



NEWSLETTER

Happy North Oakland Village 10 Year Anniversary

April CALENDAR

ALL EVENTS HELD REMOTELY --

The NOV calendar for April lists only regularly recurring meetings. The current national situation prevents planning special presentations but we hope we'll be able to return to that format soon. North Oakland Village now has its own Premiere Zoom Account, so those who organize or lead or attend regularly recurring meetings and wish to continue meeting via Zoom should call the office and ask our Operations Coordinator Danny to set up meetings for them. If you don't use Zoom, you can still join Zoom meetings by phone and we'll tell you how to do that. In the meantime, we hope to have a Zoom trainer available soon to assist members who want to learn how to use it during this time of shutdown.

- Tuesday 7th 2:00 - **Memoir writing group, members, new members welcome**
- Monday 13th 2:00 - **Salon**, meets remotely - currently full **members**
- Tuesday 14th 1:30 - **Playreading group**, - **members & volunteers**
- Tuesday 21st 2:00 - **Memoir writing group, members**
- Wednesday 22nd 2:00 - **Healthy Aging, Older but Wiser, members**

- Friday 24th (last Friday) - Non-fiction **Book group** - **members & volunteers**
- Tuesday 28th 12:30 - **Newsletter Review Committee**
- Tuesday 28th 4:00 - **Board Meeting**, **members & volunteers**

Upcoming Events:

Memoir Writing group

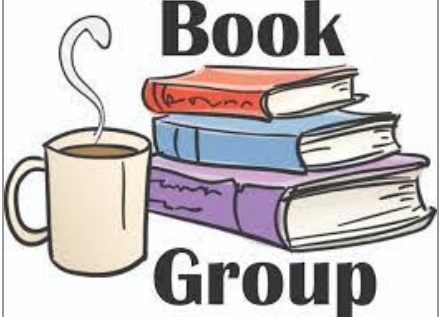
April 7th & 21st Tuesday at 2 pm

The NOV Memoir Writing group will welcome new writing members. We meet twice a month at the NOV office to share interesting, thoughtful, and engaging memoirs. Please call the office and leave a message if you have any questions.

Playreading group

Tuesday April 14th 1:30

This month we will be reading from “24 Favorite One Act Plays”, edited by Cerf and Cartmell. Call Paul Shepard, 510-547-4575 to join us.

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|  | <p>Non-fiction Book Group Friday April 24th 2:00</p> <p>The book group will meet to discuss, <u>Last boat out of Shanghai</u>, by Helen Zia</p> |
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-Martha and her granddaughter Khalistan

Remembering Martha Anderson

July 7th 1917- March 26th 2020

Everyone who was interviewed for this piece remembers Martha Anderson as a sharp-witted, strong minded woman who was always willing to tell you what she thought if you asked, and sometimes when you didn't. Known in NOV as an independent woman, and a formidable Bridge partner, she died recently at 102, having lived alone for the

last thirty years. Her bridge group well remembers the delicious, home-made biscotti she provided when they met at her home.

Her son, Jim Barter says she was the most honest and ethical person he has known and that he had to talk hard to get her to stop driving at 95. That's when she connected with North Oakland Village, attracted by the rides program and Bridge playing opportunities.

The granary in North Dakota where Martha was born, on her family farm, in 1917, now has a plaque on it, commemorating the event. She and all six of her sisters went off to college, becoming teachers and nurses, while the only son stayed home and learned how to run the farm. The farm, still in the family, raises corn, wheat, barley, flax, alfalfa and Hereford cows.

After finishing high school, Martha graduated from Mary College in Bismarck with a degree in nursing and came west. In Oakland she found a nursing job at Herrick hospital and stayed there for 25 years, meanwhile giving birth to two sons.

Her Bay Area family, Jim, his two daughters and their families, will miss Martha, but acknowledge that at 102, having contributed as she did to their families, the health system and the Bridge community, it was probably appropriate for her to let go and have someone else do it.

