaluma, and Marcy Baskin, Eldercare Manager and Certified Dementia Practitioner, Senior Care Authority, will share their extensive experience and respond to questions in this program designed especially for caregivers and friends/family members seeking to have meaningful connections with their loved ones in person, by phone, or online. Free and open to the public. **Please RSVP by calling the office at 707-776-6055 or emailing us at [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org)**

## Learn to Use Free Library Electronic Resources

**Thursday, October 15, 3:30 – 5:00 pm.**

The Petaluma Regional Library may be closed but you can still access its books, magazines, newspapers, and films for free – all from home using a desktop computer, laptop, smartphone, or tablet. Librarian Kerrie Gavgavian will explain the rules for curbside pickup and returns, and show us how to use the Library's electronic resources. You must be able to join this Zoom meeting by video. **RSVP by October 8 [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org)** or 707-776-6055 to receive the Zoom link. Open to Village members and volunteers, and limited to 20 participants.

*If there is more interest, Kerrie will be pleased to repeat the program in December.*

## Around Town

### Conversations with Women Leaders in Our Community

**October 6, 5:30 pm.**

Petaluma Woman's Club continues its free online Speaker Series featuring *Conversations with Women Leaders in our Community*. October's conversation will be with the co-founders of Cowgirl Creamery, Sue Conley and Peggy Smith. To register and receive the Zoom info, visit <https://www.petalumawomansclub.com/pwcs-speaker-series/>.

### Medicare Changes & Choices

**October 15 through 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.*

### Petaluma Regional Library's Community Coffee

**Friday, October 30, 11:00 am.**

This virtual BYOC (bring your own coffee) event will be led by Joe Cochrane, the Branch Manager of the Petaluma Regional Library. It is meant to create a safe place to interact with staff, meet community members, and talk about Library news and resources. Click on this link to register for the event:

<https://events.sonomalibrary.org/event/4595731> Once you register, you will receive a confirmation email, and a second email on the day of the event with the Zoom link and information.

## New Interest Group

### **NEW Mindfulness-Based Meditation Group**

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

Our goal is to foster compassion, equanimity, gratitude, and non-judgmental awareness through guided meditation and shared insights. This 10-week series is limited to 10 participants and is open to Village members and volunteers.

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

## 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, October 13 and 27, 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, October 7, 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

**Fridays, October 9 and 23, 11 am – 12 noon.**

We meet on the 2nd and 4th Fridays of the month, watch a TED Talk and discuss it. The subject is announced a week ahead of time. To receive the Zoom info to attend online or by phone, **RSVP** to [info@VillageNetworkofPetaluma.org](mailto:info@VillageNetworkofPetaluma.org) or 707-776-6055.

### Village Social Hour

**Friday, October 16, 4:00 – 5:00 pm.**

A relaxed and fun way to 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. Members and volunteers are welcome.

*Hosted by Paul and Anne Greenblatt.*

**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.



### Member Profile: Sarah Fleming

Although Sarah's roots in Virginia go back many generations, she has enjoyed living in Northern California since 1976. She moved to Petaluma from Tomales in 2012 and has worked here as a psychotherapist at Petaluma People Services and Petaluma City Schools. Italy is another location that holds a warm place in Sarah's heart, as she lived there for five years during high school, college, and

later. A return to Italy four years ago that included visits to many friends refreshed that affection: Sarah describes enjoying once again the evocative aromas of espresso and ancient stone that capture the essence of Rome.

The exploration of race issues in our country is an important focus for Sarah. Learning about the Black American experience and its multiple effects has been “life changing,” she says. Her study of the issues began with a group called “Coming to the Table” that brings together descendants of both enslaved people and those who held slaves. With her family history in Virginia there is much to reconcile between deep Southern pride and the need for positive change. Sarah descends from the Robert E. Lee family and also had a grandmother who helped integrate her local swimming pool. Currently, she is part of two discussion groups that are learning from the book *Me and White Supremacy*. She collaborated in starting a group via her local Next Door community and another with the Village Network. She prefers to be called the “convener” of the groups, rather than the leader, as she considers herself a fellow learner. (If you are interested in joining this exploration, a new group will begin in January. Contact the Village office to add your name to the list, as the group size is limited.)

Sarah’s most important, rich, and wonderful support system is her family of five children and six grandchildren. She is currently enjoying an especially joyful project on Zoom with her four-year-old grandson. Together they create fun, imaginative stories that will be collected in a book, which she hopes her daughter will illustrate. A recent first-of-a-kind gathering took place on Zoom with 14 cousins and an aunt, the family elder. In addition to these and other activities that keep her busy, Sarah says she also enjoys the good feeling that comes from writing postcards to get out the vote.

