



NEWSLETTER

Letter from Susan Pierpoint



How were your holidays? Celebrations with family and friends are fun, but also tiring. I'm beginning to suspect that part of aging well – at least for me – might involve a better approach to balance than in the past, perhaps a bit less of running errands and a bit more quiet, more rest. Fewer meetings, more walks with friends. If you've discovered the secret to having a balanced life, please sit next to me at the next Pot Luck Dinner! I'm all ears.

The New Year is off to a great start here at North Oakland Village. Volunteers are getting organized thanks to Joanne Devereaux who is not only a member of the Board but also volunteered to serve as our Volunteer Coordinator! Two of our volunteers, Judy Sorey and Lin Tynes, came in on their own and gave the office a good cleaning, so it sparkles and we're all newly committed to keeping it that way! We have a new person considering joining the Board and renewed energy for the programs and events brewing for the months to come.

Remember how I wrote last month about looking forward to holding my next newborn grandchild? Well, all I can say is that some things are worth waiting for. He was born rather late and the very day he arrived I came down with a bad cold and had to wait to hold him. My little grandson Wesley was born on January 7, quite late and he's a big guy at 9 lb 8 oz and really, really cute! Worth waiting for.

Just ask – I happen to have some photos on my phone.

Warmly,
Susan Pierpoint
Board President

Warmly, Susan
Board President North Oakland Village

February Calendar

- 4 / 11 / 18 / 25- **Monday Menders/Handability members**
- Tuesday 5th, 2pm- ***New* Memoir writing group members**

- Wednesday 13th, Noon **Lunch Bunch** @ Terrace Cafe 12 noon **members & volunteers**
- Friday 15th, 10:30am -**Time To Talk** learn about NOV
- Monday 18th, **President's Day**, Office Closed
- Monday 18th, **Member's Salon**
- Tuesday 19th, Newsletter Submission deadline
- Wednesday 27th, **Play Reading** with Paul Shepard, Blithe Spirit 1:30-4:30 PM NOV **members & volunteers**
- Thursday 21st, 7pm, **Author Event with Katy Butler** @Montclair Presbyterian Church **all welcome**
- Friday 22nd (last Friday), 2:00 PM Non-Fiction **Book Club** **members & volunteers**
- Sunday 24th, **Potluck** 5 -7:00 PM **all welcome**
- Tuesday 26th, **Board Meeting** 4:00 PM **members & volunteers**

The Board Column

Keeping Our NOV Community Up to Date on Board Work

The NOV Board meets on the last Tuesday of the month 4:00 - 6:00 pm and every member of our community, both members and volunteers, are invited to come and visit. We'll give you time to address the Board too, if you wish. Here are some of the things we talked about at the January 29 meeting:

- The Board is delighted to welcome a new clerk who will take notes and prepare minutes of board meetings. Christine Wilder Abrams volunteered for the position at the Volunteer meeting convened by Joanne Devereaux, a Board member and also the NOV Volunteer Coordinator. Christine has been a volunteer for NOV in various roles for at least a decade.
- We had a visitor, Andy Young, a current NOV member who was considering Board service. We all introduced ourselves, giving

background and the way we came to North Oakland Village. We learned a lot about each other. Apparently Mr. Young was impressed with the Board's efficiency, as he has since accepted the position offered after a vote was taken.

- We continue to pursue the possible avenue of a partnership with the First Unitarian Church of Oakland and were pleased that a member of the church came to our "Warm in Winter" Potluck on Jan. 27 and had a great time, as did everyone else there.
- Our Annual Fund drive in December was successful, with donations a little higher than last year. NOV closed out the year in the black, thanks to efforts to keep costs down and some assistance from a generous grant.
- We will focus on some additional grants this year and would love to have more people on our team. If you've written grants or are a good writer who'd like to work with us, please call the Office and let us know! We have a place for you.

Memoir Writing Group



What's your story?

We all have one (or many): unique, personal and universal. Whether as a legacy for our children and grandchildren or simply as a way to remember, evaluate and appreciate the lives we've lived, short prompted memoir writing is an effective and enjoyable tool to start telling those stories.

Katherine Harris will lead a village memoir group, starting Tuesday, February 5, at 2PM at the office.

