

NOV Newsletter, October 2014



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North Oakland Village

Monthly Newsletter



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COMMUNITY EVENTS



The new office at the First Congregational Church location, ready to receive visitors.

President's Letter

No formal letter this month. Instead here are a couple of photos from the Congressional Briefing Room, Rayburn Building, US Congress in DC. Our Village President, Sandra Coleman is getting breakfast before the briefing, which was given to those of us who attended the Village to Village conference in Arlington, VA, as well as to some Congressional aides present (Congress is not in session, so no representatives were there).

>> Ai WeiWei Exhibit at Alcatraz.

>> Movie Night!

>> Coming Attractions

Monthly Potluck

5:00 to 7:00 PM

October 26, 2014

NOV Headquarters
First Congregational Church
25th at Harrison

Need a ride? Call
510/547-8500



The briefing was presented by representatives from the leadership of the Village to Village Network, from AARP, and from Washington DC Capitol Hill Village. The idea was to educate the Congressional aides on Villages and seniors' concerns, prior to small group meetings with the aides. Sandra and I were part of a group of six (included 3 from Ashby Village and Janis Brewer, Villages consultant) who met with Barbara Lee's aides in her office.



Sandra Coleman, Janis Brewer
and Patte Bishop

– Patte Bishop
Vice President

Gala Grand Opening

The short story: good people, good food, good music, good time.

The longer story: Friday, September 26 from 5:00 to 7:00 PM saw NOVers celebrating the opening of the new office in the First Congregational Church at 25th and Harrison.

Depending on whose numbers you heard, between 40 and 50 people attended. Some of the attendees are charter members, having been with the organization since its inception. Others were new members who may have been attending their first NOV event. Still others were guests of members. But all were in a celebratory mood, happy to see that the organization has settled into its new home successfully.



Bob Field greets new member Herb Gardner

Arrivals were ushered into the NOV office to receive a nametag before joining the crowd in the Gallery, the big room across from the office. This gave everyone who was there for the first time an opportunity to check out the new headquarters.



The Gallery, festive with food-laden tables and flower arrangements by Judy Sorey, buzzed with conversations and music by Shades of Gray, a trio led by Gray Cathrall. Marv Tripp

provided a special musical treat when he, accompanied by the Shades, serenaded the crowd with a tribute to the NOV board. Joe Evinger, also a NOV member and active volunteer, is part of the Shades, too.

Thanks to the leadership and planning of NOV's president and premier hostess, Sandra Coleman, the long table was covered with a generous selection

of platters, plates and bowls of snacks, all donated by members. I hadn't eaten lunch, so in a quest to quell my hunger, I headed for the repast and spotted cheese and crackers, croissant sandwiches, veggie sticks, fresh fruit, chips and dips. Plates bearing a selection of cookies were on other tables.



In one corner Paul Shepard acted as bartender, pouring red and white wine for those who asked. Everywhere people were sitting or standing in pairs and groups of three, chatting and tapping their toes to the music.

The NOV grand opening was a festive event, a great way to celebrate our new space and a visible demonstration of Village cooperation. Thanks to everyone who contributed ideas and energy, North Oakland Village has now been officially launched onto the downtown scene.

More get-togethers are being planned. Watch this space for the details.

– Ruby Long



Leader Profile: Susan Pierpoint

In our now archaic language of a few years ago, we would call Susan Pierpoint a local girl. Despite her youthful appearance, however, it only takes about 30 seconds of conversation to realize this is not a girl but a smart, competent and knowledgeable woman with deep roots in the community.

Susan began life in Oakland at Alta Bates Hospital, with Alta Bates, whose name the hospital bears, the nurse who attended her birth. By the time of her next hospital experience however, to have her tonsils out, Alta Bates had retired from her namesake hospital.

Albany was home for Susan, where she attended Marin Grammar School. When she graduated from Albany High School in 1966, Susan received the Betty Crocker Homemaker of Tomorrow award.



Her adult daughters, who you'll read about later in this piece, still tease her about this, saying tomorrow never comes. While receiving praise for fulfilling the traditional feminine role, she also became the first girl drum major for the marching band. Would you say she's a well-rounded person?

Her choice of where to further her education was University of Redlands in Southern California, followed by an MA from Kent University. Then she returned to the Bay Area to attend UC's Hastings College of the Law, where she got her JD.

