



January 2021

## President's Message

By Susan Neuhaus

Happy New Year! I know it is going to be a great year, we just need to be a little more patient until we can all get vaccinated. Until then, we will continue to offer our expanding portfolio of programs on Zoom. A new offering, we will be starting is Ted Talk discussions. TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). They cover almost all topics — from science to business to global issues. And there will be another fabulous 6-week series on Issues in Aging, beginning on Jan 5<sup>th</sup>. If you have been thinking you want to give it a try, we continue to offer a monthly Zoom training class for all types of devices.

We have some members who would like to participate in our programs via Zoom but lack a tablet or computer. If you received a new one for Xmas, and/or have an extra device, consider donating it to the village. We will get the memory wiped and get it set up for one of our members to be able to Zoom. Call 707.297.2472 to donate your device.

In 2021 Carquinez Village will be saying goodbye and thank you to two of our original founding board members. Linda Barron who has been representing the Events committee since the beginning of the Village will be stepping down from her board responsibilities. Linda Cook who was responsible for creating the first neighborhood group for our Vallejo members is unable to continue with the board. We want to thank both Linda's for their years of invaluable service to our board and hope they will still both remain involved with the Village.

Please join me in welcoming our 2021 board

President	Susan Neuhaus
Vice President	Helen Hughes
Secretary	Diane Choquette
Treasurer	Gerry Forcier

Volunteers and Service Co -Chairs	Kathy Monroe & Diane Choquette
Virtual Office Manager	Jeanne Ekdahl
Governance	Lars Ekdahl
Member Service Chair	Janice Magner
Programs/Activities Chair	Cynthia Hellmuth
Outreach	Linda Chandler *
	Judie Donaldson interim

## You're Invited: Open Board Meeting - January 12<sup>th</sup>

Come meet the new Board: All members, volunteers, and staff are cordially invited to the January Board meeting on Tuesday, January 12th from 2:30pm - 4:30pm.

Please register by January 8<sup>th</sup> so that we can send you an agenda and the Zoom link. Your participation is welcome!

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## Helping Our Community

By Greg Plant

Our organization, as well as caring for seniors, believes in giving back to the community, which can mean helping homeless and less fortunate people in our community.

There are many programs that do so, from Benicia Community Action Council to Families in Transition (FIT), Family Resource Center (FRC), and St. Vincent Dr Paul.

You can also help by donating fresh garden produce (from your own garden!) to the Food Is Free stands you've probably seen around town (Robert Semple Elementary School, the pet store on First Street, St. Paul's).

Finally, the Solano Dream Center's Nomadic Shelter has lost their usual sheltering spot. You could donate groceries, blankets (including Mylar ones that are inexpensive through Amazon!), sleeping bags, and more to them. Currently Community Presbyterian Church of Vallejo is in contact with them, so contact the church at 707-643-3222.

## Holiday Traditions

By Joe Athey

For more than forty years, Carlo and I have been hosting a holiday party on the first Saturday of December at which we serve the traditional Christmas pastries of southern Italy.

The original recipes arrived with Carlo's Italian immigrant great-grandparents and grandparents, who came to the Golden State bringing recipes written to feed large families. And, for all their years, they fed large families, neighbors, and friends throughout the holiday season.



Now, in a series of YouTube videos, Carlo and I demonstrate how to make these goodies in smaller batches for our lives today. The videos are for our friends and family, including our Carquinez Village family. So, we can celebrate the season with them.

Only the first two videos are up now, but we will continue through the year with traditional dishes both sweet and savory.

The link that follows will take you to "Caffe Orsini-Pinguini."

