

# NOV Newsletter -- April 2015



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## North Oakland Village Newsletter

Monthly



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### Happening in April

Monday Menders	April 6, 13, 20, 27
Walking Group	April 1, 8, 15, 22, 29
French Class	April 1, 15
3rd Thursday Forum	April 16
Navigating Changes	
Volunteer Party	April 17
Advance Directives Presentation	April 23
Bridge Group	April 24
Book Group	April 24
Potluck	April 26

### President's Letter

April is the month of Spring and it is also the month of Michael's and my wedding anniversary. It's cause for celebration and reflection; we'll celebrate with our two sons and their wives and our three grandchildren at one of their homes near Sacramento with a lunch that I'll provide which is the same lunch that I served to our four friends who witnessed our wedding on that day. It was a day not lacking in trauma, but it launched us on a (so far) fifty-five year adventure. We have been incredibly lucky not

## Your Board

## UPCOMING EVENTS

>> Monday Menders

>> The Walking Group

>> Monthly Potluck

>> Monthly Bridge Game

>> Conversational French Class

>> Non-Fiction Book Group

## COMMUNITY EVENTS

Free Foot & Health Clinic

Movie Night!

## COMING ATTRACTIONS

## Monthly Meeting/Potluck

**5:00 to 7:00 PM**  
**April 26, 2015**

**NOV Headquarters**  
**First Congregational Church**  
**25th at Harrison**

**Need a ride? Call**  
**510/547-8500**

ever to have had to endure hunger, homelessness, poverty, personal tragedy or war. Life hasn't always been easy, but, in the larger scheme of life, it's been close to idyllic.

The obvious question is: what goes into a happy marriage? My first answer would be an unqualified "luck." Beyond luck, what each person brings to the marriage is what creates the substance of the life and the relationship. Besides commitment, I think that a sense of humor is the most important quality, and resilience is the second. For us this was all played out in our mutual love of adventure. We went to live in England for two years after Michael graduated from college, and then on to Sweden for six months. Travel has always been a lure, and we've made the best of it. The other factor is that we have both been interested in each others' interests. I have come to love architecture and go frequently with Michael to AIA meetings, conventions and architecture-oriented talks. I have been involved in The League of Women Voters, the Oakland/Nakhodka Sister City Association and other local organizations in which Michael has been an active participant. A mutual interest in religion, ethics, philosophy, history and people in general have provided us with many hours of great conversation, laughter and, sometimes, sarcastic commentary. And, we're not tired of it or of each other! We look forward to more of all of this.

I wish you all a Happy Spring, good health and happy spirits!

- Sandra Coleman  
President



## Passing of a Member

### Eleanor (Toni) Locke - August 17, 1917 - February 10, 2015

Village Member Eleanor (Toni) Grose Locke, died peacefully on February 10, 2015, in her recliner chair, listening to Duke Ellington, daughter at her side. At 97 she was living independently, driving, swimming, making music, visiting with friends of all ages. Born in Boston, Toni graduated from Smith College as a Phi Beta Kappa in Music (1938). As a national organizer for the American Student Union, she met and married Laurence S. Locke in 1939. During WW II she built anti-aircraft guns while Larry was in the Air Force. Both remained social activists as they raised their three children in Boston suburbs. The marriage lasted until 1970.



In 1969 she began training as a Kodaly Music Educator, spent two years teaching in Hungary, and in 1974 moved to Oakland, where she created the Music Resource Center at Holy Names University. In 1981, she published *Sail Away*, a folk song collection for teachers of the Kodaly method. 1983-86 Toni volunteered at the San Francisco Maritime Museum organizing a collection of sea shanties. She co-founded the MacArthur Coalition in Oakland's Laurel District, ultimately serving until age 90 as managing editor for her neighborhood newspaper, the *MacArthur Metro*. In 2003 she won the Avant! Foundation award for building strong neighborhoods, and in 2011, Oakland Mother of the Year for her continued contributions to the city.

A great listener and maker of friends, Toni inspired many. She loved her California life, but remained a proud, fiesty New Englander.

- From the family's obituary for a local newspaper

## Interviews

Most NOV News issues feature an interview with a member. Below is a partial list of those who have been interviewed and the issue in which the interview was published. Since the News is available online you can access these interviews and get better acquainted with those who have been featured.

