

October 2021 Newsletter



Transforming how we age in our community, the Village Network connects us with one another, offering support and opportunities for meaningful, engaging experiences.

Village Network membership offers online wellness programs, interest groups, educational and social events, as well as volunteer services including rides to medical appointments, errands, and community destinations, friendly visitors, computer help, and personalized referrals to community resources. Click [here](#) to view a video on the nationwide nonprofit Village movement.

We are now offering many more in-person volunteer services and more in-person outdoor interest groups for members and volunteers who are fully vaccinated!



Village News

Reminder: if you are over 65, consider signing up for your booster shot soon!

The Sonoma County Public Health Department continues to recommend masks indoors for everyone, whether vaccinated or not, so we are still offering most of our programs on Zoom. However, the Walking Group, Garden Group, and Bocce Ball meet outside. While phone check-ins continue, more and more friendly visits are happening outdoors. In the meantime, we are planning for future “hybrid” programs in person or on Zoom, when it is safe.

We continue to spruce up our offices, but based on public health guidelines, we are not yet open. In the meantime, many volunteer services are available, with masks and social distancing. Fully vaccinated members who have submitted a copy of their Vaccination Record Card to the office can request rides to destinations beyond medical appointments, in-home or phone tech help, minor home repairs, and help with yard/garden projects. Volunteers who offer face-to-face services are fully vaccinated and have sent in their vax cards. Once you have received your booster shot, please re-send a copy or photo of your vax card to the office.

If you want to attend Village programs in person or take advantage of in-person volunteer services, please send a copy or photo of your Vaccination Record Card to info@VillageNetworkofPetaluma.org. You could also request a volunteer to photograph your card to send to the office – call 776-6055.

Volunteer Opportunities

The Village Tech Team is seeking volunteers of all ages. To learn more about the Tech Team opportunities, contact Bob Bailey at rhbailey@sonic.net. The Writing Group is very full, so we are seeking a volunteer interested in starting a new group. We also welcome volunteer drivers, friendly visitors, and anyone interested in offering their skills and experience to the community. Contact Manager Carol Appel at 707-776-6055 or info@VillageNetworkofPetaluma.org.



Special Programs for October and November

To join us for any of the programs listed below, please register for the event online at www.villagenetworkofpetaluma.org/events, or contact the Village by calling the office at 707-776-6055, or email us at info@VillageNetworkofPetaluma.org. If you are a member needing tech help, you can request one of our Tech volunteers to call you. Programs on Zoom can be joined by phone as well.

Online calendar at www.villagenetworkofpetaluma.org

We welcome everyone to our monthly public programs. Most of our other programs and interest groups are designed for members and active volunteers. Social events and some interest groups welcome guests for an initial one or two sessions. This is how many people learn more about becoming a member and/or volunteer in the Village community. If you are interested in learning more about membership or volunteering, contact us, or come to...

Get to Know the Village Information Meeting

Thursday, October 21, 10:00 – 11:00 am, on Zoom or by phone.

Have you been thinking about learning about the Village once we open up more? Join us to get your questions answered. We offer a trusted community of mutual support, ways to engage with our community, explore new interests, and make new friends. This is an information meeting for potential members (ages 50+), their loved ones, and those interested in volunteering. We are especially seeking volunteer drivers and friendly visitors/callers. **Register by October 20 online or by phone at 707-776-6055.**

Let's Go to The Fair: Panama Pacific International Expo, 1915



Monday, October 18, 1:00 - 2:30 pm, on Zoom.

Like a Phoenix rising from the ashes of the 1906 earthquake, San Francisco put on a grand fair. We will virtually visit this amazing event and learn about the politicians, designers, and artists behind the expo's tremendous success. It covered many blocks in the Marina District and included the iconic Palace of Fine Arts. Open to members, volunteers, and the public.

Presenter Linda Loveland Reid is a frequent lecturer for the OLLI programs at Sonoma State and Dominican Universities. She is also a painter, theater director, and novelist.

Save the Date! Village Thanksgiving Celebration for Members and Volunteers

Saturday, November 20, 4:00 – 5:30 pm, on Zoom.

All ideas welcome – poetry, a story from the Thanksgiving you are most grateful for, other...?



Classes and Interest Groups



The Village Walking Group Has Resumed!

Thursdays, 9:00 am, meet at Walnut Park on 4th St., between D and E Sts.

We walk neighborhood streets for about an hour. Also, we're planning to eventually branch out to some local parks like Helen Putnam Park, for those who enjoy hiking. For more information or if you would like to start a

new Village walking group, especially on the East Side, contact the Village at 707-776-6055 or email: info@VillageNetworkofPetaluma.org.

Village Drop-In Coffee Hour

Wednesdays, 9:00 – 10:00 am, Aqus Café, H & 2nd Sts.