Katherine has participated in and led memoir groups for several years and has a trove of prompts and questions to get you started writing, such as: What is your full name and why were you given it? Who was the oldest person in your family when you were a child and what do you remember about them? What was your favorite childhood game and how was it played? Of all the places you've lived, describe your favorite.

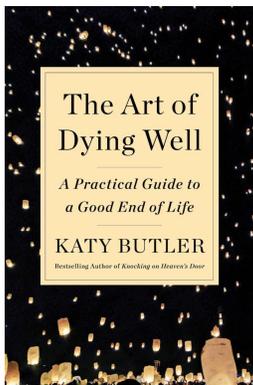
Each meeting starts with a prompt or question, time (usually 20 minutes) to write a response and time for each person to read what they've written to the group and answer questions. The intention is to share our stories, not to critique the writing. A prompt is chosen for the next meeting so you can write on your own, to read at the next meeting, or think about it and write in the group. The group will meet monthly, time and day for future meetings to be decided by those who come on February 5. Come, and start telling the story of your "one, wild and precious life" (Mary Oliver).

February's Valentine Potluck

This month's Potluck will have Valentines as its' theme - dress up, bring stories of your loved ones and enjoy tales from others



Author Event



The Art of Dying Well

by Katy Butler

February 21st, 7pm

Montclair Presbyterian Church

Bestselling journalist and author Katy Butler will be coming to Oakland on February 21st for an event that North Oakland Village will be participating in. Katy will be speaking at Montclair Presbyterian Church (5701 Thornhill Drive) at 7:00pm and reading from her new

book, *The Art of Dying Well: A Practical Guide to a Good End of Life*. We will be there to give out information about our community and hopefully meet some new members.

Katy's book is a thoroughly researched guide to maintaining a high quality of life-- from resilient old age to the first inklings of serious illness to the final breath. Her previous book, *Knocking on Heaven's Door*, was a NYT bestseller in 2013.

Katy's talks have something for everyone. For those in their 50s and 60s she provides a road map to continued thriving by building physical, social and spiritual reserves, finding a medical advocate, and signing advanced directives with special wording to cover dementia. For those in their 70s, 80s and 90s there's practical advice on reducing fragmentation in medical care, avoiding overtreatment and overmedication, aging in place, and adapting successfully to change. One chapter focuses on the villages movement! Above all, Katy is focused on bringing joy, community and spirituality to aging.

We hope you will be able to join us for this wonderful event!

Playreading Group

Weds. Feb. 27, 1:30 p.m. (new starting time), "Blithe Spirit"

This 1941 comedy was written by Noel Coward who for decades produced smash hits on in his hometown London's West End as well as Broadway. "Blithe Spirit" begins with Charles Condomine and his wife Ruth, who assisted by their maid Edith, are about to have a dinner party which will have hilariously confusing and chaotic consequences. First to arrive are Dr.

and Mrs. Bradman, and the two couples are joined by Madame Arcati, the very eccentric spiritualist. She is the last to enter and after dinner conducts a séance. The ghost of Elvira, the deceased wife of Charles, appears and refuses to leave.

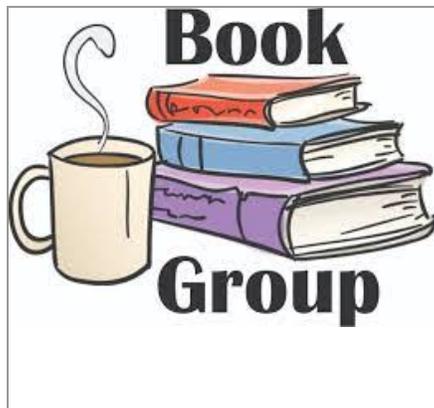
At first is she only seen and heard by Charles. This sets up the chaos that runs the play. Elvira's scheme to have Charles join her in the spirit world goes terribly wrong as Ruth instead of Charles dies in an auto accident and now both women haunt Charles. "Blithe Spirit" offers several of Coward's best characters and the most hilarious scenes in addition to much of his typical satire.

Interested participants are required to read the play before the day of reading and to contact Paul Shepard if they are interested, (510)547-4575.

North Oakland Village Field Trip!

We have secured a spot for a group visit to the De Young Museum in San Francisco on MARCH 20, 2019 to see the exhibit MONET: The Late Years, featuring the last chapter of Monet's career as a painter.