In the midst of this academic activity, Susan married and started a family. Upon graduation, she went to work at University of California, Berkeley doing employment law. She was enjoying a satisfying marriage, a happy family life and a career she loved when tragedy struck. Her husband died and she became the sole financial and emotional support for the girls. one 3 the other six months old and the only one responsible for home maintenance, paying the bills and the myriad other tasks that parenting and home owning involve. She says she couldn't have gotten through this period without the continuing support of her parents and a series of au pairs who lived with her and her daughters. Although her daughters are now adults, the family is still in touch with most of the young women who played this important role in their lives.

It was during this time that the family found St. John's Episcopal Church and it also became a great source of support for them. Susan is still active there and serves on several committees.

The daughters? Both live away from Oakland. One, studying to become an Episcopal priest, was married recently and the other works in Washington, D.C. for the Obama administration. Susan looks forward to having them closer to home.

Susan's work at UC led to her becoming an expert in employment law where her guiding principle was always to maintain human dignity. One of the high points of her UC career was seeing one of her cases go the U.S. Supreme Court and win. She retired from UC in 2009 and almost immediately was asked to take a temporary position at Mills College.

But now she is fully retired from the labor force. Instead of a full-time job, she has her work at St. John's, is on the Advisory Board of the non-profit organization Friends of Ruwenzon, the Board of Directors for Bishop's Ranch and its Advancement Committee. She also spends a month every year being annual prayer resident at the Ranch.

How she finds time to serve North Oakland Village as Clerk of the Board is a mystery, and a testament to her energy and commitment. We're fortunate indeed to have her with us. Don't forget to say thanks the next time you see her.

– Ruby Long

Upcoming Special Presentation

Emergency Preparedness in the Home

Friday, October 17

3:00 to 4:00 PM

**NOV Office
First Congregational Church
25th & Harrison
Oakland**

**Presented
by**

Communities of Oakland Respond to Emergencies

(CORE)

Report on September Special Presentation Dementia Whisperer

On Saturday, September 13, North Oakland Village hosted a talk, entitled *The Dementia Whisperer*. **Laura Wayman**, Director of Dementia Care Services for Comfort Keepers, was the speaker. Laura is a Dementia Care expert. Her book, *A Loving Approach to Dementia Care* was published in 2010.

The audience members were very impressed by the talk that taught us all something new about the issue of dementia. Most impressive was Laura's emphasis on loving ways to help those with dementia while keeping a focus on the well-being of the caretakers.

One of the useful takeaways from the presentation is the understanding of the loss of the ability to process information that all dementia brings. Laura illustrated for us how to respond to everyday interactions with a member of the family who may have dementia without overwhelming them with information. For example, if the individual asks, "When are we going to eat?" the best response is just to say "Soon," then give her or him something to eat immediately. The more we try to explain things to the patient, the less they are able to process.

Those of us who attended the presentation agreed it is a talk everyone should hear. No matter how much experience (personal or professional) you have dealing with this issue there is still more to learn from Laura.

Do yourself and your loved one a favor and attend one of her presentations. Her next dementia talk will be on **Wednesday, November 12, from 9:00-10:00 AM at the El Cerrito Senior Center**. A continental breakfast will be served.

For more information, go to Laura's website: www.LauraWayman.com or e-mail her at Help@LauraWayman.com.

- Linda Joslin

Upcoming Events

Monday Menders

Sewing with Sandra Coleman	NOV Office
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Mondays

October 13, 20, and 27
11:00 AM to 1:00 pm

Just drop by with your sewing, quilting, crocheting and other stitchery projects.

A fun way to get that project done while spending time with other folks.

Also, bring any mending you need help with. We do not provide actual instruction, but do offer support, advice and good company.

**First Congregational
Church of Oakland**
2501 Harrison Street
@27th
Oakland, CA 94612
510/547-8500

Walking Group

Led by Linda Joslin
Wednesdays

October 8, 15, 22, and 29
9:00 AM

40–45 minute walk for exercise.
Meet in front of the Church.
Everyone welcome

If you are interested in a group of walkers who would just like to stroll and visit, we will start one.

Contact the office.

