

July Newsletter



From the Village Network Board

The worldwide pandemic and protests against racial injustice have shown us so clearly that we are all inter-connected. Recent events have sharply increased our awareness of the profound injustices faced by people of color in our community and our larger society.

In the face of these realities, the Village continues to offer meaningful ways to engage as we honor the need for physical distancing. The Board would also like to explore more meaningful ways for us to work together in considering the need for social equity. Both, we feel, address a common goal of well-being and safety for all.

We are beginning an open-hearted dialogue on how to respond to the call to action both individually and collectively. We invite you to share your thoughts and suggestions with us as we explore these important challenges and opportunities with so many others in our larger community.

Our Village is committed to creating a welcoming and inclusive community that reflects and richly benefits from the diversity of the Petaluma and Penngrove residents we serve. We are founded on core values of mutual respect and support, as well as community engagement. We have worked together to build a Village where older people of all backgrounds can thrive with dignity, purpose, and self-determination. As we continue to confront the ageism in our society, we stand with our larger community in seeking ways to confront systemic racism.

We warmly welcome your ideas and support in this endeavor. Please send your ideas to Anne Greenblatt, Board President, at apgreen@sonic.net.

The Village Network Board

We deeply appreciate all the donors who have stepped up to help support us...

... as we expand our support for more older adults in our community facing prolonged social isolation in this pandemic. We are 85% toward our goal of raising \$5000! Your donation can:

- Add to our online programs, and increase volunteer services for grocery shopping and errands;
- Establish an iPad Lending Library and training for the 15% of our members who don't have access to a computer — literally a lifeline in this pandemic;
- Increase volunteer tech support to train members in using a computer for life-giving social connections;
- Sustain our scholarship program for those living on limited income.

Stay Tuned for Village Updates on Sheltering in Place

While Petaluma businesses are slowly re-opening, for now we see no safe way to begin offering any in-person events or services, as we want to keep everyone as safe as possible. We will continue to explore all possible ways to continue redesigning our Village in this new way — and keep you posted!

As of June 18, face coverings are now mandatory in the state of California. According to Gov. Newsome's order:

"Californians are now required to wear face coverings in public spaces — particularly indoors or when physical distancing is not possible." The state's Health and Human Services Agency said cloth face coverings "help reduce the spread of coronavirus especially when combined with physical distancing and frequent hand washing."

PROGRAMS

Get to Know the Village Information Meeting

Thursday, July 9, 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 the pandemic 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 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.

Online Workshops, Classes, and Interest Groups

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 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. Programs on Zoom can be joined by phone for those without computers.

New! Online Art Workshop



Mondays and Fridays, 1:00 – 2:30 pm. You can also participate by phone.

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. Appropriate for beginners, established artists, and everyone in between.

Suggested supplies include thick white paper and oil pastels, colored markers, or crayons. One-on-one sessions at other times also available to members and volunteers at no cost.

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.)

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.



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 the 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.

Village Social Hour

Friday, July 17, 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. Members and volunteers are welcome. *Hosted by Paul and Anne Greenblatt.*

TED Talks Online Discussion Group

Friday, July 10 and 24, 11:00 – 12:00 noon (meets 2nd and 4th Fridays).

We will watch a TED talk and then talk about it. The subject will be announced a week ahead of time. For more information or to RSVP, contact the Village office.

We will watch one or two Ted Talks and talk 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.

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.

The Village Garden and Chat Group

Tuesday, July 7 and 21, 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

Tuesday, July 7, 10:15 – 11:45 am.

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

NEW Mindfulness-Based Meditation Group

Saturdays, July 18 through September 5, 10:00 – 11:30 am.

Our goal is to foster compassion, equanimity, gratitude, and non-judgmental awareness through guided meditation and shared insights. This 8-week online series is limited to 10 participants, and is open to members and active volunteers. To reserve a space and receive the Zoom link, **RSVP by July 10** to the office.