<u>NAME</u>	<u>NOV News Issue</u>
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Coates, Judith	April 2014
Coleman, Sandra	March 2015
Constable, Antoinette	May 2014
Evinger, Joe	July 2014
Guinta, Franco	September 2014
Jaffe, Wilma	March 2014
Joslin, Linda	February 2015
Pierpoint, Susan	October 2014
Shepard, Paul	January 2015
Stull, John	August 2014
White, Paul	January 2015

- Ruby Long

## Medical Companions - an Underutilized Service

NOV offers our members the opportunity to have a volunteer accompany him/ her to a medical appointment. This includes helping with preparation of questions beforehand, then acting as an extra set of ears during the office visit, and reviewing plans and instructions afterward. Recorded notes from the encounter are optional. All this happens with complete confidentiality to the member.

If you would like to take advantage of this service, please indicate at the time you also request a driver, preferably at least a week in advance of the appointment. Even if you don't need a driver, you are welcome to request this service.

Volunteers, if you would like to participate as a medical companion, please contact Patte Bishop at [info@northoaklandvillage.org](mailto:info@northoaklandvillage.org), to receive appropriate training.

- Patte Bishop

## Welcome New Volunteers

Nine new volunteers and one returning volunteer have gone through the volunteer application and screening process so far in 2015. Among these are three drivers, one interested in serving on the membership services committee, one interested in being a medical companion, one handyman/home visitor, one strategic planner, one office assistant, and one who wants to help in many ways.

Hopefully you'll soon meet them in person.

So welcome all!

Joanne S., Shahin R., Ted N., Roxanne B., Sally H., Nick B., Liz K., Debbie S., Anne VW., and Renate S.

- Patte Bishop

**Calling All Volunteers: a Special Party Just for You**

Volunteers, you have been working hard for us, so now it is time for you to have some fun. Come get together and relax with your fellow volunteers at a party just for volunteers. It will be a great chance to spend time with each other and make some new friends.

New volunteers are especially encouraged to come and get to know the other wonderful volunteers in our village community.

So save the date: Friday, April 17! Time 6:00 PM

If you have not done so already, contact the front office to let us know if you intend to come.

Paul Shepard claims he is the fellow standing on one hand; if we are lucky, maybe he'll show us how he does it. If not just enjoy a great do-it-yourself taco bar along with some great company.



Sandra and Michael Coleman are great hosts. The party will be in the common room at their co-housing location. Details as to exact address will be sent to you very soon.

- Linda Joslin

## Want a Great Tour Right Here in Oakland? Last Chance to Sign Up

**Mountain View Cemetery Docent-led Tour  
April 16 ~ 10:00 AM ~ FREE**

Members and volunteers, we have a docent-led walking tour of Mountain View Cemetery, the beautiful and historically important final resting place of many of Oakland's founders as well as national, state and local leaders. Tour will be led by one of our members who is a docent at the Mountain View Cemetery. We highly recommend her tours.

**Tour to be led by Ruby Long**  
**GROUP LIMITED TO 12 PEOPLE**  
Members and Volunteers are given priority  
**Call NOV 510-547-8500 before April 12 to**  
**reserve a spot.**



# Technology Workshop for Members and Volunteers

**Thursday, April 9**  
**11:00 AM-1:00 PM**  
**at North Oakland Village Office**

**A special workshop for members and volunteers only!**

Four of our great volunteers have offered to do a workshop to help members and volunteers with all of their mobile tech devices.

So please bring your tablet, smart phone, laptop or other mobile devices along with you. There will be some general info presented at the beginning of the workshop to be followed by individual help. Also, there will be some help with accessing our very informational Facebook page and website.



With you for the day will be:

**Cameron Morris, Alan Winson, Larry Hannah** and **Lynda Pike** (both a volunteer and paid provider who has executed the redesign of this newsletter). Many of you have worked with one or more of them before, and know how good they are.

*It is important to contact the office ahead of time to let us know if you are coming, and if you need a ride.*

**(510) 547-8500.**

- Linda Joslin

## Third Thursday Presentation

**April 16**

**2:00 PM**

**North Oakland Village Office**

## Navigating Life Changes in Later Years – the Role of a Geriatric Manager

**Presenter: Janet Brush, LCSW, MSW, MSG**

Janet is the CEO/founder of Senior Alternatives Care Management and Home Care



Service, Inc., located in Oakland ([bayareaseniorcare.com](http://bayareaseniorcare.com)). Her care managers have advanced level educational backgrounds and extensive clinical experience in geriatrics. Her talk will also include fiduciary (trust and financial management) services.

Refreshments will be served.

