

# CARQUINEZ VILLAGE

CONNECTING, SUPPORTING, *and* INSPIRING OLDER ADULTS

*This newsletter is devoted to our experience with the COVID-19 pandemic.*

April 1, 2020

## PRESIDENT'S LETTER

*By Susan Neuhaus*

Considering the current reality, I believe what makes us happy is, finally, the simple things, such as being together, talking on the phone, or having a video chat. I have been forced into learning Zoom, a wonderful way to connect with others online.

This enables us to have a quiet conversation about how we're really feeling—our optimism, but also our fears, and insecurities. Not always putting on the brave face, but being able to cry, and cry out, at times. Voice the fears and doubts, get them out, then feel the calm again. It's okay to be afraid. The key, and something I need to be aware of, is not to let fear be in the driver's seat.

I know this is a sad time. But I think of Camus (yes, that's how bad things are!!). Ready? Brace yourself because here comes the quote: “In the midst of winter, I found there was, within me, an invincible summer.”

That makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger – something better, pushing right back.

We are, together, pushing back against fear and despair. And finding, within ourselves, something better.

We at Carquinez Village are here for you in these uncertain times. Please call us if you need something, even just someone to talk to.

## TWO PIECES OF INFORMATION WE CAN USE TODAY

*By Joe Athey and Carlo Carlucci*

The first comes from the experience of astronauts who self-isolate for two weeks before take-off. This is an outline of what they do to structure each day:

1. Pace yourself.
2. Go Outside - keep safe with social distancing!
3. Develop a hobby.
4. Journal daily - Keep track of what's happening, otherwise it becomes a blur.
5. Connect with people: phone, email, hangouts, skype, facetime, letters.
6. Listen to experts - Centers for Disease Control, California Department of Public Health, and the Solano County Department of Public Health.

The second is a free (with ads) online television/video site called: TUBI. Lots of free video, with a wide selection, especially if you're burnt out on Netflix and/or Prime.



## How I'm Coping

*Article and picture by Molly Barr*

So, what are you doing during this time of crisis to maintain sanity during isolation? Here's what I do. I get up every morning as always. I shower. No sluffing around in pajamas all day for me. No sir! I make sure I have on a clean shirt at least every third day or so. I get my daily jolt of news out of the way. Honestly, it's best not to dwell on the news too much.

Then, I dance around like an idiot to Johnny Horton streamed through my Alexa while I do my morning chores. I read trashy romances—oh, wait!! I've been doing that for years, so it doesn't count. I have an oil painting under way. After chores and breakfast, the day tends to get weird. I'm sure you can relate.

I'm a work in progress as we all are, pandemic or not, so be kind to yourself. It's normal to be frightened, worried, bored, lonely, whatever--but please remember: THIS WILL PASS! The Carquinez Village isn't going anywhere. It has your back. Stay in contact. If you need help, reach out.

## This is a Time to Ask for Help

*By Judie Donaldson*

I just saw an article written by a social psychologist that caused me to smile. Picture this. It's a photo of two figure skaters. The male is lying flat on the ice holding his partner up over his head. She is stretched out and the two of them are parallel. The caption is, "We all need a lift sometime."

I smiled because right now is one of those times that I'll bet that most of us could use a lift—or, in other words, some help. Sheltering in place is challenging. So, how do you ask for help if you need it? For most of us, it's uncomfortable. Even terrifying.

So, here are some tips. First, recognize that it is healthy and smart to ask for help. It shows strength. Second, begin by saying something like, "I'm calling to ask your help with something." Third, don't apologize for asking and don't be self-deprecating, (Nobody wants to hear you put yourself down. It's annoying.) Fourth, know what you are asking for and be specific. And fifth, frame it in a positive way. For example, "I'm determined to make the best out of sheltering in place, and I have always observed that you are so positive. Can you suggest how to stay up on the news without getting fearful?"

If your friend offers help, be gracious in expressing your appreciation, and indicate that you hope that there is a time when you can be of help in return. It's important to take care of yourself during this uncertain time. Take a risk! Ask for some help! Remember that most people feel good when they are asked and when they can be of help!

## Spiritually Uplifting Services

Services to view, review, connect online  
Compiled by Linda Chandler

(A partial list)



### **NorthGate**

<https://live.northgate.tv/>

### **St. Paul's Benicia**

<https://www.stpaulsbenicia.org/>

### **St. Dominic's Benicia**

<http://www.stdombenicia.org/live-mass/#X.nZGs4hKiUk>

### **Benicia Lutheran Church**

<https://www.benicialutheranchurch.com/>

### **New Harbor Community Church**

<https://www.newharborchurch.com>

### **Community Congregational United Church of Christ**

<http://www.cccucc.org/>

### **Church of Latter-Day Saints**

<https://www.churchofjesuschrist.org/?lang=eng>

### **Unity of Walnut Creek**

<https://www.unityofwalnutcreek.org/>

### **First Baptist Church Benicia**

[beniciafirstbaptist.com](http://beniciafirstbaptist.com)

### **Bible Baptist Church**

<https://www.biblebaptistvallejo.org/>

## Rejoicing in your day

To do before retiring at night.

From *The Book of Joy* by the Dalai Lama and Desmond Tutu  
Submitted by Linda Barron

1. Reflect on the day. Consider your experiences, conversations and emotions.
2. Pay attention to your emotions. Accept your experiences—be present with them, whether positive or negative.
3. Feel gratitude for what you experienced even if it was hard. Learn from it.
4. Rejoice in your day. Pick something you felt good about.
5. Look to tomorrow. Set your intentions. Trust you will be able to handle anything.  
Release your concerns and go to sleep.

## Check out our website and watch for email

By Judie Donaldson

Carquinez Village has removed all its website text and replaced it with relevant COVID-19 information and links that cover local, county, state, and federal resources.

Look for our Sunday morning email for our “Special Sunday Surprise!” Our goal is to provide you with some activities of interest as you “shelter in place.” We’ll look forward to the time when we can return to our regular schedule of activities and events!

## About this newsletter

We hope this is the first of many editions! We want it to be a source of information, support, and joy. Please let us know your comments about any article or the entire newsletter! We’ll be listening. What would you like to see? How often would you like to see it? Do you have something you would like to contribute—words or pictures?

We will post an in-depth article about coping skills by Kathy Munroe at our website. Check it out! Special appreciation to Barbara Fredericks who is doing the layout and providing technical support!

Send your comments to: Lois Requist, Editor, [lois@requist.com](mailto:lois@requist.com). Call or text to 707-280-0588.

