



President's Letter

Hi Everyone,



Welcome to spring—well, summer! No winter, no rain... Who knows what the weather is doing, so just enjoy it!

Kathy, our volunteer director, has been busy rearranging an orientation in Vallejo to recruit volunteers, as well as rescheduling a training in Benicia. Let's hope Covid doesn't get in the way again.

Our newly formed marketing team, Linda Chandler and Barbara Fredericks, has many exciting projects underway to inform people and make people aware of the village.

Also, our speaker's series is recorded and put on YouTube. Check it out. I did while in Costa Rica last week, and there it was for me to watch!

If you have any computer, TV, or alarm problems ask Louis on the Faith in Action website for a volunteer. If we can't get a volunteer to help you, we will provide you with a tech person to help with the problem.

The series on "End of Life Planning" has been fascinating and so informative; thank you Judie Donaldson for putting this together. We still have a few more sessions to go, so sign up on the website.

We are back doing field trips. Let's think about having those picnics in the park again. It was fun meeting up!

Have a great month and look out for a small surprise coming your way to all our members!

—Helen

"Beautiful young people are accidents of nature. Beautiful older people are works of art."

*A Quotation
by Eleanor Roosevelt*

Member Story: Barbara Wood

By Greg Plant



Most of Barbara Wood's adult life has been spent dashing down slopes on skis and pedaling her bicycle around all fifty U.S. States and across five continents. She also took flying lessons and timed dog-sled races while working in Alaska.

Raised in New York State, Barbara migrated westward to Vail, Colorado. She later moved to Alaska, where she worked for an oil company and

part-time for the Cessna Dealer at Anchorage International, all while volunteering for the Civil Air Patrol.

After leaving Alaska, Barbara found employment in downtown San Francisco. She lived in Sausalito and took the ferry to and from work— "the best way to commute by far," she says.

She eventually earned her CPA certificate and moved to Benicia in 1981, where she found a shorter commute—working in the Industrial Park. For 25 years, she volunteered for the National Ski Patrol at Heavenly.

Now retired, Barbara spends time leisurely gardening and tending the trees at Heritage Presbyterian Church. She joined and supported Carquinez Village from the beginning— "I thought it was a good idea."

Barbara remains a "hard-core" bicyclist and has spent many weeks on van-supported bicycle tours. Barbara raises money for "Pedal for Protein," a Presbyterian effort to supply food banks with valuable protein products.

Barbara is an avid knitter and reader, as well as enjoying Jeopardy, basketball, and baseball.

Never Miss an Episode of the Speaker Series

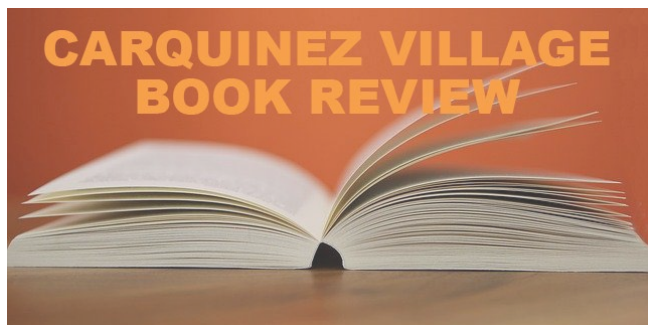
All of our recorded events can be found on our YouTube Channel.

Click the button below to go there. Once there, subscribe to the channel and you'll be automatically notified each time a new video is posted.



Book: Station Eleven

By Emily St. John Mandel



Review by Carolyn Fallon

I have been quite intrigued with a fantastically, beautifully written “plague novel,” *Station Eleven*. Written in 2014 by a young Canadian woman, Emily St. John Mandel, it was picked up for a serial version that can be seen on HBO MAX.

Sales for the novel have now reached several million copies. It is a compelling page turner. Page one—a Broadway production of *King Lear* features a Hollywood star and incorporates three female children for a unique *Lear* version. Page two—the Hollywood star playing *Lear* drops dead of a heart attack in front of the audience on stage. Page three—the cast and audience walk out of the theater and into the beginning of a universal, killer pandemic. We travel, twenty years later, through a collapsed, dystopian world—society as seen through the eyes

of a troop of itinerant musicians, actors, and artists. What a cast of fascinating characters! The adventures they have!

One great interest in reading this book is that it was written before our present time. While actually living through a pandemic, one can’t help but reflect on the past histories of plagues. We universally share the terrors, the sorrows, the deaths, and the losses, but how lucky we are in our modern world, compared to those who experienced past pandemics, to have access to scientific knowledge and the arts, and to be provided with daily requirements for living, things that make the ordeal more endurable.