NOV's president, Susan Pierpoint, offers this tribute: Martha was a cherished member of North Oakland Village and our first member to start the wonderful trend of celebrating 100th birthdays. We will miss her friendship and her inspiring example of aging well.

2020 CENSUS, A GOOD TASK FOR SHELTER IN PLACE

By now you should have received your 2020 Census notice with your 12-digit household code for responding. The plan for this

census gives four ways to respond. Timing is based on the original plan, the coronavirus will probably cause delays. Whichever method you use, **BE COUNTED!** Census data determines how many congressional representatives we have and how federal funds are allocated as well as documenting the need for equal employment programs, child care and so many other community services, including Villages for us!



1. **Online at my2020census.gov, available now, a quick and easy method for those with online access.**
 2. **By telephone at 1-844-330-2020, available now, you will go through a couple of layers of automated button-pushing, but you will speak to a live person to answer the census questions.**
 3. **By mail. Households that haven't already responded online or by phone will be sent a paper form for mail response in April.**
 4. **In person. In May enumerators—census employees—will visit each household that hasn't yet responded. If you are visited by someone saying they are from the Census, be sure to ask for ID. They should have a photo ID badge that includes a Department of Commerce watermark and an expiration date. They should also have a Census Bureau phone or laptop and a bag with a Census logo.**
 5. **The best plan is NOT to wait for a census employee to come to your home and have to check ID's. Please fill out your census form online or by phone. If you need some help to do this, let the NOV office know and we'll figure out a way to help.**
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Letter from our President

Dear NOV community,

This is not a time for sissies! Wouldn't you think it would be easy to just snuggle down in your own home and keep yourself busy with little projects, phoning friends and trying to figure out how to use Zoom for gatherings or meetings where you can see AND hear people? It's not easy, and especially not when the reasons for it are scary.

We already know, don't we, that being isolated isn't great for anybody and it's especially hard on older adults. We know because of the way we've been able to develop friends, neighbors and companions in our Village that seniors thrive in community. We thrive because it's meaningful. We thrive because it's fun.

We're doing our best right now to make sure we stay in touch with each other and to deliver the services you need to get groceries and medicine. We're learning that it's helpful and fun to have meetings on the computer where we can see and hear each other. Not everyone knows how to do that, so we're working now on a video to help you learn. All you need is a computer in some form - a laptop is fine and so is an ipad or a tablet like a Kindle. You must have an internet connection, a camera and audio on your computer, and unless the computer or other device is really old, you probably do have all those things.

It is a good time to try something new, to stretch a bit and reach out to others, even if you're shy. Phone calls are a great way to stay in touch. My little grandchildren and I were isolated from each other for 14 days to protect me, but it didn't stop them from coming over to visit at my kitchen window, their little noses pressed flat on the glass. I diagnosed bad cases of "Flat Nose Disease" and we laughed. It sure felt good to laugh. More to come, dear Friends.



REFLECTIONS ON SHELTERING IN PLACE

I'm feeling deeply grateful for my home, my house, my sheltering place. My house was built in 1897, so it's been through a lot, earthquakes, world wars, the 1918 flu pandemic, the Great Depression, and here it stands, protecting myself and 3 tenants, a reminder that things do pass and life goes on. I know I am fortunate, and wish that all persons had a safe and welcoming place to pass these days. May recognition of our deep connection and need to care for everyone's common welfare be the good that comes from this global experience.

I so appreciate my neighbors, who offer help and gather—at safe social distance—every evening at 6 to check in and toast each other with a glass of wine. I really look forward to our SIP (Sheltering in Place) sipping hour.

And, the quiet, and the unscheduled time! As someone who is retired and living mostly alone (one quiet tenant renting my attic room) this is a gift to treasure.

I realize it's very different for families with restless, bored kids trying to manage online school and work from home. May they find new ways to enjoy each other and to get quiet and solitude when needed. And for all those health care workers and others doing essential work on the front lines of this pandemic—may they remain safe and know our eternal gratitude and appreciation for the risks they take on our behalf.

