



July 2020

July Program Series presented via Zoom: Being Prepared in the Era of COVID-19

Our July series provides us with an opportunity to learn from specialists about issues we should think about, decisions we should make, and papers we need in place. Come to one or all the sessions. Each session will include a Q&A. To register, call 707-297-2472 or go to our website: www.carquinezvillage.org.

Estate planning essentials for everyone

July 6, 10:30 - 11:30 am

Jason S. Buckingham, Attorney and Counselor at Law will review wills and trusts ... and answer questions.

Your healthcare directive: getting it right

July 16, 10:30 - 11:30 am

Dr. Chandra Keebler, Gerontologist and Palliative Care Specialist has spoken at two previous sessions. Our attendees asked if she would return to cover today's topic.

Important: Register by July 13 so that we have time to deliver program materials to your home.

Financial Musts for end-of-life peace of mind

July 23, 10:30 - 11:30 am

Frances Harkins, CFP, AIF, MA

What financial documents or decisions should you have organized, and safely in place?

Managing difficult end-of-life decisions

July 30, 10:30 - 11:30 am

Barbara Engdahl, MA, Medical Social Worker, end-of-life counselor since 1983 will discuss health care decisions, housing choices, and how we can take control of our medical care in ways that support our ability to die with dignity.

Questions: Call 707-297-2472. Ask for Judie Donaldson

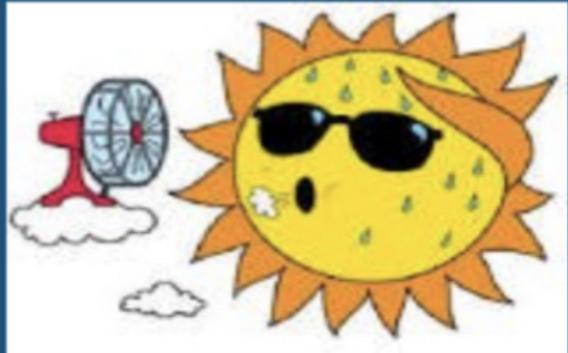


Are you a senior with no air conditioning?

The **Benicia Lions Club** can help

We have a limited number of Honeywell HT-900 TurboForce Air Circulator Fans to give to senior citizens on a fixed-income. If that describes you, or someone you know, contact us!

Benicia Lions Club
lionsclubbenicia@gmail.com



What do we do, as white people, with today's reality? By Lois Requist

(By request, a short version of this column follows. To read the complete version, go to the Carquinez Village website—carquinezvillage.com or [click here](#).)

Though Carquinez Village isn't a white organization, it's mostly white. That's not what we prefer, but it is what it is. I've been thinking of the chaos which we find ourselves in and reflecting on what we should do as Carquinez Village.

Charlotte Dickson, Executive Director of Village Movement California has written a letter, which begins with her acknowledging as a "white woman writing about race," she does not "face racism."

Dickson opines that perhaps we are "entering a threshold in our history when old systems may finally be collapsing, and new ones built." She says, "Village Movement California is committed to being a positive force for change," a commitment necessary "to fulfill our vision: a society where all stages of life offer meaningful opportunities for growth, connection, and joy; where people of all backgrounds and economic means can age with dignity, purpose, and self-determination."

Dickson gives the racial breakdown of Village members in California—84% are white—and believes we need to explore why that is. She “invites” us to:

1. “Learn about white privilege.”
2. “Explore structural Anti-Blackness and racism.”
3. “Immerse yourselves in the stories and experiences of people of color.”
4. “Identify organizations in your community that are working to advance racial justice and build relationships with them.”
- 5.

Dickson concludes, “Our movement is founded on principles of belonging. We intentionally build communities where older adults can belong to something larger than themselves. Ageism is a form of othering. So are racism and Anti-Blackness. If we are committed to the prospect of older adults belonging in our communities and societies, we need to be committed to everyone’s belonging.”