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## Special Presentation

### Advance Directives

**Thursday, April 23  
2:00 PM**

#### North Oakland Village Office

**Alison Rodman**, Family Service Counselor at Chapel of the Chimes, will present a special workshop on Advance Directives for medical care and end-of-life planning. Bring your questions and concerns about completing this vital document for your own and your family's peace of mind.

Refreshments will be served.

### Village Survey coming up in April and May

Current members of North Oakland Village will be contacted to complete a survey during the next two months. This explains the purpose of the survey and how it will be administered.

We are one of approximately 30 villages nationwide participating in a project to develop a national system for gathering information on Villages and the impact they have on their members. This kind of data is an essential tool for demonstrating the value of Villages to both policymakers and funders. It also provides useful information for NOV as we work to improve our programs and better serve our community.

The first phase of the project is a survey of current members, developed by researchers at UC Berkeley's Center for the Advanced Study of Aging Services. The survey asks about your experience since becoming a member of the village-how you have participated, how it has affected your ability to age safely in place, any unmet needs you may have, as well as some demographic information. The information is confidential and will be identified only by a number-your name will not be used, and the information you provide will be shared anonymously with researchers at UC Berkeley, who will compile the data. We will receive reports of our own data as well as comparisons of our responses to other villages, which we will share with all of you.

Since the most complete measurement of village impact starts at the beginning of membership, there is also a slightly different survey that will be given to new members as

they join.

While we hope to have all members respond to give us the most complete and valuable information, participation is strictly voluntary and will not affect your village membership in any way. We plan to complete all current member surveys during April and May, and will contact each of you during that time. We can use a variety of methods-having a volunteer ask the questions in person or by phone, or giving you a paper copy to fill out on your own, preferably in a group with a volunteer to answer any questions. The survey takes about 30 minutes to complete. The project plan is to administer the survey annually, to track changes over time.

If you have questions or concerns about the survey, please contact Board members Bill Sadler, [sadler22@pacbell.net](mailto:sadler22@pacbell.net) or Judith Coates, [jdcoates13@yahoo.com](mailto:jdcoates13@yahoo.com).

- Judith Coates and Bill Sadler

## Monthly Potlucks - Where the Action is



Since we have moved to our new location in the First Congregational Church of Oakland, the potlucks just seem to grow and grow in size.

Perhaps it is the great new room where we hold our potlucks, maybe the wonderful meals. My guess, though, is that it's the great companionship we share over dinner.

More and more people are getting involved in taking over and hosting each potluck. That is also breathing new life into the monthly potluck. In March **Sally Mathews & Lynda Pike** teamed up to present us with a theme of Birds in the

Spring. Sally's father George came along and helped them set up and decorate the room.

With branches holding all kinds of fanciful birds, bird books on the tables and lots of everyday sayings featuring references to birds, it was an uplifting and enjoyable evening. Sally led us in a delightful discussion about our experiences with birds.



Member

**Marv Tripp** and his daughter came all the way from Davis to spend the evening with us. Marv gave a touching, heartfelt tribute about what belonging to the Village has meant to him. His regular presence at our events will be missed.

- Linda Joslin



Sally Mathews leads discussion



## Two great presentations in March

In the month of March we had two great presentations. The first was on preventing falls. It was well-attended, and we got a wealth of information; we went home with a useful free booklet on exercises that will help us stay steady on our feet.

Then, on March 31st, we had a follow-up to our January organizing workshop. Even though I attended the first presentation I still learned many new things. This subject really is important to many of us because having all of this extra clutter around our homes seems to be a hinderance to bringing new energy into our lives.

- Linda Joslin

## Check... Call... Compress in Cases of Sudden Cardiac Arrest

If you see someone collapse unexpectedly, this is usually the result of cardiac arrest. Studies conducted by the University of Arizona Sarver Heart Center have shown that by doing chest compressions only, without mouth-to-mouth breathing, bystanders increase the person's chance of survival. Check out an instructional video online at: <http://heart.arizona.edu/cpr-video>.

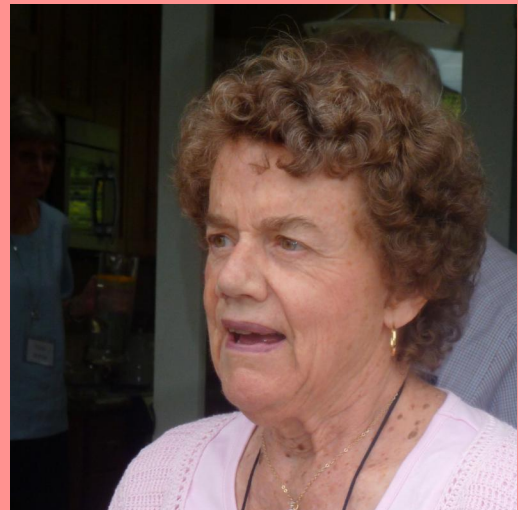
Note: Ruby Long found this helpful hint in a newsletter from the University of California, Berkeley Retirement Center.