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

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, and is not currently open. Let us know if you want to be on the waitlist.

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..

SPECIAL ONE-TIME ONLINE PROGRAMS

To receive Zoom link for a program of interest to you, **please respond by or before the RSVP deadline** to the designated Village contacts. These programs are supported by and free of charge to Village members. Non-member attendees are warmly encouraged to make a charitable contribution to the Village.

Adapting to Challenging Circumstances

Thursday, July 16, 1:00 – 2:30 pm.

Facing health concerns, social unrest, and financial hardships, we might find ourselves challenged by difficult emotions: fear, loneliness, confusion, boredom. And the circumstances that have brought about these feelings are far beyond our control. That said, well *within our control* are the decisions we make and the actions we take, which determine how we *adapt* to our circumstances. Our ability to *adapt* has never been more challenged nor more important.

Join this Zoom conversation on how we might best *adapt* to our current difficult and unique set of conditions, and to an uncertain future. Practical approaches will be suggested, and questions answered. And, hopefully, each of us will come away from the session with an action plan for moving forward into these uncharted waters.

Open to 10 Village members and volunteers. To reserve your space and receive the Zoom link, **RSVP by July 9.**

Presenter Marvin Weinbaum is a Village volunteer, retired eLearning dean at Golden Gate University, and Petaluma-based life coach. To learn more about Marvin visit his website at: <https://petalumacoach.com>.

Emergency Preparedness Made Easy

Thursday, July 23, 1:00 pm – 2:30 pm.



Fire season and the accompanying power outages are fast approaching. Having a plan in place will not only help protect our lives and property, it will also help give us peace of mind. Join us for this timely online program and its step-by-step guide to emergency preparedness, whether:

- the emergency is a fire, earthquake, and/or prolonged power outage;
- you live in a home, apartment, or retirement community;
- you may need to continue to shelter in place or evacuate.

Open to all. To receive the Zoom link and the presenter's step-by-step guide, **RSVP by July 16** to the office.

Presenter Richard Schultz has successfully navigated fire evacuations, earthquakes, and prolonged power outages. With 40 years' experience in insurance claims, he has extensively researched the tips included in his step-by-step guide.

Coming in August

Organizing Your Neighborhood

Thursday, August 13, 1:00 – 2:30 pm.



As you develop your individual emergency plan, you may also want to help develop an emergency plan for your neighborhood. Presenters will share how they each helped organize their respective neighborhoods for mutual support – in both response and recovery modes. They will provide useful tips and links to online resources, respond to questions, and facilitate a discussion of participants' additional ideas. Open to all. To receive the Zoom link, **RSVP by August 6.**

Joanne Martin Braun, Ph.D., serves as the Village Manager and oversees our member and volunteer services. Pat Martin, CMT, EEM-CP, CYT, teaches our Gentle Chair Yoga class with a focus on improving strength and resilience.

End of Life Option Act (EOLOA)

Friday, August 21, 11:00 am – 12:30 pm.

The End of Life Option Act allows dying Californians to make the end of life decisions that are right for them in the final stages of their illness. Presenter Dr. Dennis Pocekay will review the basic features of the EOLOA, offer an update on access and how it is working, and discuss how the COVID-19 pandemic has affected end of life options. If time allows, we'll also discuss increasing treatment of the EOLOA in movies and literature. Please bring your questions and concerns

to this important program. Open to all. To receive the Zoom link and submit your questions in advance of the program, **RSVP by August 14** to the office.

Dr. Pocekay is a retired Kaiser-Permanente physician who specialized in Internal Medicine, Geriatrics, and Occupational and Environmental Medicine. He has worked on passage of and access to the EOLOA since 2015.

Ready for Wildfire Season? Sign up for Sonoma County emergency alerts at [Socoalert.com](https://www.socoalert.com) or 707-565-1369. And update your contact information at pge.com/mywildfirealerts or call 866-743-6589.