Judith Coates

Volunteer Appreciation

Shout out to new Shopping Volunteers for North Oakland Village!

In times such as these, having volunteers who are willing to help out the vulnerable members of our community means more than ever. This moment is proving the true value of having the village, as it enables us to stay part of a community despite having to be physically isolated. We would like to give a thanks to all of the volunteers who are chipping in to make sure that our members can keep having access to food and supplies. We have already received phone calls thanking NOV and the volunteers for their work, saying that they have never been so happy to see bags of groceries! Keep up the good work volunteers, and thanks to Uptown Rotary and Seth



Finnegan for stepping up and offering more during the crisis!

Our Shoppers are taking very good care of themselves and our members while they shop! We have developed a set of Guidelines that are best practices followed by almost no other shopping services.

North Oakland Village Shopping Protocol During the COVID-19 Shutdown

Credits to Dan Hibbing of Oakland Uptown Rotary

When shopping for an at-risk person (all our members are considered at-risk)

PLEASE DO THE FOLLOWING:

1. Call to arrange the appointment with the person in advance. Let them know you will call during shopping if you need to ask about alternatives etc.
2. Shoppers, wash hands thoroughly before leaving the house. We also recommend keeping sanitizing wipes and sanitizer in your car to wipe down the steering wheel, radio, blinkers, and other often touched items. This helps us keep our bugs at home as well as not bringing any new ones home after a trip.
3. We recommend that drivers wear masks and gloves during shopping until after they drop the groceries off.
4. When finished shopping, call and ask your person to leave a check (no cash) in front of the door where delivery will occur made out to you for the amount and be sure to give your person a receipt in the bag. If you happen to have a person who uses PayPal or Venmo, by all means go for it!
5. If your person needs you to bring the bags inside, please keep at least 6 ft apart at all times and if you have a mask, wear it. Gloves are good too if you have them.
6. If you do not have disposable gloves, use a hand sanitizer before bringing the groceries in.
7. Tell your person to wear gloves when touching or unloading bags since we know the virus can stay alive on them, and to wash hands with soap and water for at least 20 seconds after unloading.
8. Most importantly, if you are not feeling well, do not attempt to buy groceries. A minor cough, sore throat, anything that could be symptoms should stop you from helping out until you are certain you are well. We have enough volunteers that we should be able to help each other out if someone is feeling unwell.
9. Go back to your own Shelter in Place taking in the warm gratitude of everyone in North Oakland Village on behalf of every at-risk person

in the world. Thank you for the food and for giving us renewed faith in those who work for the Common Good.

COMMUNITY RESOURCES

Tools from the Community Around Us for Navigating This Challenging Time

1. The Commonwealth Club in San Francisco is offering a free online program of interest to us! You must click on the link below to register in advance.

Relieving Social Isolation Among Seniors

Wednesday, April 8, 2020 12:00 pm (PDT)

Through the adept facilitation of journalist Katie Hafner, the audience will hear directly from four expert panelists from four key service organizations that are helping to connect older adults at risk of social isolation. One of them is a Village!

Presenters: Patrick Arbore, Institute on Aging and the Friendship Line; John Blazek, 30th Street Senior Center; Emma Davis, Rhoda Goldman Plaza; Andy Gaines, Ashby Village.

<https://www.commonwealthclub.org/events/2020-04-08/relieving-social-isolation-among-seniors>

2. Scammers are Exploiting Coronavirus Fears to Phish Users Do not click on COVID-19 links that come from unsolicited emails. UC Berkeley Information Security Office

The UC Berkeley Information Security Office advises that several Government (CDC, FTC) and World (WHO) organizations are reporting an increase in fake emails from attackers posing as legitimate agencies trying to trick people into sharing their email or bank account access credentials or opening malicious email attachments. Attackers have also been sending emails that feed on concerns about COVID-19 to spread malware. More than 4,000 coronavirus-related domains have been registered since the beginning of the year. Of those new domains over three percent are considered malicious and another five percent are suspicious. Learn more:

