



NEWSLETTER

Letter from Susan Pierpoint

Companionship on the journey. Friends to laugh with, cry with, argue with, dance with, talk with, age with, wonder with, learn new things with. That is what we do at North Oakland Village, and oh yes – party with too! Last night on Sunday May 26th (Also known as “Ruth Palmer Day” – per the declaration of Oakland’s Mayor Libby Schaaf) we had the potluck dinner party of the century. Literally, as we celebrated Ruth Palmer’s 100th birthday! Our best-attended event ever. Our first puppet show. The energy of the gathering was invigorating and contagious, infused with the music of laughter. The food and the cake were delicious and plentiful. When it was over, I helped with cleanup and then dashed off for a stint of grandchild care feeling curiously refreshed and renewed.



The bean-counters and researchers are starting to catch up with what we already know: homo sapiens thrive in community and wilt in isolation. People of all ages in community save lots of dollars in hospital and other medical care! It isn’t just us, either. The latest fashion in obstetric care is called “Centering Pregnancy” where groups of bewildered young parents-to-be are put into groups. Instead of a series of individual appointments over months, they gather for conversations, questions and answers with folks just leaving for a few minutes for their private checkups and then returning to the group. News reports are that these groups have fewer birth complications and preemies, saving hospitals tens of thousands of dollars – not to mention the heartache saved for these young families. Psychologists too are studying the effectiveness of “tend and befriend” as a response to stress that works a lot better than the old “flight or fight” response. We already knew that, didn’t we? Not only are we changing the whole story about aging, we are living the happy results of this new way to stay engaged, vital and healthy. It’s nice to know that in the meantime, we’ve also become very skilled at partying and celebrating 100th birthdays!

May each and every one of us be like Ruth: gracious, charming, sharp-as-tacks and enthusiastic about cake!

Warmly, Susan Board President North Oakland Village

All events meet at NOV office unless otherwise indicated

- Each Monday - **Menders/Handability, members & volunteers**
- Sunday Jun 2nd 3:00 - Walk along the **Emeryville Shoreline** with Janet Bertram and Will Dvorak, meet behind Chevy's **members & volunteers**
- Tuesday 4th 11:30 - **Tech Help Workshop**, bring laptop or phone and questions about computers **members**
- Tuesday 4th & 18th 2:00 - **Memoir writing group, members**
- Wednesday 5th & 12th 11:00 - **Gardening**, NOV community garden spot **members & volunteers**
- Thursday 6th approximately 4 - **Movie Group**, Grand Lake Theater, "The last Black man in San Francisco" **members & volunteers**
- Wednesday 12th Noon - **Lunch Bunch**, Fenton's Creamery on Piedmont Ave, rsvp to Norma Harrison (510) 547-7530 **members & volunteers**
- Wednesday 12th Noon - **All Volunteer meeting, volunteers**
- Monday 17th 2:00 - **Salon**, meets at member's homes - full **members**
- Tuesday 18th **Newsletter Submission deadline**
- Wednesday 19th 2:30 - **Healthy Aging, members**
- Thursday 20th 2:00 - **How to get around with and without a car, all welcome**
- Friday 21st 10:30 - **Time To Talk**, learn about NOV **all welcome**
- Friday 21st 1:30 - **Bridge**, call Norma Harrison (510) 547-7530 **members**
- Tuesday 25th 12:30 - **Newsletter review, all welcome**
- Tuesday 25th 4:00 - **Board Meeting**, all welcome

- Friday 28th (last Friday), 2:00 Non-Fiction **Book Club, members & volunteers**
- Sunday 30th **Potluck** - 5:00-7:00 **all welcome**

Member Profile: Susan Pierpoint



NOV's president, Susan Pierpoint is a good juggler. Her home is a lovely cottage a few steps behind her daughter's house where two of her grandchildren live and she is an important partner in their rearing. For instance,

she's the one who walks her granddaughter to school. The boy is waiting his turn, too young now. Her other two grandchildren live in Benicia and the entire family gets together every week for dinner.

Another priority is Bishop Ranch Retreat Center, an environmental preserve in Sonoma county. Susan is passionate about keeping the expanse they own as pristine as possible, and as a member of the board spends a fair amount of time advising, attending meetings and maintaining other leadership roles.

Then, of course, there's NOV. In addition to being president she can regularly be seen at committee meetings and potlucks, helping with grant proposal writing and other fund raising efforts. She is also working with Scott Means of the Mayor's Commission on Aging, to make Oakland an aging friendly city. Part of that effort is focused on providing Oakland with some senior playgrounds. Before law school and marriage, Susan worked at Kent State University in Ohio and was instrumental in establishing its first affirmative action program. That experience helped her decide to go to law school and she chose Hastings in San Francisco. One wonders was she drawn to law and to that school because her dad was a cop, for the possibility for change making, or for the school's closeness to where she grew up?

The law degree provided the background she needed to join the University of California, Berkeley, president's staff and she was there for thirty years. It was while she was there that she married and had two children, both girls. They were 3 years old and 3 months old when Susan's husband, their dad, died.