Members and active volunteers are invited to a weekly Wednesday drop-in outdoors. Join us as we appreciate being together in person again! Village member Tiaga Liner facilitates.



TED Talks Discussion Group

Friday, October 8, 11:00 am – noon, on Zoom.

In each meeting we view TED Talks together on Zoom and then discuss them. The specific talks will be announced to members and volunteers a few days ahead of time.

Game Night

Friday, October 8, 4:00 – 5:00 pm, on Zoom. (Meets 2nd Friday of the month)

Bring your favorite drink and have fun! We'll try several games – no special talents needed. Members and volunteers are welcome. Register online or call 776-6055. *Hosted by Fatima Lassar.*

Village Social Hour

Friday, October 15, 4:00 – 5:00 pm, on Zoom.

Bring your favorite drink and join us to relax together, share our lives, and have fun. For members, volunteers, and those interested in learning more about the Village. *Hosted by Paul and Anne Greenblatt.*

Bocce Ball in Leghorn Park

***NEW FALL HOURS:* Wednesdays, October 6 and 20, 4:30 and 5:30 pm games, Leghorn Park's bocce courts. (Meets 1st and 3rd Wednesdays of the month – rain cancels)**

Bocce is a game everyone can enjoy! No experience necessary and newcomers are always welcome! We pretend to be competitive, but we really just socialize and have fun.

RSVP to George Beeler by Tuesday at noon (agbcomm@sonic.net) stating the time you prefer to play, either with the new group at 4:30 or at the usual 5:30 pm, but please be flexible on the time. I will let you know your assigned time Tuesday evening.



Gentle Chair Yoga – Stay Healthy During Stressful Times

Mondays and Thursdays, 11:00 am – noon, on Zoom.

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.

The Joy of Writing Group

Tuesdays, 10:00 – 11:00 am, on Zoom.

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.



NEW! Another Men's Discussion Group Is Forming

Monday, October 11, 3:00 – 4:30 pm, on Zoom.

We get together with other men to discuss our lives in a spirit of fellowship. The group is limited to eight Village members and volunteers. Contact Paul Greenblatt soon if you're interested, at paul.greenblatt@sonic.net. This is a popular group, so RSVP soon!

Men's Discussion Group

Tuesdays, 11:00 am, on Zoom.

This group is full, with a limit of 8. Contact info@VillageNetworkofPetaluma.org if you want to be on the waitlist.

The Village Garden Group Meets Outdoors in Members' Gardens

Tuesday, October 5, noon – 1:30 pm. (Meets outdoors 1st Tuesday of the month)

In this group, we talk about anything from sharing seeds, plants, fruits, and vegetables, to art and jigsaw puzzles. Join us! Email Suzanne if you would like to be on the email list: sclarke232@gmail.com



Retired Nurses Group



Wednesday, October 13, 10:30 – noon, on Zoom.

We discuss our nursing practices, education, and favorite stories while getting to know one another. If you're interested in joining, call 707-776-6055 or info@VillageNetworkofPetaluma.org

Events Around Town

Life on Earth Art Show in Petaluma



120 Petaluma Blvd. No., Thursdays 12 – 6 pm, Fridays & Saturdays 12 – 8 pm, Sundays 12 – 6 pm, until end of October.

For information on attending a heart-making workshop visit LifeonEarthArt.com, call 415-827-1827, or email heartmaking@LifeOnEarthArt.com.



Medicare – It's That Time Again

Every Fall it is time to join Medicare or to change your plan. There are many choices, and you probably have many questions. Petaluma's Senior Advocacy Services is offering a number of Zoom meetings to explain what's coming up in Medicare. Choose the topics that appeal to you, at a time that suits your calendar, from the following list of programs offered.

October 13, 9:30 – 10:30: Medicare Q&A

October 20, 9:30 – 10:30: Joining Medicare

October 27, 9:30 – 10:30: The Puzzle of Medigap Supplemental Plans

November 3, 9:30 – 10:30: Advantages and Disadvantages of How You Choose to Have Your Medicare

November 10, 9:30 – 10:30: Help Paying for Medicare

November 17, 9:30 – 10:30: Medicare Dates You Should Know

November 18, 9:30 – 10:30: The Puzzle of Medigap Supplemental Plans

To register for one of these programs: call 707-526-4108 or send an email to hicapinfo@sasnb.org

More Online News Access at the Library!

Tired of getting stuck behind a paywall when you're trying to read your online news? Sonoma County Library patrons now have online access to The Washington Post ([remotely](#) and while [at a library](#)), the [Wall Street Journal](#), and [HeritageHub](#) resources. These resources are in addition to [ProQuest News](#), [New York Times Online](#), and digital news magazines through [OverDrive](#).

- Explore your family history with a collection of U.S. obituaries and death notices from 1704 to today. [HeritageHub](https://www.heritagehub.org/) helps identify relatives; uncover new information, and potentially unknown family members.