## Your Board

### North Oakland Village President

This position directs the monthly meeting of the Executive Boar, comprised of the Vice-President, Secretary to the Board and Treasurer. In addition, the president conducts the monthly meeting of the entire Board which at this writing has nine members.

The president also has the option of being, as our current president does, a member of any Board committee. NOV's president for 2015 is **Sandra Coleman**.



# Ongoing Events

## Monday Menders

**Sewing with Sandra Coleman**  
**Mondays, April 6, 13, 20, and 27**  
**11:00 AM to 1:00 PM**

Just drop by with your sewing, quilting, crocheting and other stitchery projects. Bring any mending you need help with. We do not provide actual instruction, but do offer support, advice and good company. A fun way to get that project done while spending time with other folks.

## Walking Group

**Led by Linda Joslin**  
**Wednesdays April 1, 8, 15, 22, and 29**  
**9:00 AM**

40-45-minute walk for exercise. Meet in front of the First Congregational Church.  
*We leave promptly* at 9:00 AM. Everyone welcome.  
Best to contact the office to let us know you are coming. [510/547-8500](tel:5105478500)

## Monthly Potluck

**The Monthly Potluck**

**Sunday, April 26, 5:00-7:00 PM**

Everyone welcome. Come and bring a friend with you. Members, if you need a ride, please contact the front office: [510/547-8500](tel:5105478500).

## Monthly Bridge Game - New Players Welcome

## **Monthly Bridge Game**

**Organized by Paul Shepard  
April 24, 2:00 PM**

Looking for an entertaining way to socialize? Join our bridge game. You do not have to be a great player. Held this month at Saroj & Om Aggarwal's.

Call Paul at [510/547-4575](tel:5105474575) for address.

## **Conversational French Class**

### **Conversational French Class**

**Teacher: Antoinette Constable  
Wednesdays, April 1 and 15, 10:30-11:30  
AM**

A six-week class where people can work on their conversational French.

Class started on February 4th.

**For further information contact the Front Office  
-[510/547-8500](tel:5105478500)**

## **Non-Fiction Book Group**

### **Non-Fiction Book Group**

**Contact: Judith Coates  
Last Friday of the Month - April 24 2:00-  
4:00 PM  
North Oakland Village Office**

The group meets at the Village office on the last Friday of the month from 2:00-4:00 PM. Dorothy Black will lead the April discussion of *This I Believe: The Personal Philosophies of Remarkable Men & Women*, Jay Allison and Dan Geidman, Editors.

# Community Events

## **Downtown Oakland Senior Center**

200 Grand Avenue, Oakland

### **Free Foot & Health Clinic**

Free services include: toe nail trimming and filing, diabetes check, blood pressure check, nutrition and medication reviews.

**2015 Dates (9:00 to 11:30 AM in Hall 4, except where noted):**

**Wed. April 1 - (clinic will be held in Hall 1 on this date)**

**Wednesday June 3**

**Wednesday August 5**

**Tuesday (Flu Shot Clinic) October 20**

**Wednesday December 2**

Service provided by **Lifelong Medical** with funding from the **Area Agency on Aging**

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## **Movie Night!**

Friday, April 17, 2015

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

Collins Chapel

First Congregational Church

## **Movie Night**

**FREE MOVIE! FREE POPCORN! FREE PRIZES!**

Enter through the blue door from the back parking lot.

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

There is good news a-plenty in this month's movie *Say Amen, Somebody*, a 1980 film focusing on some of the giants of gospel music and the younger

singers whom they inspired. This film focuses on two senior citizens: Thomas Dorsey, often credited as "the father of gospel music," and Willie Mae Ford Smith, a St. Louis-based singer, innovator who helped popularize the modern gospel singing style.

It's all about the music. All of this will prompt not only a few "amens," but no doubt some "hallelujahs" too!

## Coming Attractions

### Upcoming Presentations

In the works are several presentations on various topics, including **Dealing With Hearing Loss** and **Reverse Mortgages**

*Watch this space for information on these and more upcoming events.*

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