<https://security.berkeley.edu/news/scammers-are-exploiting-coronavirus-fears-phish-users>

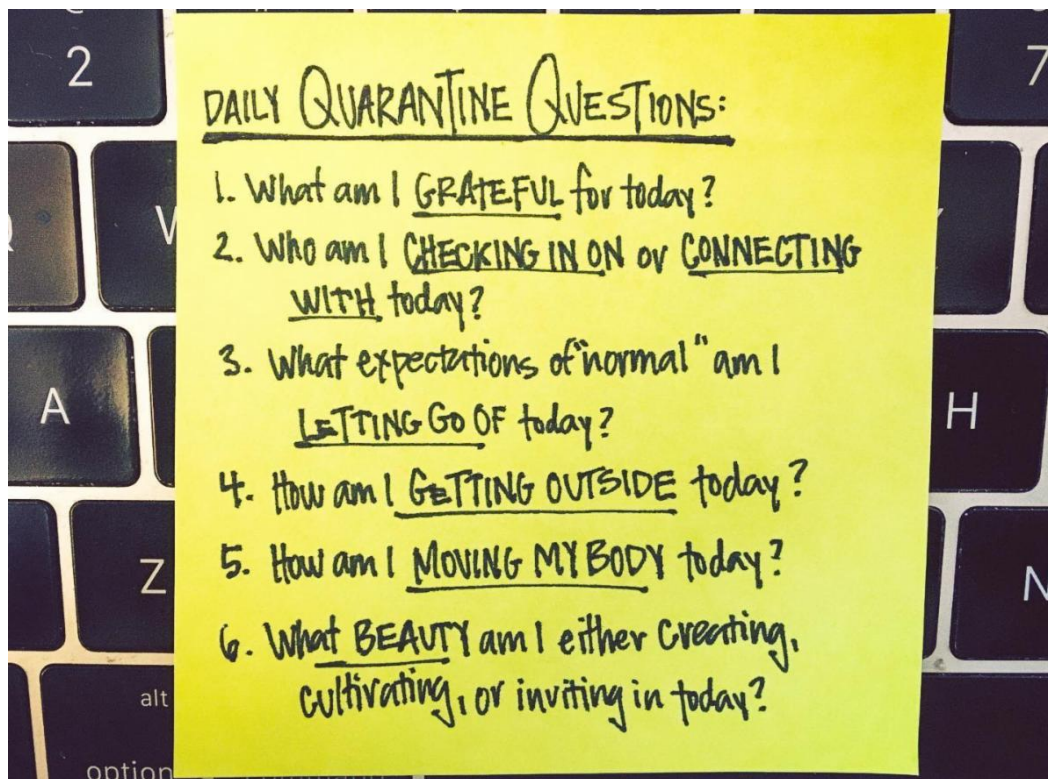
3. Here is a short excerpt from a wonderful article in the Greater Good Magazine, which is put out by the Greater Good Science Center at UC Berkeley.

Six Daily Questions to Ask Yourself in Quarantine

If you're sheltering in place, be sure to check in with yourself.

By Brooke Anderson | March 24, 2020

As the COVID-19 pandemic spreads, and efforts to “flatten the curve” through physical distancing intensify, many of us find ourselves quarantined at home. The physical isolation and sudden departure from familiar routines can be jarring and disorienting. Settling in for the possibility of an extended shelter-in-place order, I wrote these six “Daily Quarantine Questions” to help me structure my days—and check in with myself, to make sure I’m doing OK. After I shared them on social media, I heard from thousands of people who said that these resonated for them.



Grocery store humor:

I was in a long line at 7:45 am the other day at the grocery store that opened at 8 for seniors only. A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane.

He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away.

As he approached the line for the 3rd time he said, "If y'all don't let me unlock the door, you'll never get in there."

"When going grocery shopping they said that gloves and a mask were enough; they lied, everyone else had clothes on"

**North
Oakland
Village**