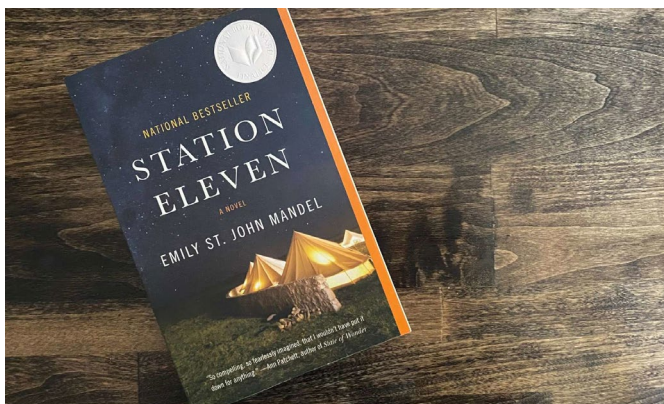
Some other plague-related novels that might be of interest *Hamnet* by Maggie O’Farrell, *Weight of Ink* by Rachel Kadish, *The Plague* by Albert Camus, and *Year of Wonders* by Geraldine Brooks. To travel back to a former age caught in an epidemic, one can also explore Boccaccio’s *Decameron*.

Here’s to a good read—what an adventure!

Buy it at:



Bookshop Benicia



Benicia Hosts Weekly COVID-19 Testing Clinics

From Eric Upson, City Manager's weekly newsletter

The City of Benicia, in partnership with Curative, is now hosting free COVID-19 PCR testing clinics at the Benicia Community Center. The clinics will be held weekly on Thursdays until further notice. Appointments are preferred to minimize wait times, and take precedence over walk-ins. To sign up for an appointment, visit <https://book.curative.com/sites/34645> or call 888.702.9042.

The clinic is located on the outdoor patio of the Benicia Community Center at the corner of East L Street & East Fourth Street.

"This PCR testing clinic will make our community safer by ensuring people get accurate, timely COVID-19 test results," says City Manager Erik Upson. "When people know their status, they can make informed decisions to protect their neighbors and loved ones. People can now take a free PCR test in Benicia without having to travel out of town, helping to protect our most vulnerable populations."

There is no out-of-pocket cost for the test, which is available to those both insured and uninsured. I.D. and insurance information (if applicable) will be required at testing.

At the clinic, the person being tested will collect their own sample using a shallow nasal PCR test. Tests are observed and directed by a healthcare worker. Results will usually be received within one to two days upon receipt of the sample at the lab.





COVID-19 Testing

Self-collected, shallow nasal PCR test.

Results within 1-2 days upon receipt of the sample at the lab.

No cost to insured or uninsured. If insured, please have your information ready.

Benicia Community Center
East L St & East Fourth St
Outdoor Patio
Benicia, CA 94510

Thursdays
8:00 AM - 3:00 PM



visit cur.tv/benicia
or call 888.702.9042
to schedule an appointment

New Partnership Yields Creative Return

By Linda Chandler

How do you ensure that an emerging class of student interns is prepared for dealing with real patients when they have yet to talk to one? This challenge faced TOURO University Instructor Kasaundra Heliberger, as she prepared her soon-to-be graduating class of physician assistants. Hands-on practice and feedback were the answer. Enter Carquinez Village. Our organization stepped up with an offer: members would pose as patients, under assumed names, using their actual medicines and medical histories.

Our volunteers quickly grasped the benefit to both students and to the older population. We have all experienced medical professionals who offer little feedback, spew medical terminology minus explanation, and spend minimum time with us. The attitude of some practitioners seems to be that, since we are not going to be “cured” of the natural maladies of aging, why spend much time on us? The result of this thinking? Marginalization of the elderly. Here was a first-hand opportunity to lay out our case to the next generation of medical professionals.

Here were eager students, full of theory and purpose but lacking hands-on experience. Professor Heliberger immediately grasped the huge benefit to her students to listen to, learn from, and be

responsive to the needs of an older population. For her forty-seven students, she needed thirty-five-minute segments for intake interviews. This would require a minimum of 12 to 15 volunteers.

Carquinez Village quickly canvassed our members. Typically, activities provided through the Village are social and educational. But this offer was to “pose” as a patient and do what we all have expertise in: sitting in front of a medical professional.

The instructor matched each of her students with an eager volunteer, each Carquinez member sitting for two back-to-back interviews. Using the ZOOM room assignment feature allowed students to experience firsthand the challenges and benefits of utilizing a telemed delivery system.