Petaluma Newcomers Social

Tuesday, October 12 and 19, 6:30 – 7:30 pm, Aqus Café, H & 2nd Sts.

Come meet some new people!

Contributions by Village Members and Volunteers

Thoughts on a Theme, by Writing Group Members: *The River*



The Raft

The raft was secure, safe. No water seeped upward to dampen the platform where she sat, bone weary, heartsick. The river ran slowly, the surface smooth. Trout pools lined the banks shaded by willows and birch. The long willow branches sweeping the water, the birch with curling white bark; comforting companions. In time her exhaustion called her to lie down, to listen to the soft whisper of the river as it carried the raft downstream in the late afternoon light.

It felt good, giving herself to the river, letting it carry her as the miles slipped by. The need to control drifted away, the release freed her, gave her permission to rest, trusting in the river to bring her home.

- *Martha Helland*

The River

A river is a wonderful metaphor in Buddhism. It offers an understanding of the reality of our life. In this teaching, we are in, or are a part of, the river and have to learn to “go with the flow.” If we try to stop, or hold on to the bank, we can’t. This helps us give up our notion of having control. Change will happen constantly, we can’t stop it. Where the river is taking us will unfold.

- *Vina Breyfogle*

The River: I've Given All and Yet You Take

Reborn again by snow and rain
 I cascade down the canyon,
 Interrupted by the boulders and shoulders of land
 As I divide and collide with harsh terrain.
 I always provide sanctuary and sustenance
 For those who remain.
 Yet you stand mute
 And pollute my crystal-clear waters.
 This fame you claim with dams
 And debris
 Will forever shame the name
 You have given me.

- *Jerry Spemich*

Our Estate Plan Refresh



We made our estate plan 20 years ago, motivated by Anthony's upcoming heart surgery. He likes to joke that the process *gave* him a heart attack, but it gave us peace of mind. We were in our early 50s then.

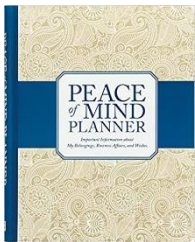
But things had changed. Our trustee had moved away, accounts had changed, and we felt a sense of urgency to leave a legacy. The old trust had good bones but we needed a refresh.

Our first step was to review the documents, add and subtract accounts and items. We agreed to name Village Network in our legacy gifts. Our involvement had led to a desire to see the Village thrive in the future. We also wanted to include (and remove!) loved ones.

Our nieces are far-flung and we don't have children to handle being trustee of our estate. So, we interviewed fiduciaries to serve as trustee of our estate, and selected one. We made changes to our advanced health care directive, as I had become interested in home funerals and alternative burial methods. We also selected a new agent as power of attorney for health care, realizing we needed someone younger than our previous choice.

We engaged a local attorney who kept us moving and had expertise about things we'd never considered. What accounts and possessions should be in or out of the trust? Could we name a charity or person as the beneficiary of our accounts – Yes! Even without revising a trust you can name a charity as a beneficiary of your IRA, insurance policy, possession or an account. Legal advice is suggested for this.

The process included negotiating each other's different timelines and feelings of urgency about finishing the update. It was a happy day when we did a drive-through signing of the trust.



I was grateful to take part in the recent Village program, Peace of Mind Planner. We still have homework to do, to fill in all the important contacts for our belongings, policies, and wishes. But completion of the trust and advanced health care directive bring an enormous sense of peace and relief that it is done.

If you have questions about how to include the Village in your estate plans, or to name the Village as a beneficiary, please contact finance@VillageNetworkofPetaluma.org.

- Lyndi Brown and Anthony Tusler

Connections



I'm not big on opera. It all sounds pretty much the same to me: impressive volume, foreign language, great costumes. It's sophisticated background music when you're sitting in the parlor of a rustic Bed & Breakfast in Vermont on a fall day.

Then, late last year, while listening to a classical music station in my car, I came upon a selection that took my breath away. Thankfully, the announcer mentioned the name of the piece and the singer, Luciano Pavarotti, a name even I knew. I pulled to the side of the road and made a note of it on my phone. I never do that.

The piece was "Nessun Dorma."

I got home, checked YouTube, and found a recording of it made in 1993 at a free concert in New York's Central Park. There were 500,000 people there that night. I listened to it once, then again and again and again. I've listened to it hundreds of times since. My only explanation: when he reaches the crescendo of that aria, his soul touches mine.

Now, here's the interesting part of the story and why it's titled "Connections."

I needed to share my discovery, my experience, with someone. The only person I could think of who might understand the intensity I felt would be my older brother, Irwin, a person with an artistic nature and a transcendent world view. I texted him with the recommendation, the link, and little explanation. Basically, I told him, "Trust me; do this."