Service with a Smile and a Face Covering

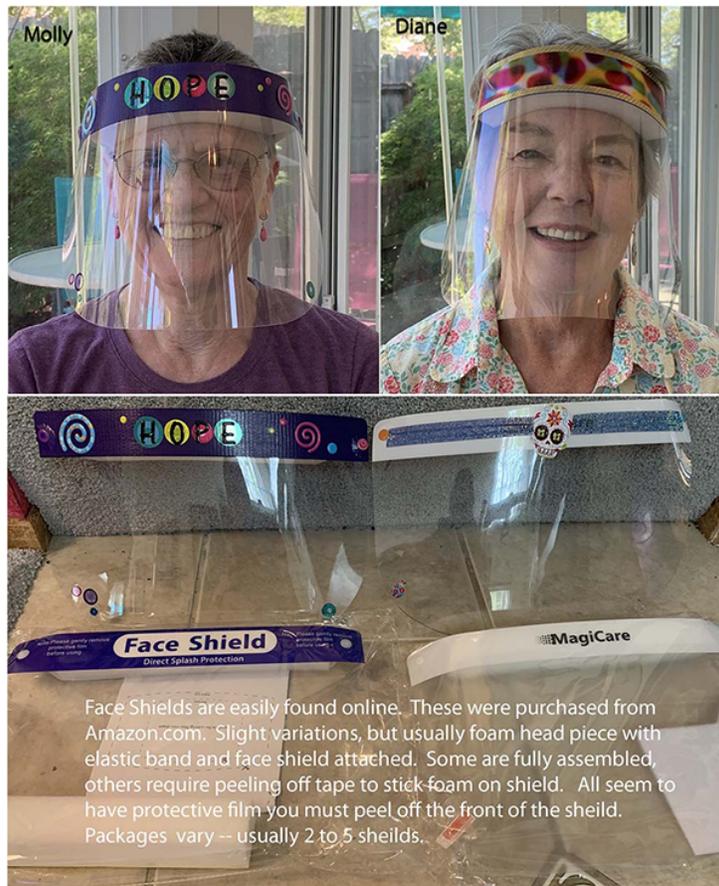
By Diane Choquette

Most of the service requests we are receiving now are for grocery shopping or errands. The time is coming when more of us will be returning to routine medical and dental appointments. Gardening requests are also showing up in Helpful Village.

We have given our volunteers guidelines to help minimize the risk of exposure to Covid-19 for both the volunteer and member being served. Benicia now has ordered a city-wide face covering requirement, and Governor Newsom has issued a state-wide order requiring face coverings in enclosed settings and outdoors where people cannot maintain at least a six feet distance from each other.

So, please be prepared to wear a face covering and to sit in the back seat of the car when you are transported by one of our volunteers. The volunteer will also use sanitizer on areas that are touched. If you have symptoms, such as fever, cough, change in taste or smell or other Covid-19 symptoms, please do not ask for transportation. Please contact your health provider. Keep in mind that any person in Solano County can receive a free Covid-19 test at a site in Vallejo or Vacaville. You must make an appointment by visiting lhi.care/covidtesting or by calling 888-634-1123.

A photo of Diane Choquette (our Vice-President) and Molly Barr in face shields.



Face Shields are easily found online. These were purchased from Amazon.com. Slight variations, but usually foam head piece with elastic band and face shield attached. Some are fully assembled, others require peeling off tape to stick foam on shield. All seem to have protective film you must peel off the front of the shield. Packages vary -- usually 2 to 5 shields.

Face Masks vs Face Shields

By Molly Barr

COVID-19 face coverings: growing data and interest in comparing our two current options indicate I'm not the only one evaluating preference moving forward. Face masks or face shields, which is better?

Cloth face masks:

Pros: Covers nose and mouth; easy to make or buy.

Cons: Does not protect eyes; questionable comfort, even claustrophobic for some; people touch their faces more; must be discarded or laundered after each use; standardization nonexistent; often worn incorrectly; often not safely disposed of--many are simply dropped as litter.

Pro & Con: theoretically face masks protect others more than the wearer.

Face Shields:

Pros: Covers eyes, nose, and mouth: glasses do not fog; comfortable; reusable and simple to disinfect; easily found online; reduces face touching; virtually impossible to wear incorrectly; socially more pleasant--easier to hear and interact with the mouth uncovered.

JAMA Journal of the American Medical Association

"Determining How Public Health Measures Might Be Slowing COVID-19," April 29, 2020.