This tragedy no doubt contributed to Susan feeling the need for a spiritual home. It took a while, but when she found St. John's Episcopal Church, she knew it was the place for her. That's where she heard about North Oakland Village. Several of NOV's longtime members are active there.

She was drawn to the feeling of community she felt in the organization and the possibility of making positive change in the community. In addition to being president, she is involved in the fund raising efforts mentioned above, can frequently be seen at the monthly potlucks, and regularly makes public presentations about the Village to community organizations. NOV is fortunate to have her vision and her energy at its helm.

Upcoming Events

Walk by the Bay

Join Village members Will Dvorak and Janet Bertram for a Sunday afternoon walk by the Bay at the Emeryville Marina on the first Sunday of the month. We will meet at 3pm at the roundabout one block behind Chevy's Restaurant at Powell Street and I80 (address 1890 Powell St), enjoy an easy, level walk with great bay views and, optionally, have dinner together afterwards at Chevy's or another nearby restaurant. The first walk will be June 2, hope you can join us! Please call the office to sign up so we know to expect you.



For Members: Tech Help Workshop

Do you have questions about using your computer, laptop, tablet, or phone? Take this opportunity to come in to the NOV office on Tuesday JUNE 4 at 11:30. Bring your questions and your devices. Alan Winson our lead NOV tech volunteer will offer help to uncover tricks and troubleshoot computer mysteries. The session will be around 1.5 hours, depending on members needs. He will answer general questions,

cover specific techniques to help everyone and/or devote some time to one-on-one help. NO sign up required. Please bring your fully charged laptop computer and or other devices, your questions and be ready to learn. Call the office if you have any questions.

Play Reading: No meeting in June, watch for an announcement on July



GETTING AROUND, WITH AND WITHOUT A CAR

Join us June 20 at 2:00 at the office for a presentation and discussion about transportation alternatives for seniors —how to be a safe driver, knowing when it's time to stop driving, and other ways of getting around when

you do.

Presenters include Derrick Scott, a driving instructor specializing in assessing drivers behind the wheel and teaching techniques to be safe while you can continue to drive, Karen Denicore, senior analyst with Oakland Paratransit Services for seniors, a representative from ACTransit to advocate for taking the bus, as well as information about signs that driving is no longer safe and ride-sharing and other options for continuing to get out and around, including our own village volunteer drivers.

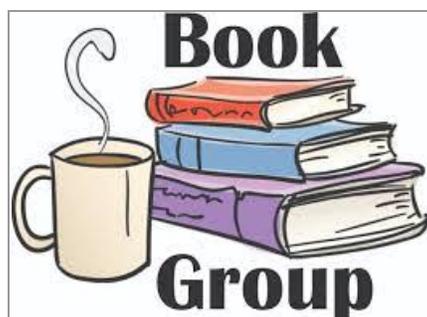
This is an important and timely subject as many of us approach the decision to stop driving but want to ensure that we can continue to be active and engaged in our lives and out in the community. Please come, and request a ride if you need one!

Lunch Bunch

Wednesday, June 12 Noon

The lunch bunch will meet at Fenton's Creamery 4226 Piedmont Ave.

Please call Norma Harrison 510-547-7530, if you plan to attend.



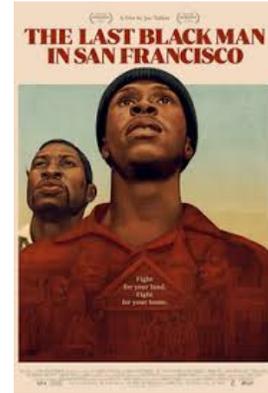
Non-fiction Book Group
Friday June 28th, 2pm

Friday the 28th 2:00, The book group will meet to discuss, "This America: The case for the Nation" by Jill Lepore

Movie Group

Thursday, June 13th

The Movie group will see "The last Black man in San Francisco" at the Grand Lake Theater, at a late afternoon show. Call Jeri Ryan at 510-459-0767 to sign up.



In Case you missed it....



Presidio Trip

A group of villagers went to the Presidio in SF on May 2 to view "Then They Came for Me", a photo exhibit on the Japanese internment during World War II. NOV member Chizu Omori acted as docent, providing background from her own personal experience of being interned with her family at Poston, Arizona. It was a powerful reminder of the damage done when governments act out of prejudice and political expediency,

ignoring our common humanity. The exhibit is free and remains open 10 to 6, Wednesday to Sunday until September 1.

Community Garden

Our community garden is up and running! We've been given a great plot at the lakeside garden at Lake Merritt, and have already planted plenty of tomatoes, cucumbers, milkweed and zucchini! Join us June 5th at 11 to see the plot.



Potluck and 100th Birthday!

Here are some photos of Sunday's potluck and puppet show, happy birthday Ruth!



COMMUNITY EVENTS



Lake Fest

June 22nd 11:00-8:00

Lake Merritt reflects the heart and soul of Oakland. This Lake Merritt event will showcase the people and elements of our city that Oaklanders love and that visitors want to be a part of. Music, food, art and play will be on display, highlighting the talent of our town from old school innovators to the young entrepreneurs and trend setters. This will be a positive day in the sun at The Boathouse on the Lake

"None are so old as those who have outlived enthusiasm" -Henry David Thoreau

North
Oakland
Village



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