- Jeanne Bendik

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### **This May Be the Most Consequential Election of Our Lifetime...**

Every single vote matters. Vote early to ensure that our votes are counted on election night. Check local rules for mail-in ballots at [www.IWillVote.com](http://www.IWillVote.com):

1. **Vote in person.** You can go to our county government office on Monday, October 5 (the first day of early voting in California) to vote on a machine, print and seal the results, and hand the envelope to an election official.
2. **Vote at home and return the ballot ASAP** (ideally the day you receive it). You can:
  - o **Hand-deliver** the sealed ballot to an election office or to a drop box.
  - o **Mail** the sealed ballot. Don’t forget to sign up to **track your ballot via text/email**.

#### **Sonoma County voting locations and drop boxes:**

<http://sonomacounty.ca.gov/CRA/Registrar-of-Voters/Elections/11-03-2020/Locations/>

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## **UPDATED RESOURCES FOR LIVING WELL DURING THE PANDEMIC**

### **GROCERIES**



The Village encourages older adults to use food delivery services if possible, or use special early grocery store hours for seniors. Village volunteers are available to do shopping and delivery for members...also errands.

**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](http://www.MomsMeals.com) or call 866-971-6667.

### **FOR OUR PHYSICAL WELL-BEING**

**COVID Testing Sites:** OptumServe, CA Dept Public Health, <https://lhi.care/covidtesting>; (888) 634-1123 (select option 8 for Spanish). By appointment only. **Also Petaluma Health Center, [Petaluma Health Center](http://Petaluma Health Center), 559-7500.**

### **FOR EMOTIONAL SUPPORT**



**Council on Aging Support Group:** 12 weekly sessions. Contact Sarah M. Tucker, LMFT, 707-525-0143, x 125.

**Information and Assistance Line for Seniors:** The County of Sonoma Human Services Dept, Adult and Aging Division, has a new Information and Assistance Line for Seniors in Sonoma County with many resources for community members. “As social workers, we can answer a variety of resource questions as well as offer basic recommendations for callers. Our main number is 565INFO, or 707-565-4636. Our email is [565INFO@schsd.org](mailto:565INFO@schsd.org).”

**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 pandemic. Available 7 days/week, 10:00 am to 7:00 pm.

[Friendship Line California](http://www.friendshipline.org), at 888-670-1360, is ready for you if you need someone to talk to. The 24-hour toll-free service is staffed by trained volunteers who specialize in offering a caring ear and having a friendly conversation.

## FOR OUR GROWTH and SPIRITS



### Suggestions from Jane Merryman for Online Viewing

Tune into free concerts courtesy of the Santa Rosa Symphony. Go to <https://www.srsymphony.org> for information about programs, dates, and different ways to watch.

Go to <https://www.youtube.com> and type *Bergen Railway Norway* (7-hour train ride from Bergen to Oslo) or *Sigur Ros* (9-hour bus ride around Iceland). Then hop aboard for hours of relaxing travel through forests and mountains.

**Sonoma County Library:** Offers Kanopy, a streaming movie collection that showcases more than 30,000 of the world’s best, classic, and groundbreaking films. <https://sonomalibrary.org/library-collection/kanopy>.

**Free telephone and online community (formerly “Senior Center Without Walls”):** Phone 877-797-7299.

### Books We’re Reading, Films We’re Enjoying:

**Books:** *Isabel Dalhousie Series*, Alexander McCall Smith; *All Adults Here*, Emma Straub.

*Love in the Blitz* by Eileen Alexander. This new book’s subtitle, *The Long-Lost Letters of a Brilliant Young Woman to Her Beloved on the Front*, sums up its contents precisely. The recently discovered letters written by Cambridge-educated Alexander to her fiancé in the Royal Air Force provide a first-person account of life in London during World War II. Alternately romantic, gossipy, journalistic, and always intelligent, the book offers a closely observed narrative of daily life in wartime. The author’s attempts to retain some sense of normality during extraordinary times should resonate with readers today.  
– Kathy Lawrence

**Films:** *Antonia’s Line*, *Afterlife*, *Black Panther*, *Harriet*, *Pope Francis: A Man of his Word*, *I Am Not Your Negro*.

**TV:** *The Goes Wrong Show* (British comedy); *The New Yorker Presents*, *The Universe*, *Our Planet*, *Life in Pieces* (comedy).



**Village Network of Petaluma**

Aging Better Together

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