<https://www.youtube.com/user/carloggc/videos>

# Preferred Provider List

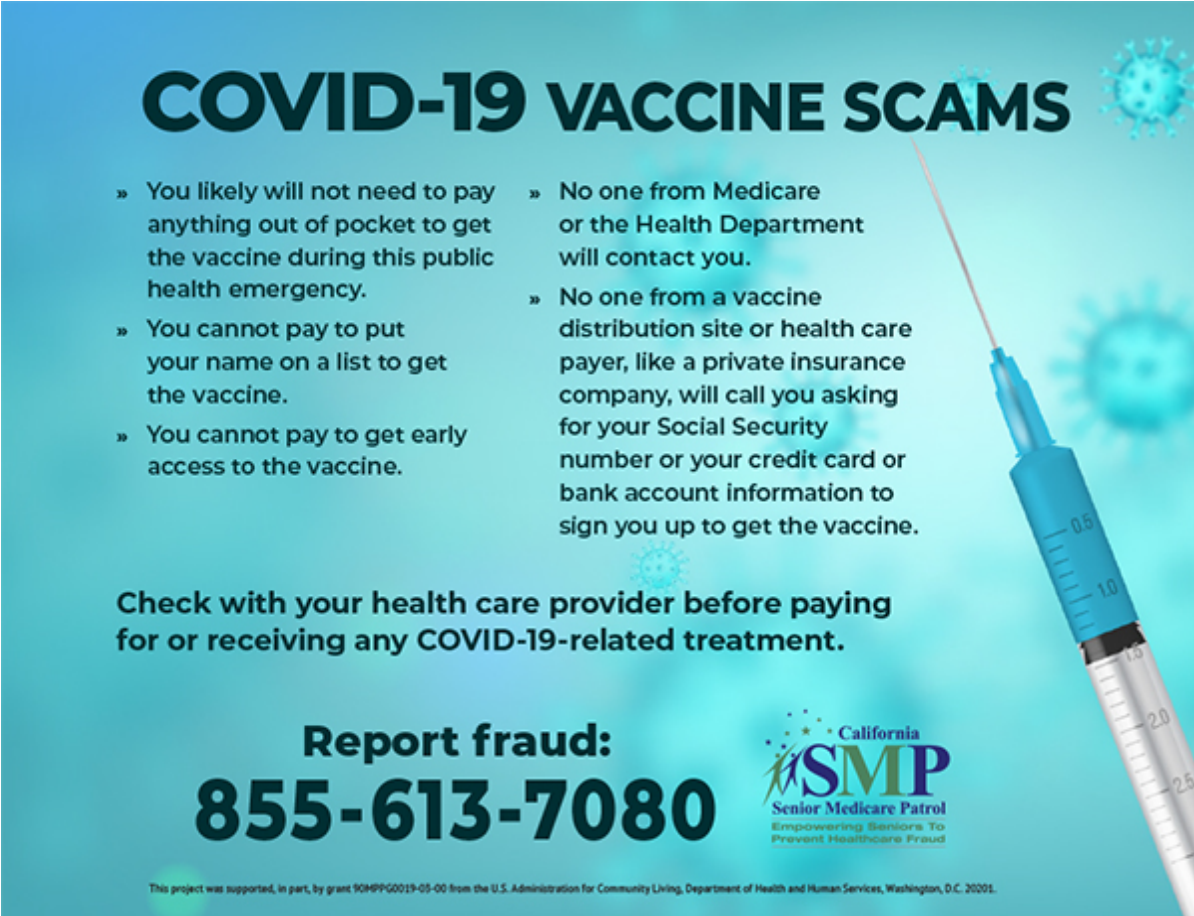
By Sandra Grey

We are currently in the process of updating our Preferred Provider list of vendors. This will include provider license numbers (city business license and/or state contractor's license or other professional license) when known along with some general information about city and state licenses. The list consists of various vendors (e.g., contractors, plumbers, electricians) who have provided services for and have been recommended by a Carquinez Village (CV) member. The recommendation is submitted to and vetted by the Volunteers and Services Committee before being added to the referral list posted on the CV website. You can access that list by clicking on the Members tab after you log on.

This would be an excellent opportunity to forward any recommendations you would like to share with your fellow members. If you are interested in providing a referral, please forward the following information to Sandra Grey at [miz.grey@gmail.com](mailto:miz.grey@gmail.com):

- 1) Name of Company or Vendor,
- 2) Contact Phone Number,
- 3) Type of service offered,
- 4) What did you like about this provider, and
- 5) Why are you recommending them?