We are in the process of securing a bus for transportation. The day may include lunch at the museum and an opportunity to visit the Gauguin exhibit as well. MARK YOUR CALENDAR NOW! MORE INFORMATION TO COME



Non-fiction Book Group

The group chose 'Never Caught' by Erica Dunbar for February's meeting on the 22nd.

The book group regularly meets at the NOV office at 2PM on the last Friday of each month. Come join us, we love to welcome new readers.

VOLUNTEER NEWS

January 10th we had a great turn out at our volunteer meeting. Thank you to all who came and signed up to keep the wheels turning at North Oakland Village. Joanne Devereaux is acting as volunteer coordinator. If you have any suggestions, questions, or new ideas please contact her by email mindfultransitions@att.net If you missed the last meeting there will be another meeting scheduled for late February or early March.

Already we have a few better systems in place. Judy Sorey is leading the teams for our Pot Luck dinners, where we have 2-3 people sign up to help with hosting and set up. Ruby Long suggested we have a greeter at the door which is a good change.

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If you or someone you know need FREE help preparing your taxes many of the local Oakland public libraries offer appointments. See link https://www.aarp.org/money/taxes/aarp_taxaide



Lunch Bunch

The lunch bunch will meet at Terrace Cafe on Wednesday 13th, at Noon. "One of Upper Rockridge's best kept secrets" Please call Norma 510-547-7530, or let the office know.

In Case you missed it!

Reading by Sheldon Greene



Book Reading!

Author Sheldon Greene, writer of six novels, as well as articles dealing with public policy, was gracious enough to offer his time and come speak with members of NOV at our office. The event had a good audience with a lively discussion!

OMCA Museum Outing

Eames Exhibition

On Friday the 25th, 7 members of NOV went on an outing to the Oakland Museum to see the Eames exhibit. In addition to this exhibit, they were able to join the children in experimenting with the spinning top chair, as can be seen in the photo of Josephine to the right!



Community Events

Grand Lake Gardens: Navigating Senior Living Options, February 15

Grand Lake Gardens Senior Residence is hosting a presentation on “Navigating Senior Living Options” on Friday, February 15 at 10:30AM. While the focus is on options available at Grand Lake Gardens, the event will include more general topics including

- What to consider when looking at senior living communities
- Understanding contracts
- How to involve your family in the conversation
- Understanding the health, wellness and social benefits of community living

The event is free and open to the public, but you are requested to call 1-866-613-0729 to reserve a space.

Grand Lake Gardens is located at 401 Santa Clara Avenue, Oakland

Middle Eastern Treasures Concert, February 23 in Alameda

If you enjoy live music, world cultures and belly dancing, this concert is for you.

Mary Ellen Donald, well-known teacher and performer in Middle Eastern percussion, presents Middle Eastern Treasures, featuring two Arabic bands, a Flamenco ensemble and dancers, 2 belly dancers, a percussion ensemble and even a time for audience dancing.

Saturday, February 23, 2 to 5PM, at the Elks Lodge, 2255 Santa Clara Avenue, Alameda. Tickets are \$25 in advance through Brown Paper Tickets, met2019.brownpapertickets.com or \$30 at the door.

Members of Mary Ellen’s community bring food for a potluck during the concert, but that is not required. For information call 510-654-DRUM (3786). Or call Judith Coates (510-593-4174). She’s taken middle eastern drumming lessons from Mary Ellen for several years (deficiencies due to her lack of practicing, not to Mary Ellen’s teaching! Learning drumming is great for eye-hand coordination and keeping the brain stimulated).

Newsletter Committee

Going forward there will be a group that meets to discuss the Newsletter, getting together on the Tuesday before the end of the month. We would like to ask that all Newsletter submissions be turned in the Tuesday before that if they are to be included. Anyone who is interested is welcome to join the group, and we are also open to submissions from anyone who would like to contribute to the Newsletter!

As a non-profit, we depend on our volunteers. Thank you for all

For those of you who drive, host in your homes, make food each month, and answer the office phone, we could not be what we are without your help!

" Aging is not 'lost youth' but a new stage of opportunity and strength"

-Betty Friedan

**North
Oakland
Village**



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