NOV Office
First Congregational
Church of Oakland
2501 Harrison Street
@27th
Oakland, CA 94612
510/547-8500

Art and Spirit Group

Led by Judith Coates

NOV Office
First Congregational

Wednesday

**October 29
2:00-4:00 PM**

Participants discuss topics relating to art and aging. Then all join in small, fun, art projects. No art experience or talent needed. It is a fun creative way to enjoy an afternoon.

**Church of Oakland
2501 Harrison Street
@27th
510/547-8500
Oakland, CA 94612**

Let's Speak Spanish

**Cooking, Eating &
Speaking Spanish
Monday**

**October 13
11:00-1:00 PM**

Great fun.

Group is Currently Full.

If you are an ongoing member or an attendee at the last meeting in September, please come.

**Private Home
Oakland, CA**

MUST RSVP TO LINDA no later than Friday October 10 so we have a headcount for food purchase.

510/547-8500 or
info@northoaklandvillage.org

Monthly Pot Luck

The Monthly Potluck Returns

Sunday

**October 26
5:00-7:00 PM**

Come join us in our new space for the return of our monthly potluck.

Nov Office in the Gallery

Members please call the office if you need a ride - 510-547-8500

French Class Anybody?

Some people have been requesting a conversational French group. We have someone who is willing to do a trial class if enough people are interested. Call the NOV office if you would like to participate in a lively group led by a pro.

NOV Office
First Congregational
Church of Oakland
2501 Harrison Street
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Oakland, CA 94612

Food Drive for Seniors

Comfort Keepers, the home care agency that has given us several excellent presentations, is co-sponsoring a food drive to benefit seniors.

[NourishSeniorLife.com](http://oakland508.comfortkeepers.com/)

<http://oakland508.comfortkeepers.com/>

NOV Members Hit the Road

Joe & Sara Evinger will be in Italy (Rome, Venice, Trieste), then Slovenia and Munich for most of this month.

AND

John Stull & partner Rob have departed for Venice, Sienna, Tuscany & Umbria until 10/26.

We look forward to their travel tales when they return.

Community Events

Ai Weiwei Exhibit at Alcatraz

Is anyone interested in going to see the exhibit @Large by Chinese dissident artist Ai Weiwei at Alcatraz?

The exhibit itself is free, the ferry from Pier 41 is \$28.25 for seniors.

Possible dates: Thursday Oct 30 or Nov 6, suggest we take the ferry from Oakland to Pier 39, leaving at 9:15 or 11 am, senior fare \$3.10 each way.

Contact Judith Coates, 510-653-1183 or jdcoates13@yahoo.com

Buster Keaton at the Bellevue Club

Sunday

10/12/2014

11:00 AM

Brunch, Music, Film

The Club will be showing two short silent Buster Keaton Films. Following the films, Buster Keaton's granddaughter Melissa will speak and hold a question and answer session.

\$65 pre-order, \$75 at the door.

RSVP by October 5

510-451-1000 EXT. 0

Movie Night!

Friday, October 17

Doors open 6:00 PM – Event starts 7:00 PM

Collins Chapel

First Congregational Church

FREE MOVIE! FREE POPCORN! FREE PRIZES!

enter through the Blue Door from back parking lot

Ronnie Casey hosts a movie night at the First Congregational Church of Oakland on the 3rd Friday of each month. This is a great time for NOV Villagers to meet people from the other organizations who share space with us.

This month's presentation: Dragonfly – stars Kevin Costner (other familiar cast members: Kathy Bates and Linda Hunt)

Movie night celebrates the Halloween season with a Supernatural theme. Join us in watching this hauntingly beautiful film about belief, life after death, and the power of love. There will be popcorn and door prizes.

Dr. Joe Darrow is a man distraught over the violent death of his wife. But is she really dead? Suddenly, Joe is confronted by a series of haunting messages, impossible coincidences and unsettling encounters. With each supernatural event, Joe becomes more desperate, until he begins to suspect the shocking truth. Now, in a final shattering revelation, he will make the most astonishing discovery of all.

Coming Attractions

Mark your calendars for these upcoming events.

Holiday Singalong

December 12

7:30–9:00 PM

A NOV event at St. John's Episcopal Church.

More details in next newsletter.

Musical Concert

Shades of Gray

January – date to be arranged

North Oakland Village

What to Do with What's Left

February – date to be arranged

A panel discussion of end of life options: traditional burial, cremation, body donation and green burial

Watch this space for details on these and more upcoming events.

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