Also, if you do utilize the services of a listed provider, Sandra would appreciate your feedback.

A poster with a light blue background. At the top, the title "COVID-19 VACCINE SCAMS" is in large, bold, black letters. To the right of the title is a small, stylized virus icon. Below the title, there are two columns of text, each starting with a right-pointing arrow. The first column lists three points: "You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.", "You cannot pay to put your name on a list to get the vaccine.", and "You cannot pay to get early access to the vaccine." The second column lists two points: "No one from Medicare or the Health Department will contact you." and "No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine." Below these lists, a bold line of text says "Check with your health care provider before paying for or receiving any COVID-19-related treatment." At the bottom left, it says "Report fraud: 855-613-7080" in large, bold, black letters. At the bottom right is the logo for the California Senior Medicare Patrol (SMP), which includes the text "California SMP Senior Medicare Patrol Empowering Seniors To Prevent Healthcare Fraud". On the right side of the poster, there is a large, detailed illustration of a medical syringe with a blue plunger and a silver needle. The syringe is angled upwards and to the left, with its needle pointing towards the title. The syringe has markings on its barrel: 0.5, 1.0, 1.5, 2.0, and 2.5. In the background, there are faint, larger virus icons.

**COVID-19 VACCINE SCAMS**

- » You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- » You cannot pay to put your name on a list to get the vaccine.
- » You cannot pay to get early access to the vaccine.
- » No one from Medicare or the Health Department will contact you.
- » No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.

**Check with your health care provider before paying for or receiving any COVID-19-related treatment.**

**Report fraud:**  
**855-613-7080**

**California SMP**  
Senior Medicare Patrol  
Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part, by grant 90MPPG0019-05-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



# The Bowlegged Cowboy

By Molly Barr

A small bronze figurine stands on my bookshelf. It's the only personal possession I have of my father's. He said that he bought it years ago because it reminded him of his father. I keep it because it reminds me of mine. The figure is four inches tall and is of a bowlegged cowboy with a Stetson pulled down over his eyes. He has chaps on his legs, six shooters on his hips, and a sheriff's star on his vest. The hat shadows his eyes, and a bushy mustache adorns his upper lip. I've never seen Dad on a horse, nor did he wear chaps or a Stetson in the days that I knew him, but his legs were still bowed from years in the saddle. By the time I came along, he had traded his horse in for an airplane and his pearl-handled gun was mounted on the living room wall.



# Things I have done during all the stay home hours

By Dona Rose

I take long walks every day, sometimes to pick up groceries. I take cell phone pictures of beautiful scenes along my way and send the best to family and friends to let them know I'm thinking of them.

I've been walking a very long time and have many friends and acquaintances along my various paths who keep me connected. I take a pinch of lavender or rosemary to enjoy.

One of those friends passed along his joy in giving peanuts to the crows. So yes, I have crow friends too! Be careful with this one. Throw the peanuts away from your house. One of my crow friends is not afraid of me at all. He often humorously dive bombs my head to let me know he's there, and then lands and looks directly at me. I'm trying to get him to eat from my hand. If I'm feeling down, I put on my sneakers and go out for a walk.





## Notes from the Editor

By Lois Requist

A new year! I'm optimistic that the pandemic will be contained and that most of us will get vaccinated in the early part of the year. Meanwhile, thanks to Susan, our president, for highlighting the new programs Carquinez Village will be presenting in January and beyond.

As always, thanks to our regular contributors—Joe Athey, Molly Barr, and Greg Plant. Dona Rose and Sandra Grey are new contributors, adding information and perspective. Janice Magner contributes directly or through various members of her committee. She's shown just above with the many poinsettias she delivered to all of us!

Barbara Fredericks does the newsletter layout and maintains our website, so important to the communications arm of the village. We also appreciate Rachel Ann LaRosa Brown maintains our Facebook page and posts the newsletter there. Here's to a healthier and less stressful 2021!