Seven Tips for managing coronavirus anxiety and stress – from Kaiser Permanente

As the situation around the coronavirus continues to evolve, we're living life differently and learning as we go. We all need support. Now is a time to be kind to each other — and to ourselves. Practicing self-care is more important than ever, and so is focusing on things you can control while letting go of those you can't. Here are some simple things you can do to take good care of yourself right now.

Eat as healthy as you can

Eating a variety of healthy foods is always important, but it's easy to fall back on less healthy options when you're feeling anxious. You don't need to stress out about exactly what to eat — just think about simple ways to eat as healthy as you can. Try to include a fruit or vegetable in every meal. Drink plenty of water.

Get creative with exercise

When you're worried, get out of your head and into your body. Virtually any form of physical activity can relieve stress.

Stay socially connected

Talk with people about how you feel — from a safe distance, of course. This can help everyone feel more connected and less alone. Ups and downs are inevitable, so check in with loved ones often.

Practice kindness

Simple gestures mean a lot. Check in with your neighbors to make sure they have what they need and to let them know you care. Small acts of kindness add up, and the benefits go both ways.

Rest and relax

It's important to replenish your energy and recharge your brain. Take breaks to rest throughout the day. If you have trouble sleeping, make sure you have a quiet, relaxing bedtime routine, and stick to a consistent schedule.

Make time for mindfulness

Ease anxiety about what the future holds by intentionally focusing on the present moment. That's exactly what mindfulness is. Try this simple mindfulness exercise next time you feel stressed or anxious:

- Get comfortable. Relax your jaw and drop your shoulders.
- Breathe deeply and count your breaths. Inhale on 1, exhale on 2, inhale on 3. When you get to 10, start over.
- When your mind wanders, bring your focus back to your breathing.

Get things done

Explore a new hobby you've been meaning to try, or tackle a project you never seem to have time for, such as drawing, painting, or journaling — or organizing your family photos. Accomplishing simple tasks like cleaning out drawers and closets can move your attention away from anxious thoughts.

Take breaks from the news

Of course it's important to stay up to date. But it can also be overwhelming and make stress and anxiety worse. Designate time to unplug, especially before you go to sleep. And get enough sleep.

Adapted from [7 Tips for Managing Corona Virus Anxiety and Stress](#)

Covid-19 Fraud Alert!

Contact tracer scammers may come to your door or send emails, text messages, or call, pretending to be COVID-19 contact tracers and telling people they have come into contact with someone who has tested positive for the



virus. They then ask for private information such as Medicare, Social Security, or bank account numbers. Legitimate contact tracers will never ask for this personal information.

What to do:

- Close the door, don't respond to the text or email message, hang up the phone.
- Contact your medical provider immediately to determine if they asked someone to call you.
- Report anyone who states that they are from Medicare or that Medicare will cover the tests to California Senior Medicare Patrol at 1-855-613-7080.

UPDATED RESOURCES FOR SHELTERING IN PLACE

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: We can help these businesses stay afloat during these trying times. However, the Village urges seniors to handle incoming food carefully.

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/>

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

The Redwood Empire Chapter of the CA Association of Marriage and Family Therapists offers 3 – 5 free video or phone sessions specifically related to COVID-19: 707-583-1607 or email therapy@recamft.org.

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

OR OUR SPIRITS

Free telephone and online community (formerly "Senior Center Without Walls"): Phone [877-797-7299](tel:877-797-7299).

Books We're Reading:

The Book of Lost Friends, Lisa Wingate; *The Warmth of Other Suns*, Wilkerson; *How to be an Antiracist*, Ibram X. Kendi; *Euphoria*, Lily King; *Before We Were Yours*, Lisa Wingate; *Educated*, Tara Westover; *Nobody Will Tell You This but Me*, Bess Kalb; *The Summer Book*, Jansson, three mystery novels by Jane Harper: *The Dry*, *Force of Nature*, *The Lost Man*.

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