Learning occurred on both sides. Several patients left our “appointments” commenting on how fun the experience had been. Most recognized the huge value to student learners and the long-term benefit to older adults, who often feel unheard. One “patient” even exclaimed, “Why, when did you last sit with a medical professional and get a whole 30 minutes!”

Students appreciated having actual patients, and some students/volunteers briefly shared their common ground. In one case, both student and patient were Minnesotans! Discussion flowed

easily. “How is your hearing” was answered with “What did you say?” which brought a surprised peal of laughter from the younger student. Respect and caring ruled the day.

The instructor is busy planning for her next class. The recognition in the medical community is that soon, 25% of the US population will be sixty and over. Geriatrics is a growth industry. Get ready. Carquinez Village members stand ready to help.

This is not the first time the Village members have partnered with Touro. Last spring, Touro needed older people to beta test an online resource tool for mental health wellness. Fifteen of our members offered their insight and critique. Many of our suggestions are now embedded in the new website, www.solanoconnex.com. We are pleased to offer our knowledge, talents, and time. As contributing members of our broader community, our organization is actively making a difference!

A thank-you to our participating members for their time and input on one or both projects and, to some members, for participating on more than one date. Volunteers: Helen, Sally, Judie, Janice, Jane, Susan, Mary, Lars, Pat, Greg, Carolyn, Mary Frances, Peter, Margaret, Loa, Joanne, Martha, Linda, Constance, Gayle, Peter, and Cynthia.

Technical Assistance

By Susan Neuhaus

Have you had a problem with your computer, printer, or the new smart doorbell you got for Christmas? Did you know that, of all the types of service requests that Carquinez Village receives, “assistance with technology” is the number-one type that has gone unfulfilled?

Carquinez Village monitors such unmet requests. We urge you to try us again. We have some new volunteers who are looking forward to tackling your problem. If for some reason a volunteer is unavailable or unable to address your problem, we now have a back-up.

Through a small grant from the City of Benicia, we have engaged a professional tech guru to assist with the more difficult items or unmet requests. How will this work? Well, first, if you need some technical assistance that is outside of your warranty, put in a “service request” as usual through our website or by calling Louis at 707.471.1656. A volunteer will call you when they pick up your service request.

If your service request is lingering, you will get a call from Kathy Monroe, Volunteer Committee Chair, or me, Susan Neuhaus, to get more details about your project and, if appropriate, to “authorize” an hour or two of our paid technical resource.

Just as with normal service requests, please do not add on items. If you need something additional, please put in another service request. Only the items and time approved will be paid for by the Village.

So, let's get your electronic devices working for you!

Member Artists

By Greg Plant



Carquinez Village artists and members Jean Coppock and Jack Weaver exhibited art in the February Arts Benicia show at the Commandant's Quarters mansion. Jean offered the delicate photo “Raindrops on White,” and Jack submitted his “Vid Swan,” made from a deconstructed musical instrument.

(Can you guess which one?)

Day Trips

By Greg Plant

We are offering suggestions for side trips, mostly local, that can give you a fun day or two “on the road again,” as Willie Nelson says.

First up is an easy ferry trip to a new event: a Saturday morning (8am-2pm) farmers market outside the San Francisco Ferry Building.

To get there, go to the Vallejo ferry terminal by taking the 780 Freeway and then Curtola Expressway. Take the SF ferry—cost is about \$10 for seniors round trip—and times are listed at vallejoferryschedule.com.

The ferry drops you right in the middle of the marketplace! You will find bakeries; vendors of produce, fruit, flowers, pasta, and fresh fish; and people selling odds and ends (fancy olive oil, anybody?).

After shopping, you can eat lunch inside the Ferry Building and then take a mid-afternoon ferry home. You can also visit Pier 39 by taking the ferry to Pier 41 and walking back to 39.

(For another Saturday market, check out Vallejo’s market on Georgia Street in Old Vallejo. This two-block market includes produce and hot churros!)



Better World Event

By Pat Plant



Join us for a special community event, March 23, at 7p.m., via Zoom. Sponsored by the Better World Program, an outreach effort of Heritage Presbyterian Church, Benicia. Pat Plant, Organizer and Carquinez Village member

Gunther. We will examine the surprising history of climate science, as well as critical events leading to the current climate emergency, and will offer, through vivid illustrations, some of our most promising solutions—many of which are already underway. We’ll take a closer look at why a clean-energy transition is crucial to handing the next generation a more livable future, and how to be a more effective communicator on climate issues. To be part of this conversation, email: betterworldbenicia@gmail.com and a Zoom link will be sent to you.

CLIMATE CHANGE: Meeting the Moment
Our featured speaker will be climate champion and UC Berkeley Science Professor and author, Andrew