He called back immediately to tell me that, no lover of opera himself, he was in attendance that night in Central Park, drawn by Pavarotti's reputation. "Nessun Dorma" was the closing aria and it had brought him to tears and the crowd to its feet. Pavarotti left the stage and then returned, not to do an encore but to repeat "Nessun Dorma," saying in effect, "That was not right; you deserve better." He repeated the aria (who does such a thing?) and a half million people exploded in joy.

Pavarotti's soul touched my brother's and mine. We three were one for a moment across time and distance.

- Marvin Weinbaum

New Brain Health Resources



AARP's Staying Sharp app offers engaging information and science-based resources designed to empower you to take control of your brain health – and also unwind with fun games. Research shows lifestyle behaviors may have the biggest impact on brain health. Learn healthy habits to engage your brain throughout the day. Explore topics such as sleep, stress, nutrition, processing speed, attention, and memory. [AARP: Staying Sharp](#)

Getting Outdoors



A Walk on the Edge of Town

A nice little walk on the Southwest edge of town takes one from the suburbs to farmland and back in about 20 minutes. You will not need hiking boots, although they are always a good choice. You do need closed walking shoes as not all of this walk is paved.

A good place to start is Grant Park on Sunnyslope Road. Walk down Sunnyslope and cross I Street. On your left just a few steps down Sunnyslope, take a peasant suburban trail through Westridge Open Space to Westridge Drive. At Westridge Drive turn left and walk to I Street. After crossing I Street, go right a very short distance to a left turn onto Purrington. You will soon be in farmland. Soon, on your right, are goats and sheep. Where Purrington ends, turn left onto Mountain View. As you walk along Mountain View, watch for an old but still operating windmill on your left. Now you are back in suburban territory. A left turn on McNear and across the Grant School fields takes you back to Grant Park and Sunnyslope.

- Nancy Sullivan

What We Are Reading



Locked in Ice by Peter Lourie

At a time when the North Pole was still undiscovered territory, Fridtjof Nansen, a pioneer of Polar exploration, attempted to purposefully lock his ship in ice for two years in order to float northward along the currents. Richly illustrated with historic photographs, this riveting account of Nansen's Arctic expedition celebrates the legacy of an extraordinary adventurer who pushed the boundaries of human exploration to further science into the 20th century.

- Anne Greenblatt

Chinatown Pretty by Andria Lo and Valerie Luu

I picked up this book because it was said to highlight the fashion sense of older Chinatown residents in six different North American locations. I imagined thumbing through it and looking at interesting photos, but it

turned out to be so much more. The authors' interviews reveal a wide variety of active, resilient immigrants whose life stories are full of adventure, pain, and determination. Almost as a bonus, the photos capture a fun and creative way of dressing.

- Janet Clover

***The Stars Are Fire* by Anita Shreve**

This *NY Times* best-selling novel, based on the true story of the largest fire in Maine's history, is about an extraordinary young woman tested by this catastrophic event. An unseasonably hot, dry summer has turned the state of Maine into a tinderbox. Forced to pull her children into the ocean to escape the flames, Grace watches helplessly as everything she knows burns to the ground. With courage and stoicism, she overcomes devastating loss and slowly glimpses the opportunity to rewrite her own story.

- Anne Greenblatt

***The Book of Yoga Self-Practice* by Rebecca Anderton-Davies**

This is the Yoga book I have been waiting for. While it might take decades to properly practice and understand yoga, this book simplifies the concepts, poses, and practice with beautiful graphics and understandable text. The author suggests it is not designed for a beginner, but instead has 20 tools to assist in independent study and development of one's practice. The author is straightforward, plain talking, and clear.

- Julia McMichael

Jerry's Film Column



Netflix: *Security*: The Italian seaside town of Forte dei Marmi is thrown into crisis when a teenage girl is brutally beaten. A security operative, his politician wife, and their young daughter are swept up in the turmoil involving powerful players and ingrained interests. It's a mystery crying for resolution.

Netflix: *Gypsy*: This is a one-season series about a psychologist in her 40s who is attracted to a 20-something female barista. Complications arise between the psychologist, played by Naomi Watts, and the barista, between Watts's character and her husband, and between her and her patients – one of whom is the barista's boyfriend. Most of the characters try to play by the rules, until they don't.

Tubi: *Some Girl(s)*: Tubi is free, but you have to tolerate the ads. A romantic narcissist visits his ex-girlfriends to apologize for past wrongs he did to them, before he gets married. What makes this worth watching are the variety of interchanges between him and the exes and the eventual reveal that this selfish womanizer has an ulterior motive.



As part of a national movement, the Village Network of Petaluma is a nonprofit membership organization empowering adults 50+ to live active, independent, and connected lives in the places we call home.

info@VillageNetworkofPetaluma.org | 707-776-6055 | www.VillageNetworkofPetaluma.org

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