"Most important, face shields appear to significantly reduce the amount of inhalation exposure to influenza virus, another droplet-spread respiratory virus. In a simulation study, face shields were shown to reduce immediate viral exposure by 96% when worn by a simulated health care worker within 18 inches of a cough. Even after 30 minutes, the protective effect exceeded 80% and face shields blocked 68% of small particle aerosols..."

Read entire article: <https://jamanetwork.com/journals/jama/fullarticle/2765525>

Cons: Does not shield the entire face--sides and bottom open; there are no studies as to how much a face shield protects others from the wearer; some are bothered by reflections on the plastic; difficult to wear in the wind.

I'm adopting the face shield where possible. I have not yet been kicked out of Safeway or Home Depot. Oh, and did I mention that they are fun to decorate?

Musical and artistic inspiration

By Joe Athey

If you especially love music check out the online presence of these two excellent regional organizations. Their online videos, like their live performances, are intimate and personal.

The Philharmonia Baroque Orchestra: <https://philharmonia.org/2021-blog-mozart-smallpox/> and The Valley of the Moon Music Festival:

<https://valleyofthemoonmusicfestival.org/>

A Tree Grows in Benicia

By **Sindy Harris**

Benicia's history is rich with examples of how some community members made decisions with great foresight that would impact the long-term appeal of Benicia as a place where people would want to live. Carquinez Village is one, excellent example. Another is Benicia Tree Foundation (BTF), whose mission is to strengthen community by promoting and supporting tree planting, maintenance, and education.

Over the past ten years, BTF sponsored 39 tree planting events with willing property owners at sites ranging from single-family homes to the Lake Herman Open Space. BTF also sponsors Tree Care Days to recruit volunteers to help maintain the trees it plants.

Homeowners can participate through the "Tree Keeper Program," whereby a Benicia resident commits to planting and sustaining a tree in their yard. BTF assists the resident in selecting the right tree for the right location, and BTF volunteers plant the tree for residents unable to do so.

Three ways you can help to improve your community with trees are: (1) Volunteering at one of the events shown on the BTF calendar; (2) Become a Benicia Tree Keeper, or (3) Donate to BTF. Find out more about this organization visit their [Facebook page](#) or call them at 745-4546.

From the Prez...

By **Susan Neuhaus**

Summer is here and I am enjoying the weather and my garden. That is about all that is the same from previous years. We appreciated from hearing from so many of you about the creative ways you are spending this time.

When we asked about getting together in person there was a variety of feelings. Many of you said WHEN we start getting together again you would prefer small groups and probably outside. Many of you said not yet maybe in a month or so.

For now, Carquinez Village will continue to offer programs on Zoom. There are many new programs that our creative members have been thinking up. For example, for us Julia Child wannabes there is a monthly cooking demo, and a movie group and I hear that there is talk about a mystery book club.

A great 4-week series is offered this month, **Being Prepared in the Era of COVID-19**. Check it out. If you want to participate and have not zoomed, we are ready to help you. If you don't have a computer or tablet you can Zoom even from your smartphone. No smart phone? Remember conference calling? You can also join any program by dialing in from a regular phone. Want to know more? Call me.

Susan Neuhaus, 707 373 6879

Over 80's Surprise

By Janice Magner

On Saturday June 20th, the member services committee delivered 25 bouquets to our over 80's group. Many of them don't have computer skills and are not able to zoom and we have few ways of communicating with them. So, this was just our way of saying we are thinking of you and hope you are doing well. Also, if you need anything please call the village. I am happy to say the flowers were greeted with surprise and pleasure and we so enjoyed connecting with our group.



Notes from the editor

By Lois Requist

Several people make this newsletter happen. I'd like to recognize **Barbara Fredericks**, who formats and sends out this publication! She also takes care of our website. What a contribution! Writers Joe Athey and Molly Barr contribute regularly. Susan Neuhaus, Janice Magner and her team on the Member Services Committee, Helen Hughes, and Judie Donaldson all write articles. Sindy Harris, Gayle Vaughn, Diane Choquette, and Pat Plant are new contributors.

An article in the Benicia Herald asked children to send artwork that older adults might enjoy. The art in this newsletter was a response.

Do you have something to say next month? You can send it directly to me, lois@requist.com. In the subject line, please say "newsletter."

Our website contains a list of preferred providers, local businesses that Carquinez Village members have used and recommend. Whether you need a gardener, an accountant, or something else, check this list for reliable help.